



DEUTSCHER
FUSSBALL-BUND



INTERNATIONAL DFB COACHING COURSE 2012

3 – 21 SEPTEMBER

PROGRAM

WEEK 1

MONDAY, 3 SEPTEMBER 2012

Arrival of the participants

12.45 *Lunch*

14.00 *Introduction*
(Lamby, Maylandt)

15.00 *Practice*
Match among the participants
(Lamby)

18.30 *Dinner*

TUESDAY, 4 SEPTEMBER 2012

07.30 – 8.30 *Breakfast*

08.30 *Theory*
youth structure
(Lamby)

09.30 *Practice*
youth training
(Lamby)

12.00 *Official opening*
President of Fußballverband Rheinland
Mr. Walter Desch

12.45 *Lunch*

14.00 *Theory*
Principals of football training
(Bell)

15.00 *Practice*
demonstration lesson
(Lamby)

18.30 *Dinner*

19.00 *Game Observation*
TuS Koblenz - SG Sonnenhof Großaspach

WEDNESDAY, 5 SEPTEMBER 2012

- 07.30 – 8.30 *Breakfast*
- 09.00 *Theory*
Period planning
(Bell/Lamby)
- 10.00 *Practice*
Physiotherapy
(Lee Sicilia/Lamby)
- 12.45 *Lunch*
- 14.00 *Theory*
group work I
(Lamby)
- 15.00 *Practice*
demonstration group work I
(Lamby)
- 18.30 *Dinner*

THURSDAY, 6 SEPTEMBER 2012

- 07.30 – 8.30 *Breakfast*
- 09.00 *Theory*
Technics
(Lamby)
- 11.00 *Practice*
Demonstration lesson
(Bell)
- 12.45 *Lunch*
- 14.00 *Theory*
Teaching and learning of skills
(Bell)
- 15.00 *Practice*
Shooting: basic Skills
Dribbling Skills
(Lamby)
- 18.30 *Dinner*

FRIDAY, 7 SEPTEMBER 2012

- 07.30 – 8.30 *Breakfast*
- 09.00 *Practice*
Small-sided Games (technical)
(Bell)
- 10.30 *Theory*
Training analysis
(Bell)
- 12.45 *Lunch*
- 14.00 *Theory*
Game observation
(Wold)
- 15.30 *Departure to Kaiserslautern*
- 19.00 *1. FC Kaiserslautern – SV Elversberg*
- 18.30 *Dinner after the match in Kaiserslautern*

SATURDAY, 8 SEPTEMBER 2012

- 07.30 – 8.30 *Breakfast*
- 12.45 *Lunch*
- 14.00 *Tour to historic centre of Koblenz*
- 18.00 *Dinner*

SUNDAY, 9 SEPTEMBER 2012

- 07.30 – 8.30 *Breakfast*
- 12.45 *Lunch*
- 16.00 *Departure to Mainz*
Audience of the TV-Show “Flutlicht” (SWR)
Dinner in Mainz

WEEK 2

MONDAY, 10 SEPTEMBER 2012

07.30 – 8.30 *Breakfast*

09.15 *Theory*
game analyse
(Bell/Wold)

10.30 *Practice*
Attacking principles (individual and group tactics)
(Bell/Wold)

12.45 *Lunch*

14.00 *Theory*
Tactical training
(Lamby/Wold)

15.00 *Practice*
Tactical training
(Lamby/Wold)

18.30 *Dinner*

TUESDAY, 11 SEPTEMBER 2012

07.30 – 8.30 *Breakfast*

09.00 *Theory*
One against one / two against two
(Lamby/Wold)

10.30 *Practice*
One against one / two against two
(Lamby/Wold)

12.45 *Lunch*

14.00 *Theory*
Group work II
(Lamby/Wold)

15.00 *Practice*
Demonstration group work II
(Lamby/Wold)

18.30 *Dinner*

WEDNESDAY, 12 SEPTEMBER 2012

- 07.30 – 8.30 *Breakfast*
- 09.00 *Theory*
Ball oriented defence
(Bell/Wold)
- 10.30 *Practice*
Ball oriented defence
(Bell/Wold)
- 12.45 *Lunch*
- 14.00 *Theory*
Group work III
(Lamby/Wold)
- 15.00 *Practice*
Demonstration group work III
(Lamby/Wold)
- 18.30 *Dinner*

THURSDAY, 13 SEPTEMBER 2012

- 07.30 – 8.30 *Breakfast*
- 09.00 *Theory*
Football condition training
(Lamby/Wold)
- 10.30 *Practice*
Football condition training
(Lamby/Wold)
- 12.30 *Lunch*
- 13.00 *Departure to Kaiserslautern*
- 14.30 *Visit youth academy of*
1. FC Kaiserslautern
- 18.00 *Dinner in Kaiserslautern*

FRIDAY, 14 SEPTEMBER 2012

07.30 – 8.30 *Breakfast*

09.00 *Theory*
Goalkeeper training
(Thieltges)

10.30 *Practice*
Goalkeeper training
(Thieltges)

12.45 *Lunch*

14.30 *Practice*
Functional training: striker, midfield player, defender
(Bell/Wold)

15.30 *Practice*
Chance of possession: reversal from defence to attack
(Bell/Wold)

18.30 *Dinner*

SATURDAY, 15 SEPTEMBER 2012

07.30 – 8.30 *Breakfast*

09.00 *Theory*
rules of the game; referee examples
(Müller)

11.45 *Lunch*

Game observation / Trip

18.30 *Dinner*

SUNDAY, 9 SEPTEMBER 2012

07.30 – 8.30 *Breakfast*

12.45 *Lunch*

Game observation / Trip

18.30 *Dinner*

WEEK 3

MONDAY, 17 SEPTEMBER 2012

- 07.30 – 8.30 *Breakfast*
- 10.00 *Theory*
Tactical formations
(Bell/Wold)
- 12.45 *Lunch*
- 14.00 *Practice*
Themes for test / repetition
(Lamby/Wold)
- 18.30 *Dinner*

TUESDAY, 18 SEPTEMBER 2012

- 07.30 – 8.30 *Breakfast*
- 10.00 *Written exam*
- 12.45 *Lunch*
- 14.00 *Oral examination*
- 18.30 *Dinner*

WEDNESDAY, 19 SEPTEMBER 2012

- 07.30 – 8.30 *Breakfast*
- 08.00 *Oral examination*
- 12.45 *Lunch*
- 14.00 *Coaching test*
- 18.30 *Dinner*

THURSDAY, 20 SEPTEMBER 2012

07.30 – 8.30 *Breakfast*

08.00 *Coaching test*

12.45 *Lunch*

14.00 *Coaching Test*

18.30 *Dinner*

FRIDAY, 21 SEPTEMBER 2012

07.30 – 8.30 *Breakfast*

10.00 *Practice (Rheinwiese)
tournament “World-Cup”
with mixed teams
(Lamby)*

11.30 *Lunch*

12.30 *Official Closing Ceremony*

14.00 *Departure*