



CLUB ATLÉTICO PEÑAROL
CAMPEÓN DEL SIGLO

Player Development

Club Atlético Peñarol

(Sunday 13th December 2020)

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01

DEVELOP WORLD
CLASS PLAYERS

02

DEVELOP PLAYERS FOR
URUGUAYAN 1st DIVISION

03

WIN CHAMPIONSHIPS



Club culture



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Protocols



CLUB ATLÉTICO PEÑAROL
CAMPEÓN DEL SIGLO

Peñarol is a soccer club that lights the fire of passion in its fans through skills, winning mentality, a sophisticated management and a vision to become a world class club



Club Atlético Peñarol Methodology Department

Club culture



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CLUB ATLÉTICO PEÑAROL
CAMPEÓN DEL SIGLO



**ALWAYS,
Peñarol first**



**ALWAYS,
head up**



**ALWAYS,
together as a team**

Club culture



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**ALWAYS,
Peñarol first**



In competition



In our priorities



In innovation

Club culture



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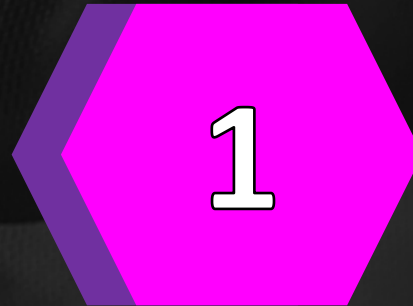
Protocols



**ALWAYS,
Head up**



**Looking at the
horizon,
panoramic view**



Shooting high



**Taking
advantage of
opportunities**

Club culture



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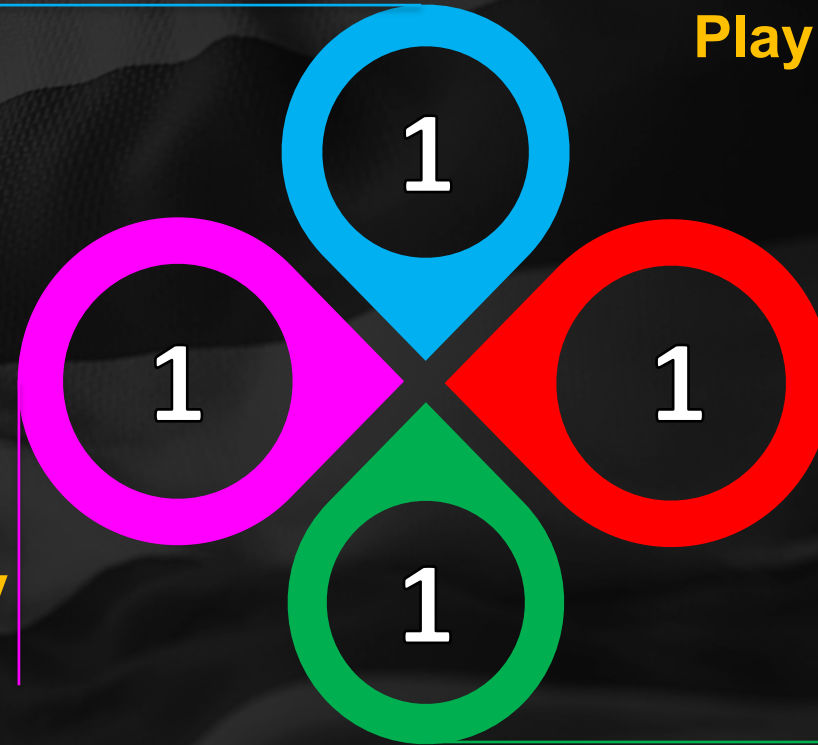
**ALWAYS,
together as a team**

