

GUÍA DE USUARIO - UNIVERSIDAD



**SPORT
SESSION
PLANNER**

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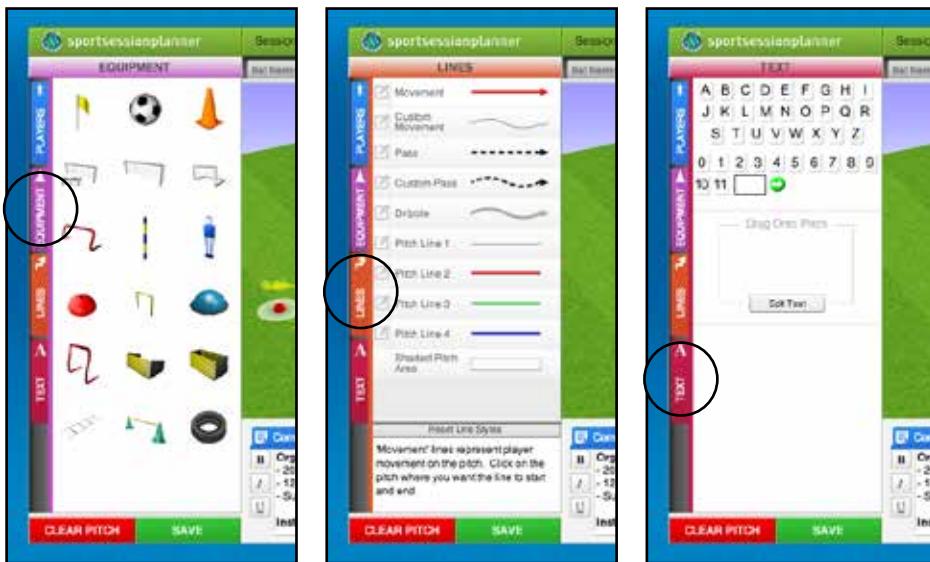
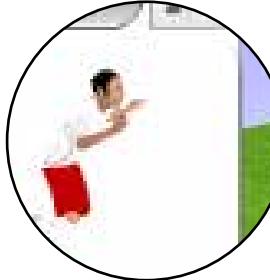
1. Selecciona el Campo:

En el menú lateral derecho de la interfaz, selecciona el campo de la lista de opciones.

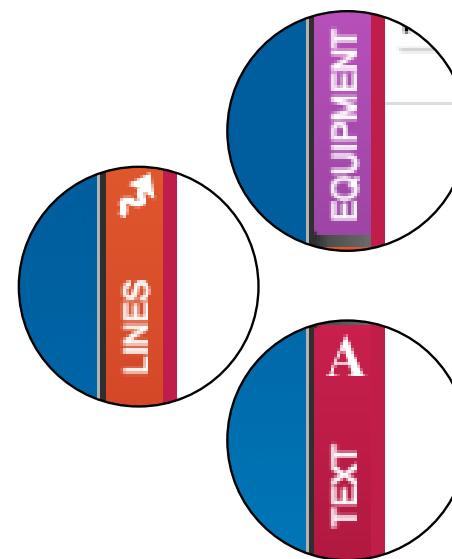


2. Arrastra y Soltar:

Selecciona el tipo de jugador y arrástralo al campo de 360°.



Usando las pestañas de la izquierda selecciona, arrastra accesorios, líneas y texto para crear la sesión.



Se pueden añadir Comentarios y cambiar las vistas en la parte inferior de la interfaz, bajo la ventana 3D.

Settings

General Settings

Session Title*: User Guide - Demo Session...

Session Start Date and Time:

Session Language: English (English)

Overall Description:

B
I
U

1 v 1 Unopposed

1 v 1 Opposed

Conditioned Game

Screen Title 1: 1 v 1 Unopposed Screen Category: Technical: Shooting Drill Duration: (45mins)

Screen Title 2: 1 v 1 Opposed Screen Category: Technical: Shooting Drill Duration: (0mins)

Screen Title 3: Conditioned Game Screen Category: Technical: Shooting Drill Duration: (0mins)

