



SEVILLA FC

S&C SEVILLA FC

Jose Collado – Head Football Lab





Real Madrid Foundation Campus Experience Mexico & Brazil



ASPETAR (Aspire Zone)



Al-Ahli SC (Doha, Qatar)



Sevilla FC



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2. Teams structure



3. Football Lab Sevilla FC

- ✓ **Methodology area**
- ✓ **Strength & Conditioning area**
- ✓ **Analytics video area**
- ✓ **Medical area**
- ✓ **Psychology area**
- ✓ **Social media area**



3.1 Sevilla FC Identity

How we want to play?

Principal Tactical System

Offensive Tactical Model

Defensive Tactical Model

Fitness Aspects



3.1 Sevilla FC Identity

Which kind of players we are looking?

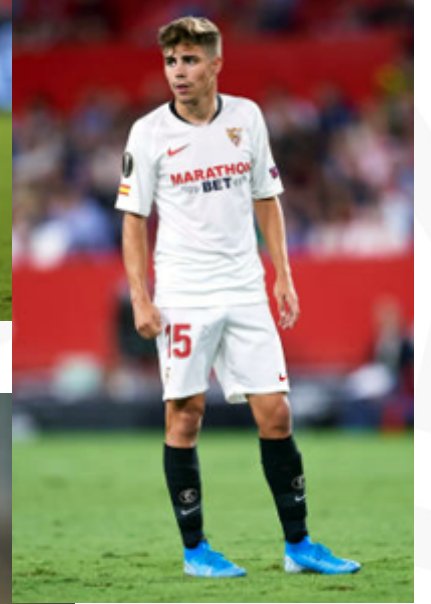
Top in:

Technical skills

Tactical intelligence

Hard workers

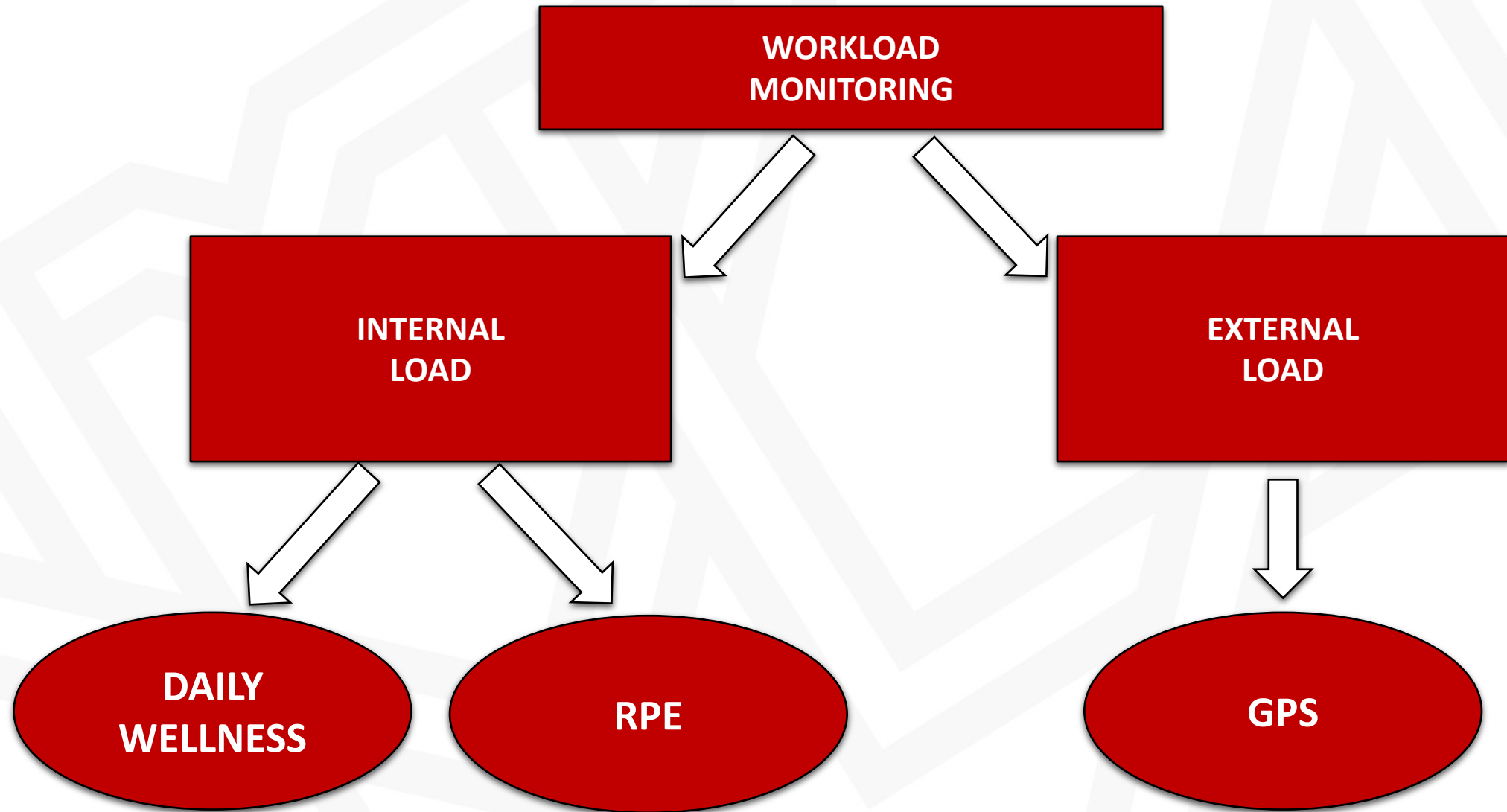
High level fitness



4. Training

➤ **FITNESS COACH NEED TO WORK CLOSE WITH COACHES IT IS VERY IMPORTANT MIX TACTICAL, TECHNICAL AND PHYSICAL ASPECTS.**





Performance Characteristics According to Playing Position in Elite Soccer

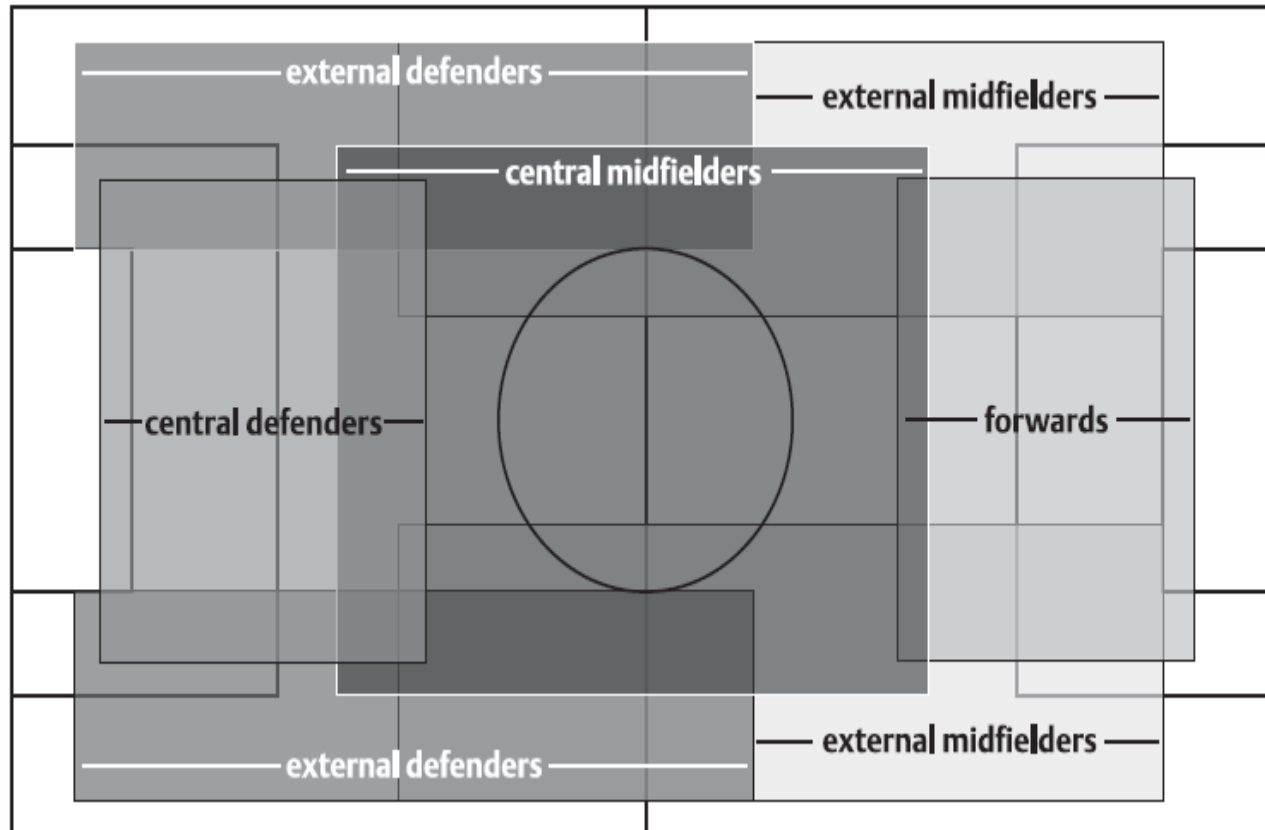


Fig. 1 Techno-tactical assignment to positional roles based on match-analyses.

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Accepted after revision: April 25, 2006

Bibliography