**Overcoming
adversity**

**Planning every
small detail**

**Playing with optimism
until the end**

**With
courage**



Club culture



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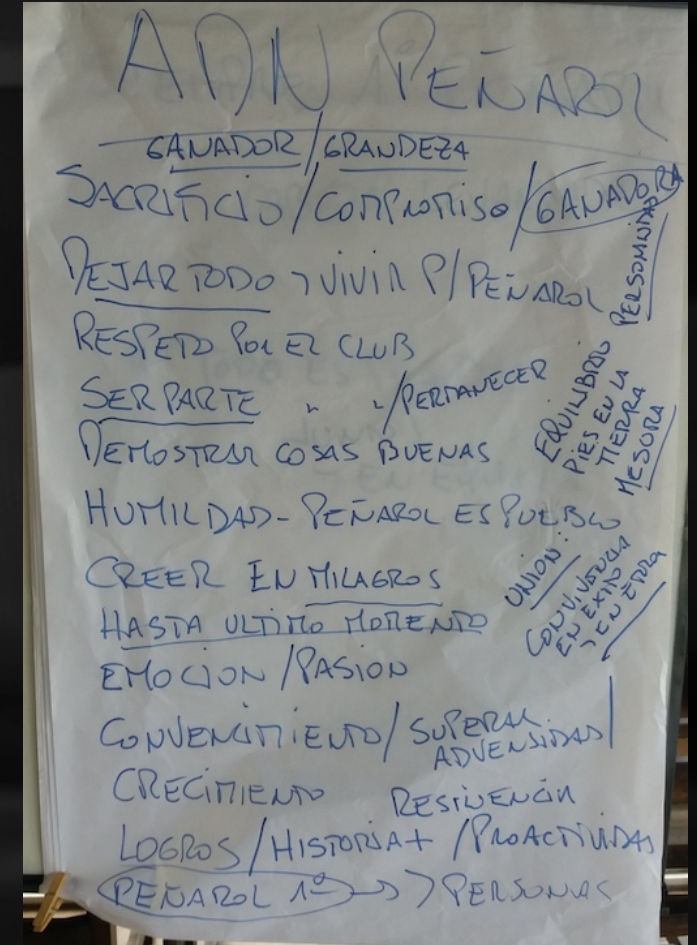


Winning attitude and mentality makes sports greater

Humility makes us realistic and strong

Being part of this club fills us with pride, emotion, and passion

As a team, all together with one same objective makes us unbeatable



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Institutional profiles (coaching staff, captain, competition...)

Coaching staff rules of operation

Fair Play protocol

Youth residence protocol

Bus behavior standards

Code of conducts when traveling

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Environment



Uruguayan youth soccer



Player components

Player profile



Environment



Uruguayan youth soccer



Player components



**SOCCER
BORN
IN URUGUAY**

BABY FÚTBOL

**SOCCER
BALL AS A
BABY'S FIRST
CHRISTMAS
GIFT**

**BELIEF &
COURAGE**

**BRAZIL &
ARGENTINA**

**NOBODY IS
BETTER THAN
ANYONE ELSE**



WHERE. IS. THE. SECRET?

Player profile



Environment



Uruguayan youth soccer



Player components



<https://www.youtube.com/watch?v=c2L6fZqFPaY>

Player profile



Environment



Uruguayan youth soccer



Player components



Player profile



Environment



Uruguayan youth soccer



Player components

BABY FÚTBOL

4 to 13 years old

3 training sessions / week

70 games per season

Fields in bad condition

Development based on values

Result oriented (pressure)

Calls for national team

International tournaments



JUVENILES

14 to 19 years old

5 training sessions / week

37 games per season

Fields in better condition

Good coaches and S&Cs

Result oriented (pressure)