* Required Field

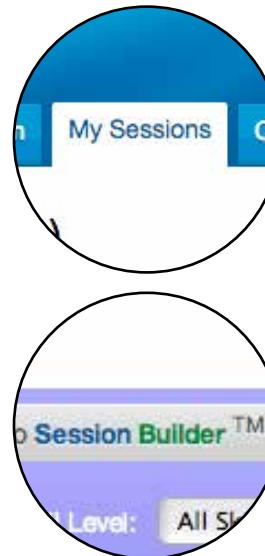
SAVE & EXIT

SSP v1.0 r1291 - Data v1.0 - Flash: MAC 11,8,80C

3. Guardar la Sesión

- Fecha y Hora
- Descripción de la Sesión
- Duración de los Ejercicios
- Títulos de la Sesión
- Configuración del Idioma
- Niveles de Habilidad
- Categorías de la Sesión

Cuando hagas clic en “GUARDAR Y SALIR” tu sesión será catalogada en tu Biblioteca de Sesiones personal.



1. Mis Sesiones

Haz clic en la pestaña “Mis Sesiones”. Esta es tu biblioteca de sesiones personal donde se almacenan todas las sesiones que hayas creado.

3. Descripción de las Sesiones

Cuando entres en el generador de sesiones verás una biblioteca de los ejercicios que has guardado. Ésta se puede filtrar usando el buscador de la izquierda.

Haciendo clic en “Ver más” bajo cada vista previa, puedes abrir la descripción de las sesiones tal como se muestra en la imagen. Desde aquí puedes seleccionar los ejercicios que mejor se adaptan a la sesión que estés creando.



My Sessions: Session Builder

New Session

Create Session

Select & Display

Difficulty Level: All Difficulties

Category: All Categories

Language: All Languages

Min Votes: 0 - 1

Sort Order: Most Recent

Keywords:

Screen: Screen 1 View More

Screen: Screen 1 View More

Screen: Screen 1 View More

Screen: 4x3 Shape Positioning View More

Screen: Passing Practice View More

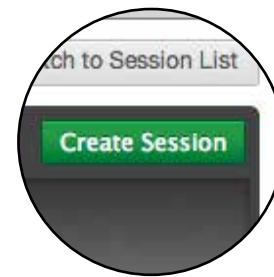
Screen: Progression View More

Screen: Positioning Game View More

Screen: Screen 1 View More

4. Arrastrar y Soltar

Arrastra y Suelta las vistas previas de tus ejercicios seleccionados en la zona de posicionamiento disponible. Cuando tu sesión esté preparada, haz clic en “Crear Sesión”.



SPORT SESSION PLANNER

Home Create Session Create Match My Sessions Club Sessions Extras Library Session Library Player Records Contact

Session Library

Training Sessions Matches

Difficulty Level: All Difficulties Language: All Languages Sort Order: Most Recent

All Categories

- Functional: Defender
- Functional: Midfielder
- Functional: Striker
- Goalkeeping: 1 v 1
- Goalkeeping: Agility/Driving techniques
- Goalkeeping: Crossing/High ball
- Goalkeeping: Distribution
- Goalkeeping: Footwork/Moving
- Goalkeeping: General
- Goalkeeping: Reaction/Speed
- Goalkeeping: Shot Stopping
- Physical: Agility
- Physical: Endurance
- Physical: Speed
- Physical: Strength/Power
- Psychological: processes

R2B Developments - Finishing

Author: John Piggott (5 points) Updated: 2013-06-07 01:48:28

Category: Shooting Status: Public Skill Level: U12 Progression: 6 Language: English Comments: Organizac: 1. 1 Player, 1 Ball & cone (as seen above). Instructions: Read more...

8.6.13

Author: Frank Greenaway (0 points) Updated: 2013-06-06 23:23:38

Category: Shooting Status: Public



1. La Biblioteca de Sesiones

Abre tu Biblioteca de Sesiones haciendo clic en la pestaña principal.

Finishing

Category: Tactical: Combination play | Difficulty: Difficult

Pro-Club: SportSessionPlanner.com
Magnus Alford, Adult Member

Sharing Options: Public

Finishing in final 1/3

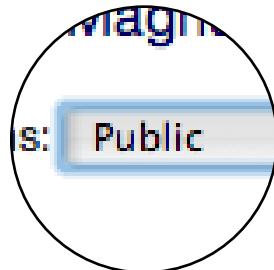
1) Instep-drive
2) Inside foot
3) Bending to far post

Moves should be crisp and on the ground. Movements off the ball should be at game speed. Players move from line A-B-C.

