

The 5 W's

A photograph of a soccer field with a goal on the right side. The field is green with white markings. The goal is white with a net. The background shows a fence and trees under a clear sky.

The 5 W's serve as both guiding questions for coaching and the fundamental pillars of your training session.

What do you want to develop?

This question revolves around the training session's objective and the specific skills or aspects to improve. For instance, you might aim to enhance the team's ability to execute quick counter-attacks with players #7 and #10.



Who are the players involved?

Every training session or exercise focuses on relevant players. This includes key individuals and functional groups, such as the defensive backline, midfield duo, and attacking trio (in a 4-2-3-1 formation), among others.



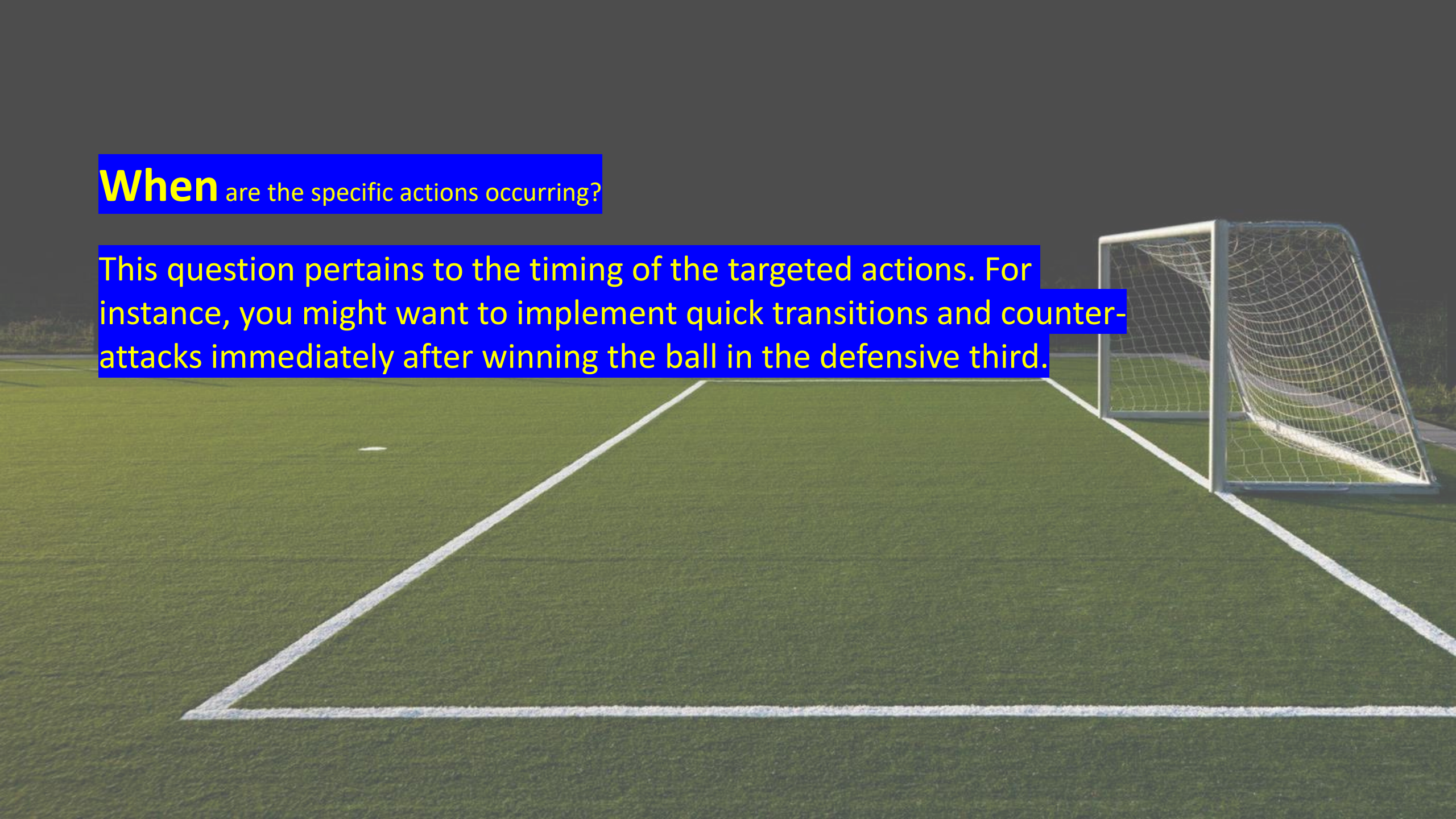
Where are the specific actions taking place?