Calls for national team

International tournaments

Player profile



Environment



Uruguayan youth soccer



Player components



TECHNICAL

TACTICAL

PHYSICAL

**MENTAL
STRENGTH**

**INVISIBLE
TRAINING**

Long-term player development
plan

Values-based education, sense of
belonging, mental strength, and so
on

Positive psychology workshop



Club Atlético Peñarol Methodology Department

Player profile



Environment



Uruguayan youth soccer



Player components

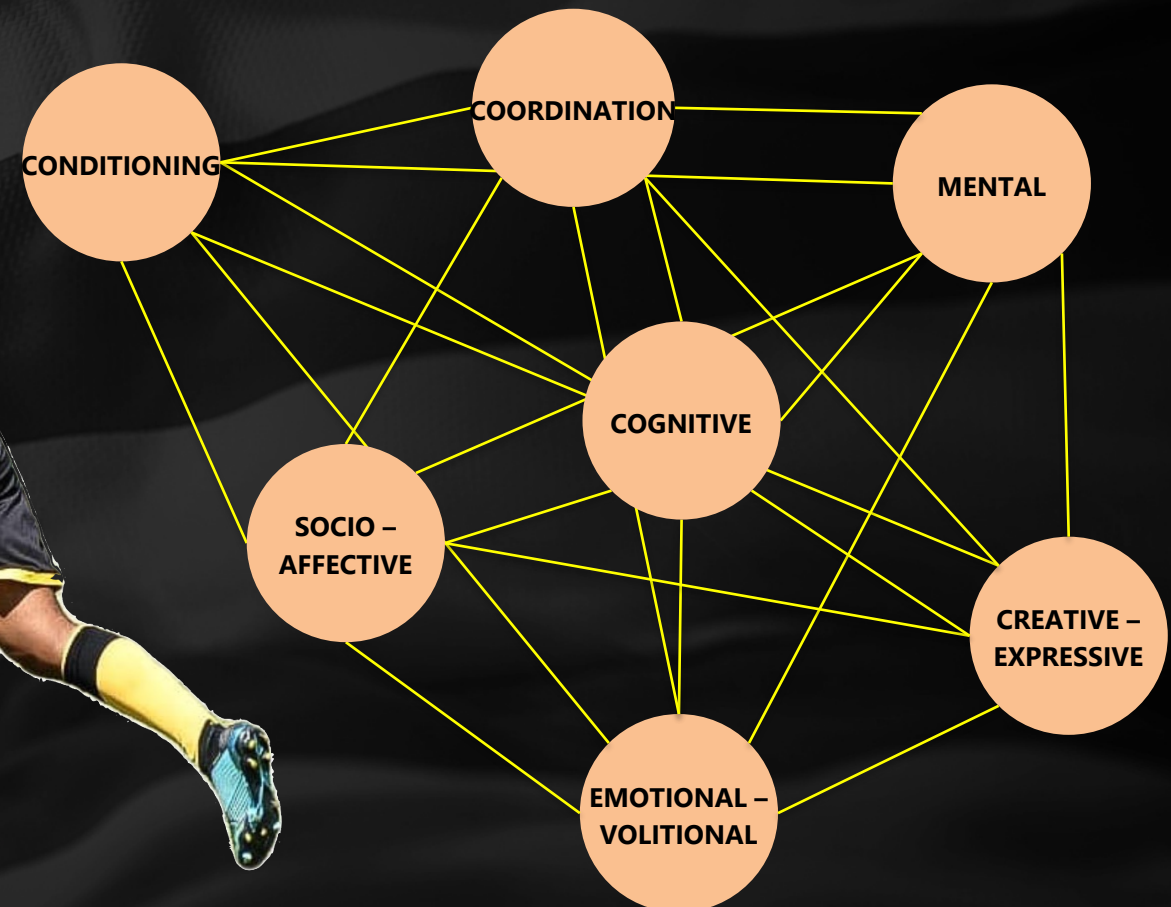


**INSTITUTIONAL
MODEL**

PLAYER

TEAM

Contextualized environment
Player – team as center of training session
Players ready to play the game



Player profile



Environment



Uruguayan youth soccer



Player components



ELITE group



01

Special attention to players
with POTENTIAL

02

OBJECTIVES
(strengths & weaknesses)

03

Individualized CONTENTS

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Individual objectives



Assessment tracking

ELITE group



Player components



Individual objectives



Assessment tracking



ELITE group

INVISIBLE TRAINING

Nutrition
Rest
Social media
Social relationships
Self-care
Others

PHYSICAL

Individualized conditional strengths and weaknesses for each player

MENTAL STRENGTH

One-on-one sessions with our sports psychologist

TACTICAL

Specific training sessions by positions

Video sessions

TECHNICAL

Specific training sessions by positions

Video sessions

ELITE group



Player components



Individual objectives



Assessment tracking



How can we have a bigger impact on the player?