Movement Decision-Movement Pass

3. Ver las Sesiones

Accediendo a la Página para Ver las Sesiones puedes re-ubicar tu sesión en varias bibliotecas. Esta función te permite compartir por e-mail y redes sociales, imprimir tu sesión, añadir vídeos de la sesión y clonar las sesiones para desarrollarlas o modificarlas.

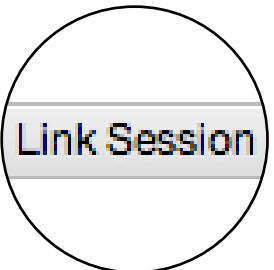


Public

Guardar en varias
Bibliotecas

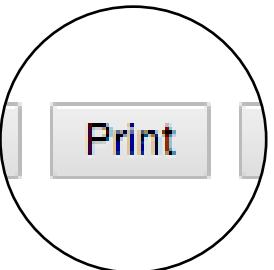


Publicar en
Facebook
y Twitter



Link Session

Enviar la Sesión
por E-mail



Print

Imprimir la
Sesión



View as PDF

Edit Page

Guardar la Sesión
en formato PDF



Clone

Session

Clonar la Sesión para
desarrollarla

Finishing

Category: Tactical: Combination play | Difficulty: Difficult

Pro-Club: SportSessionPlanner.com

Magnus Alford, Adult Member

Sharing Options: Public

Link Session

Add Favourite

Print

View as PDF

Download as Webpage

Clone

Edit Page

Edit Session

Delete Session

Finishing in final 1/3

Encourage players to hit the target and far post.

1) Instep drive

2) Inside foot

3) Bending to far post

Passes should be crisp and on the ground. Movements off the ball should be at game speed. Players move from line A-B-C.



Edit Page

Editar la página y
añadir vídeos



1. Mis Sesiones

La Biblioteca “Mis Sesiones” es donde se guardan tus sesiones de forma privada y solo pueden ser vistas por ti.

2. Sesiones del Club

En la Biblioteca “Sesiones del Club” puedes guardar, compartir y clonar sesiones con otros Miembros del Club.



Counter Attack

Author: John Harrington (4 points) Updated: 2012-01-20 11:08:41

Category: Tactical Attacking principles

Sharing Status: Public

Skill Level: First Team

Progression: 3

Language: English

Comments: LB pushes toward van atales. Vulnerable to counter-attacks. (Read more...)

Break out defenders

Author: Craig Evans (1 point) Updated: 2012-06-03 17:00:01

Category: Tactical Defensive principles

Sharing Status: Public

Skill Level: U16

Progression: 2

Language: English

Comments: (Read more...)

3. Biblioteca Extra

La “Biblioteca Extra” contiene bibliotecas que han sido creadas para albergar Sesiones específicas del club.

Passing and Attacking

Author: Hansje Langeweme (0 points) Updated: 2014-09-10 22:37:54

Category: Passing and Attacking

Sharing Status: Public

Skill Level: U11

Progression: 4

Language: English

Comments: (Read more...)

G12 V ICS Im Brand 4. 15pm Koff Wed 8th Oct

Author: Michael Babis (0 points) Updated: 2014-10-07 10:42:07

Category: Cup Match

Sharing Status: Public

Skill Level: U11

4. Biblioteca de Sesiones

La “Biblioteca de Sesiones” también conocida como Biblioteca Global Mundial, está disponible para todos nuestros miembros. Actualmente hay más de 7000 ejercicios a tu disposición.



Es un sistema en dos niveles que ayuda a un entrenador preparar y analizar los encuentros.

Preparación - Permite al entrenador preparar su alineación, formación y rutinas de jugadas antes del toque inicial.

Análisis - Durante el juego (o mirando la repetición), el entrenador puede registrar minuto a minuto las acciones del juego. Esto incluye goles, reservas, sustitutos y jugadas por nombrar algunas. Esta información se almacena en la biblioteca de partidos para su fácil acceso e impresión.

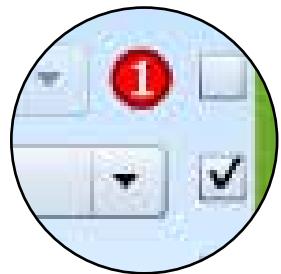
1. Crear tu Equipo

En la pestaña “Equipo”, haz clic en el botón “Añadir Jugador” para introducir nombre del jugador, posición y número. Luego haz clic en “OK”.