It identifies the areas on the field where you want to develop particular actions. This could be the wide areas of the attacking third, the central midfield, or the defensive zone, depending on the training focus.



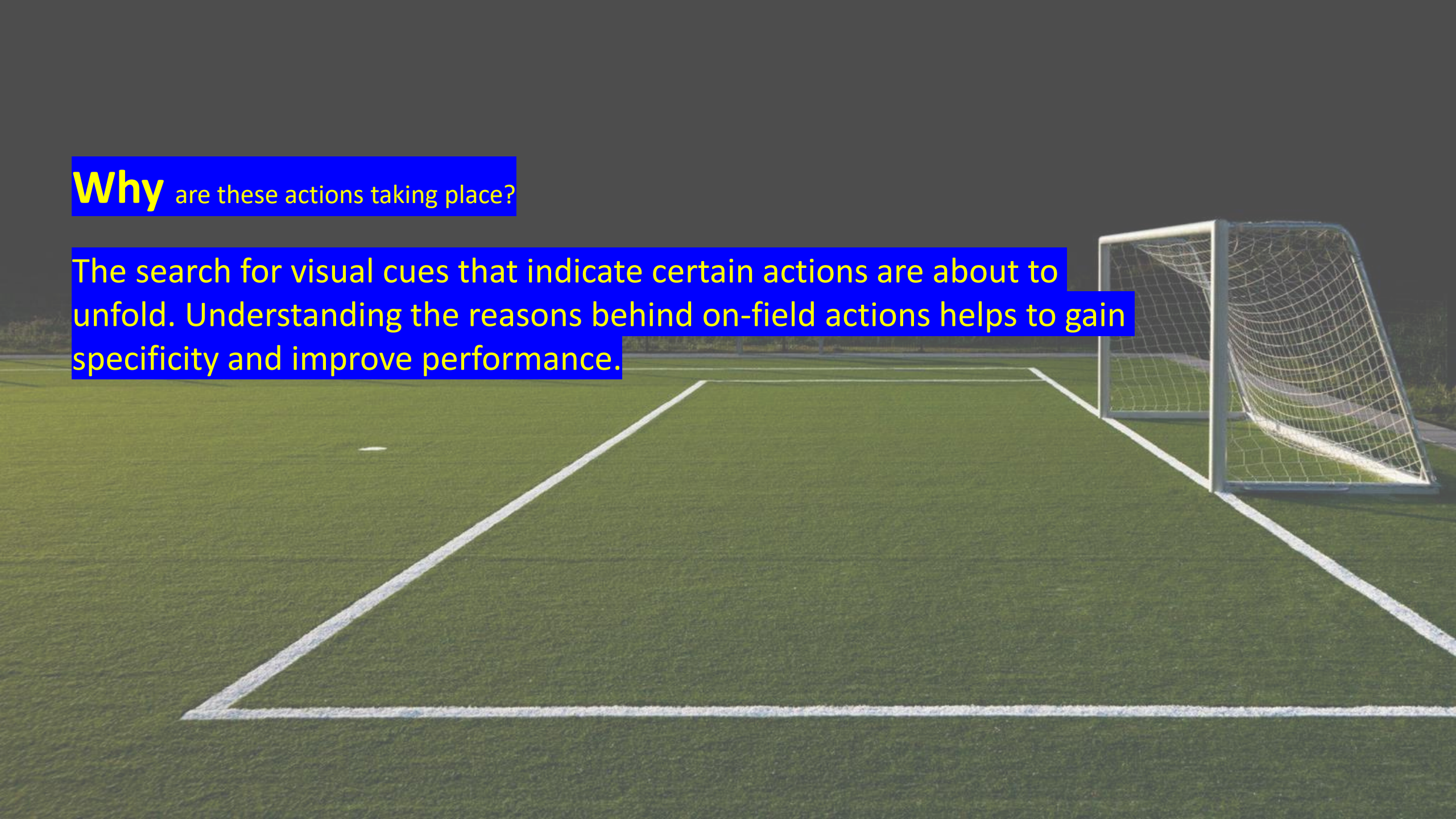
When are the specific actions occurring?

This question pertains to the timing of the targeted actions. For instance, you might want to implement quick transitions and counter-attacks immediately after winning the ball in the defensive third.



Why are these actions taking place?

The search for visual cues that indicate certain actions are about to unfold. Understanding the reasons behind on-field actions helps to gain specificity and improve performance.



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By emphasizing the 5 W's, your training sessions become more precise and detailed. Every aspect on the field serves a purpose, and identifying patterns and trends enables you to work towards enhancing the team's overall patterns of play.