ELITE group



Player components



Individual objectives



Assessment tracking



Individual Objectives
CAP Academy
Club Atlético Peñarol Methodology Department

Club Atlético Peñarol Methodology Department

ELITE group



Player components



Individual objectives



Assessment tracking



Club Atlético Peñarol Methodology Department

ELITE group



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Individual objectives



Assessment tracking



N49								
	A	B	C	D	E	F	G	H
2	 CLUB ATLÉTICO PEÑAROL CAMPEÓN DEL SIGLO	GROUP COHESION						
3		Concepts		Avoids unnecessary conflict. Respects codes of conduct		Encourages teammates Concerns about others		Inspires his teammates as a role model
4		Nombre	Apellido	MÍNIMO		DESEABLE		ALTO RENDIMIENTO
5								
6								
7								
8								
9								
10								
11		MINIMUM	(5/6)					
12		DESIRABLE	(7/8)					
13		HIGH PERFORMANCE	(9/10)					
14								
15								
16								
17								
18								
19								
20								
21								
22								
23								
24								
25								
26								
27								
28								
29								
30		Number of players	23	Control:				
31		Number of assessments	23	0				
32		EVALUATION			Quantity in MINIMUM zone	Quantity in DESIRABLE zone	Quantity in HIGH PERFORMANCE zone	TOTAL
33			Average	6.7	12	9	2	23
34			Standard Deviation	1.2	52%	39%	9%	100%
35								
36								

ELITE group



Player components



Individual objectives



Assessment tracking



Capacitaciones internas

Club Atlético Peñarol Methodology Department



Player components



Individual objectives



Assessment tracking

Example of contents



Game model
How do we develop a game model?
(Methodology Department, August 2019)



Micro cycle
1 – game week structure
(Methodology Department, September 2019)



Practice
How do we prepare a training session?
(Methodology Department, September 2019)



Practice
Steps to explain a drill to the team
(Methodology Department, November 2019)



Training drills
Club Atlético Peñarol drills library
(Methodology Department, April 2020)



Training drills
How do we design a drill?
(Methodology Department, October 2019)



Training drills
Where do we put our focus in the drill?
(Methodology Department, March 2020)



Game
Steps to manage a half time talk
(Methodology Department, February 2020)



Elite players
Individualized player development process
(Methodology Department, October 2019)



Evaluation
Players' assessment models
(Methodology Department, December 2019)



Evaluation
How do we monitor the coaches' progress?
(Methodology Department, December 2019)

...

Internal workshops

ELITE group



Player components



Individual objectives



Assessment tracking



On-field workshops

Club Atlético Peñarol Methodology Department

ELITE group



Player components




Individual objectives



Assessment tracking





FORTALEZAS	DIFICULTADES	OBJETIVOS
<ul style="list-style-type: none">- Mensajes claros, motivación con objetivos realistas- Entrenamientos planificados y logrados- Empatía- Seguridad	<ul style="list-style-type: none">- Ser más organizado con los trabajos realizados en papel- No haber podido encontrar un método para organizar todo el material que tenia	<ul style="list-style-type: none">- Jugador de espaldas debe jugar de cara- Focalizar la atención en la estructura del equipo en el momento del juego

APRENDIZAJE

Establecimiento de objetivos individuales para medir las mejoras

On-field workshops

ELITE group



Player components



Individual objectives



Assessment tracking



Capacitaciones internas

Internal workshops

ELITE group



Player components



Individual objectives



Assessment tracking





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