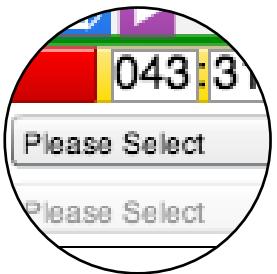
Establece número de jugadores y lugar



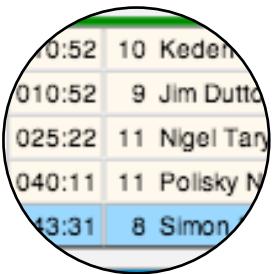
Selecciona la cantidad de información mostrada



Selecciona las formaciones de casa y visitante



Define eventos de tiempo específicos



La Lista de Eventos se muestra cronológicamente



Selecciona y añade períodos de partido

The screenshot shows the SportSessionPlanner software interface. On the left, the 'TEAM' tab is selected, showing 'Our Team' and 'Opposition' sections. The 'Players per team' dropdown is set to 11, and the 'We Play' dropdown is set to 'Home'. The 'Match Minutes' button is turned 'ON'. The 'Pitch Layout' section shows a 4-4-2 formation for 'Ours' and a 4-3-3 for 'Opposition'. The main area shows a football pitch with players from both teams in their respective positions. The bottom right shows a timeline of events with a 'Stop Play' at 043:31. The bottom left shows a 'Minutes' toolbar with various icons for managing the session.



Añade jugadas a balón parado



Vídeo Tutoriales disponibles

2. Partidos

Accede a tus partidos a través de la página “Mis Sesiones”. Ésta almacena la biblioteca de todas tus jornadas. Aquí puedes acceder a la página de mostrar los partidos haciendo clic en el título o en la vista previa de tu sesión guardada.

<img alt="Screenshot of the Sport Session Planner 'Match' page for a Cup Match. The page displays a tactical diagram of the pitch with player positions. Below the diagram is a table of events for Period 1 (45 mins). The table shows the following events: 00:00, 00:26, 00:29, 00:32, 00:35, 00:38, 00:41, 00:43, 00:46, 00:49, 00:52, 00:55, 00:58, 01:01, 01:04, 01:07, 01:10, 01:13, 01:16, 01:19, 01:22, 01:25, 01:28, 01:31, 01:34, 01:37, 01:40, 01:43, 01:46, 01:49, 01:52, 01:55, 01:58, 02:01, 02:04, 02:07, 02:10, 02:13, 02:16, 02:19, 02:22, 02:25, 02:28, 02:31, 02:34, 02:37, 02:40, 02:43, 02:46, 02:49, 02:52, 02:55, 02:58, 03:01, 03:04, 03:07, 03:10, 03:13, 03:16, 03:19, 03:22, 03:25, 03:28, 03:31, 03:34, 03:37, 03:40, 03:43, 03:46, 03:49, 03:52, 03:55, 03:58, 04:01, 04:04, 04:07, 04:10, 04:13, 04:16, 04:19, 04:22, 04:25, 04:28, 04:31, 04:34, 04:37, 04:40, 04:43, 04:46, 04:49, 04:52, 04:55, 05:01, 05:04, 05:07, 05:10, 05:13, 05:16, 05:19, 05:22, 05:25, 05:28, 05:31, 05:34, 05:37, 05:40, 05:43, 05:46, 05:49, 05:52, 05:55, 06:01, 06:04, 06:07, 06:10, 06:13, 06:16, 06:19, 06:22, 06:25, 06:28, 06:31, 06:34, 06:37, 06:40, 06:43, 06:46, 06:49, 06:52, 06:55, 07:01, 07:04, 07:07, 07:10, 07:13, 07:16, 07:19, 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Period 2 (93 min): [Save Image](#)

Formation: Home: 3 - Away: 3

Period Minutes

Time	Event	Opposition	Home
30:00	—	—	Play starts
34:25	10 Kaden Ily	Opposition	Penalty kick
34:25	10 Kaden Ily	Opposition	Goal
34:25	15 Jack Frison	Owns	Red Card
36:23	10 Marty Simoni	Ours	Shot on goal
36:21	9 John Reddick	Ours	Shot on goal
37:58	8 Jim Dutton	Opposition	Goal
38:33	6 Kellen Daly	Opposition	Corner
38:33	8 Jack Martyl	Opposition	Goal
39:00	—	—	Play stops

