



Legia Warsaw

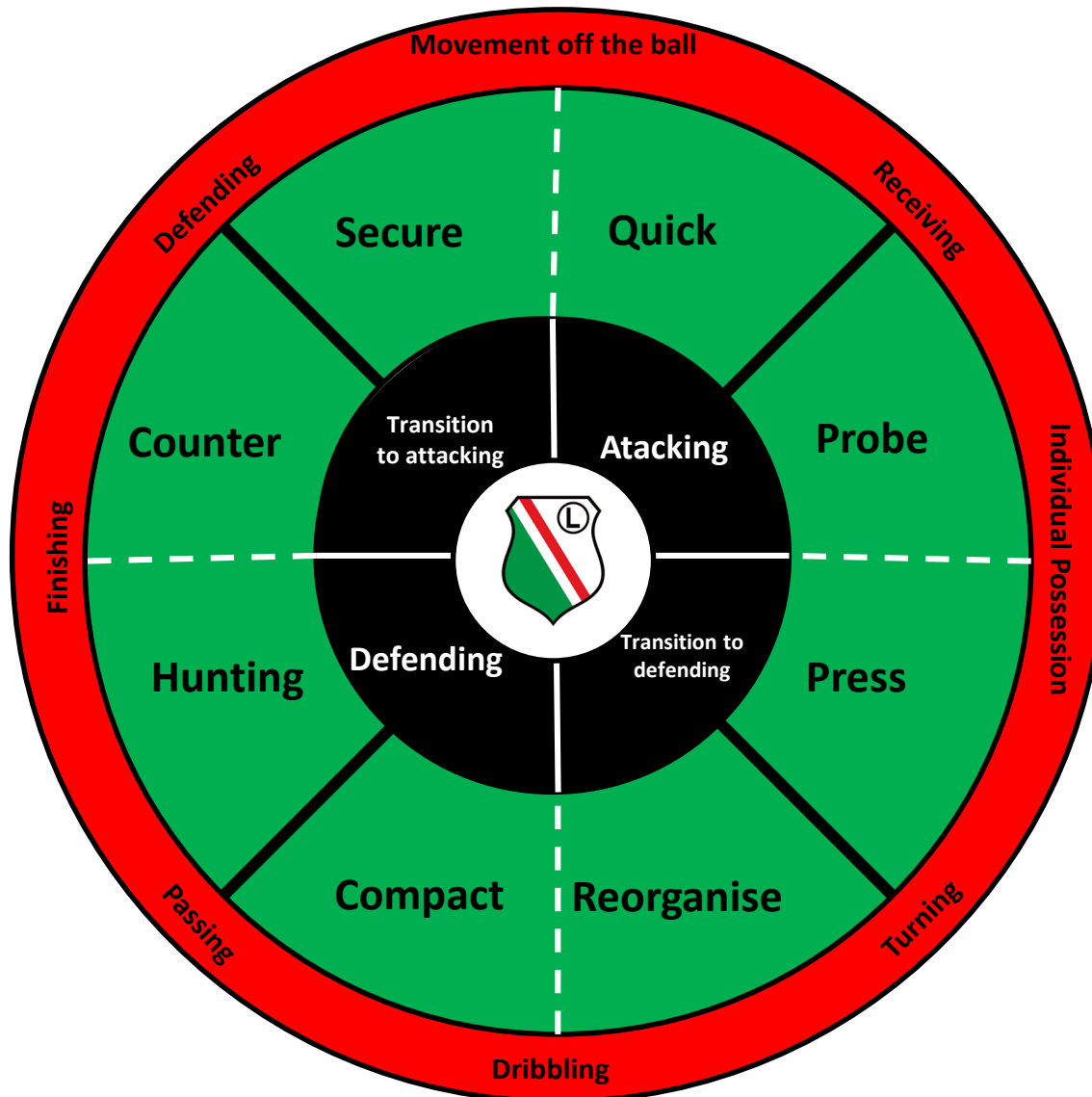
Training Philosophy

Każdego dnia razem tworzymy historię

1916 ■ 2016



1. Use **games** whenever possible
2. Include elements of **transition** in all practices and session where possible
3. Use **goals** and **goalkeepers** whenever possible
4. Games must take **50%** of a session
5. Aim for a minimum of **70%** ball rolling time in all sessions
6. Deliver **realistic** game-related practices
7. Individual **players' needs** are more important than a team's needs
8. Develop practices that enable the players to make lots of **decisions**
9. Be positive and **inspire** players
10. Do **not** accept mediocrity



The Future Player

Plays out
from the back
with accuracy

Creates
angled
passing lanes

Understands
concepts of
time and
space

Is creative on
the pitch

Regains the
ball back
quickly

Seeks to
dominate the
1v1 duels

Is humble and
hungry

Counters
quickly and
play bright in
attack

Feels
comfortable
on the ball in
tight areas

Manages the
game

Has the
winning
mentality and
works well in
a team

Camp Structure

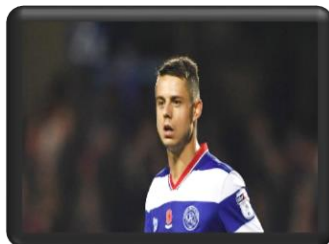
TIME	Theme
9:00am	Arrival / Check in
9:30am	Skill of the day
10:00am	Technical aspect of the game
10:30am	Break (Social Skills)
11:00am	Tactical aspect of the game
11:45am	Lunch
12:45pm	Technical aspect of the game
1:30pm	Mini games / Games scenarios
2:30pm	Tournament / Fun competition
3:00pm	Cool down
3:00-3:15pm	Check out

Past Graduates

Michal Zyro
Wolverhampton
Wanderers F.C



Ariel Borysiuk
Queens Park Rangers



Rafal Wolski
Fiorentina AC



Krystian Bielik
Arsenal FC



Bartosz Bereszynski
Sampdoria FC



Wojciech Szczesny
Juventus FC



Artur Boruc
Celtic, Fiorentina, Bouremuth



Lukasz Fabianski
Arsenal, Swansea