Int J Sports Med 2007; 28: 222 – 227 © Georg Thieme Verlag KG · Stuttgart · New York · DOI 10.1055/s-2006-924294 · Published online October 6, 2006 · ISSN 0172-4622



➤ WHY I DECIDE TO SHARE THIS EXERCISE?

My objective is try to work as much as possible similar to the competition. The players have to arrive to the match knowing what they need to do.

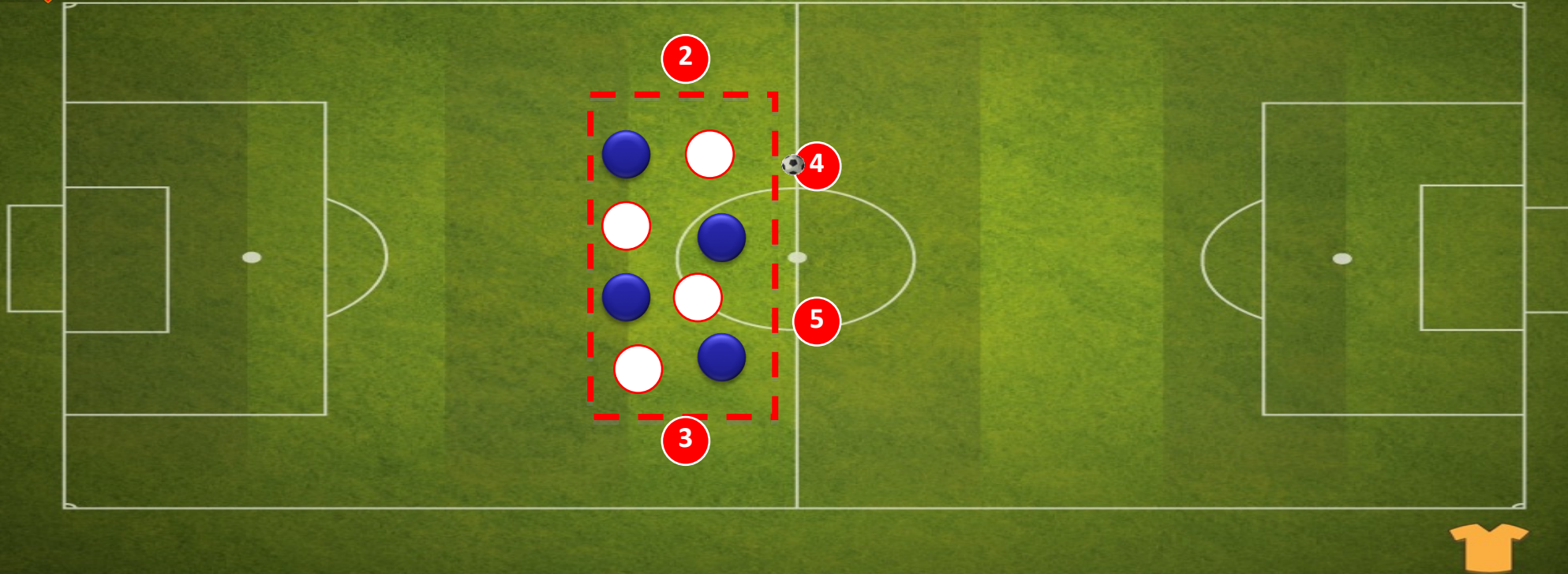
➤ My exercise is a **POSITIONAL RONDO WITH TRANSITION**. Players play in the exercise in their natural position. **WHY?**

Because, for example, it is not the same effort or body position if you play like right/left back than central back.



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Global Coach



POSITIONAL RONDO WITH TRANSITION

➤ Objectives.

- Physical: Power endurance.
- Tactical: Transition defense to attack / attack to defense & Line defensive.
- Technical: Control & Pass.

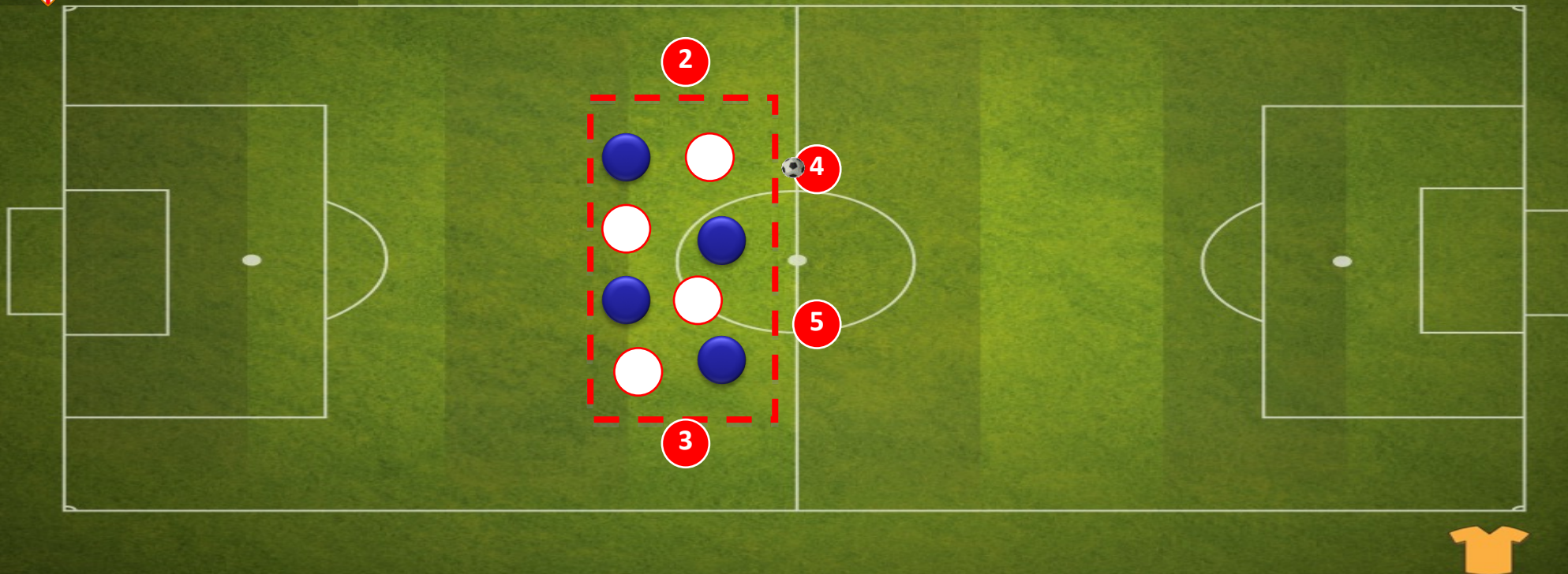


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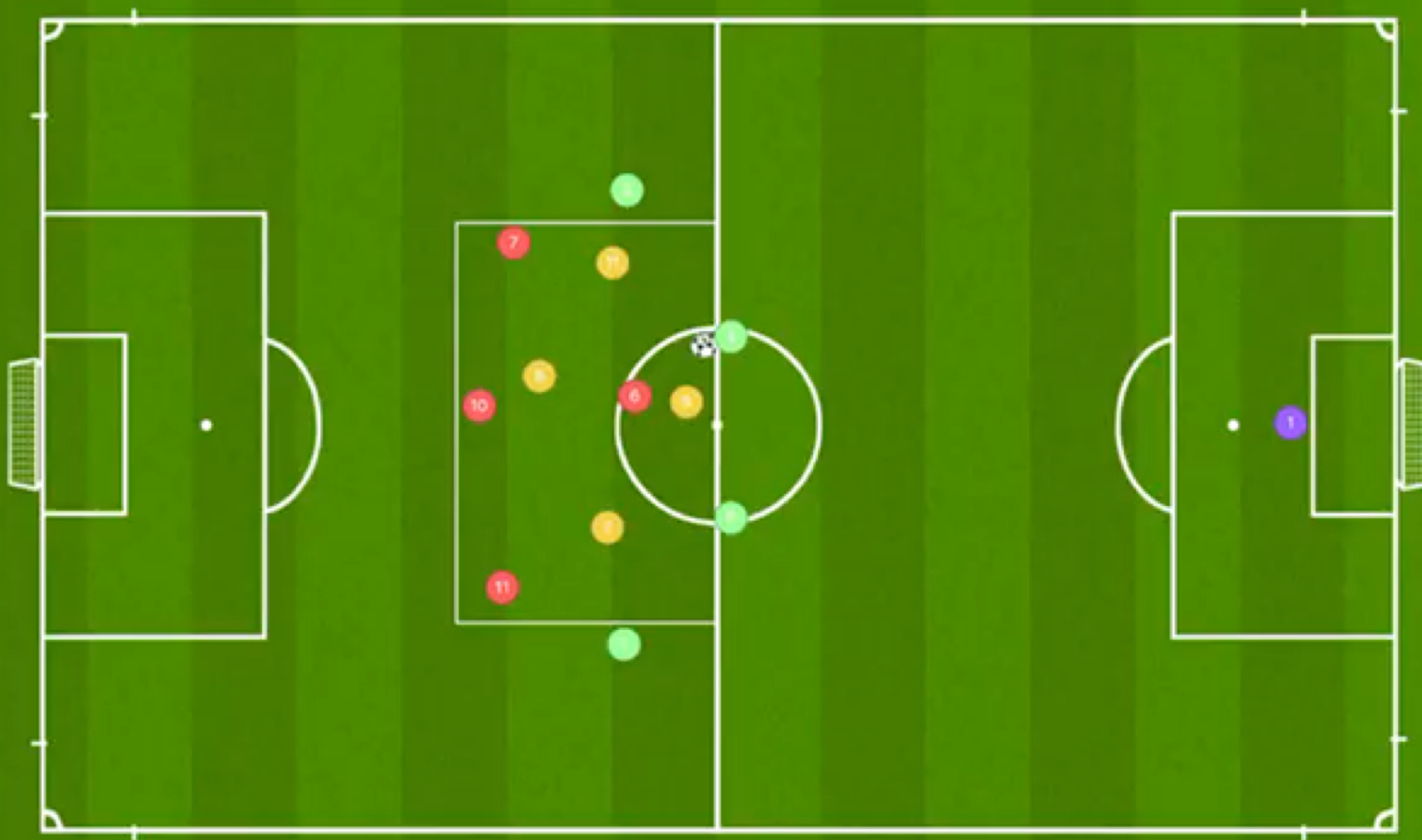
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POSITIONAL RONDO WITH TRANSITION

- Rondo 4vs4 + 4 players outside (Defense). **Red** (Defense) + start with the ball possession in the moment **Blue** recover the ball make a quickly transition to attack **Red**.
- W= 6'
- S= Square 15m. x 30m.



5. One day with us

1st Team/Sevilla Atlético, Sevilla “C” & U19

8:00 Arrival time coaches

9:00/9:30 Arrival time players / Wellnes / Breakfast

10:30 to 12:30 Training

13:00 to 13:30 Players lunch

13:30 to 14:00 Coaches lunch

14:00 to... Working time

Academy

17:00 Arrival time players (Wellness)

17:30 to 19:30 Training

- Strength work or Specific technical work
- Technical / Tactical



➤ RECOVERY TRAINING

- Bicycle or Elliptical Bike
- Foam roller
- Mobility + CORE
- Flexibility
- Physioterapist
- Cryotherapy



➤ PREVENTIVE TRAINING

- Increase ROM (Range Of Motion)
- Static stability
- Improve strength déficit
- Neuromuscular control





**“Football is simple, but the hardest thing
to do is play simple football.”**

- Johan Cruyff



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Thank you





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