[Show List](#)

Set Piece: Corner

Set-piece 1 Description:
11 takes an inswinging corner into front post area, 2, 8, 4 & 7 attack cross. Cross is meant for 4 who attacks front post for glancing header.
12 stands on keeper
15 covers poor low cross outcome



Team List

Our Team (Home)					Opposition Team (Away)				
Num	Player Name	Main Position	Goals	Game Time (min)	Num	Player Name	Main Position	Goals	Game Time (min)
1	John Smith	Goalkeeper	000.00	000.00	1	Jonas Bully	Goalkeeper	000.25	000.25
2	Jack Smith	Defender	000.00	000.00	2	Mike White	Defender	000.25	000.25
3	John Tans	Defender	000.00	000.00	3	Jack Martyl	Defender	1	000.25
4	John Jones	Mid-fielder	000.00	000.00	4	Kevin Bridges	Defender	000.25	000.25
5	Mickey Jones	Striker	000.00	000.00	5	Simon White	Defender	000.25	000.25
6	Steve Smith	Mid-fielder	000.00	000.00	6	Kellen Daly	Mid-fielder	000.25	000.25
7	Roud Jones	Mid-fielder	000.00	000.00	7	Norma Gentry	Mid-fielder	000.25	000.25
8	John Peacock	Mid-fielder	000.00	000.00	8	Simon Ducken	Mid-fielder	000.25	000.25
9	Marty Simoni	Striker	000.00	000.00	9	Jim Dutton	Mid-fielder	1	000.25
10	Nigel Tans	Striker	000.00	000.00	10	Kaden Ily	Striker	2	000.25
11	Tim Ulrich	Full-back	000.00	000.00	11	Pollock Nastik	Striker	1	000.25
12	Tim Ulrich	Full-back	000.00	000.00	12	Tim Gost	Full-back	000.25	000.25
13	Jack Frison	Mid-fielder	000.00	000.00	13	Mike Manson	Full-back	000.00	000.00
14	—	—	—	—	14	Marty Jones	Full-back	000.00	000.00

...continuación

Los períodos de los partidos se separan para permitir en el medio tiempo cambios en la formación, etc.

También están disponibles los análisis de las jugadas y su descripción, así como las alineaciones.

My Sessions (Pro-Club)

Pro-Club: SportSessionPlanner.com

Magnus Axford (Adult Member)

Training Sessions Match to Session Builder™ Matches Switch to Set-piece Builder™

Language: All Languages Skill Level: All Skill levels

Sort Order: Most Recent Keyword: Go

All Categories

- Functional, Defender
- Functional, Midfielder
- Functional, Striker
- Goalkeeping: 1 v 1
- Goalkeeping: Agility/Driving techniques
- Goalkeeping: Crossing/High balls
- Goalkeeping: Distribution
- Goalkeeping: Freekicks/Kicking
- Goalkeeping: General
- Goalkeeping: Positioning
- Goalkeeping: Shot-stopping
- Physical: Agility
- Physical: Endurance
- Physical: Speed
- Physical: Strength/Power
- Psychological practices
- Set-Pieces: Corners

Finishing

Author: Magnus Axford (4 points)
Update: 14-Aug-2013
Category: Tactical: Combination play
Difficulty: Difficult
Progression: 1
Comments: Encourage players to hit the target and far post. 1) Instep drive 2) Instep Read more...

433 Shape Session - Positioning Game

Author: Magnus Axford (4 points)
Update: 22-Jul-2013
Category: Tactical: Positional understanding
Skill Level: U18
Progression: 1

Añadir vídeos a tus sesiones y partidos es una gran herramienta para ti y tus jugadores

1. Accede a la Biblioteca - Accede a tu Biblioteca de Sesiones mediante la pestaña “Mis Sesiones” para ver la lista de sesiones y partidos que has creado.

2. Selecciona la Sesión - Selecciona el partido o sesión donde quieras añadir un vídeo haciendo clic en la vista previa o en el título de la sesión.

Finishing

Category: Tactical: Combination play | Difficulty: Difficult

Pro-Club: SportSessionPlanner.com

Magnus Axford, Adult Member

Sharing Options: Public

Facebook Link Session Add Favorite Print View as PDF Download as Webpage Clone

Edit Page

Edit Session **Delete Session**

Finishing in final 1/3

Encourage players to hit the target and far post.

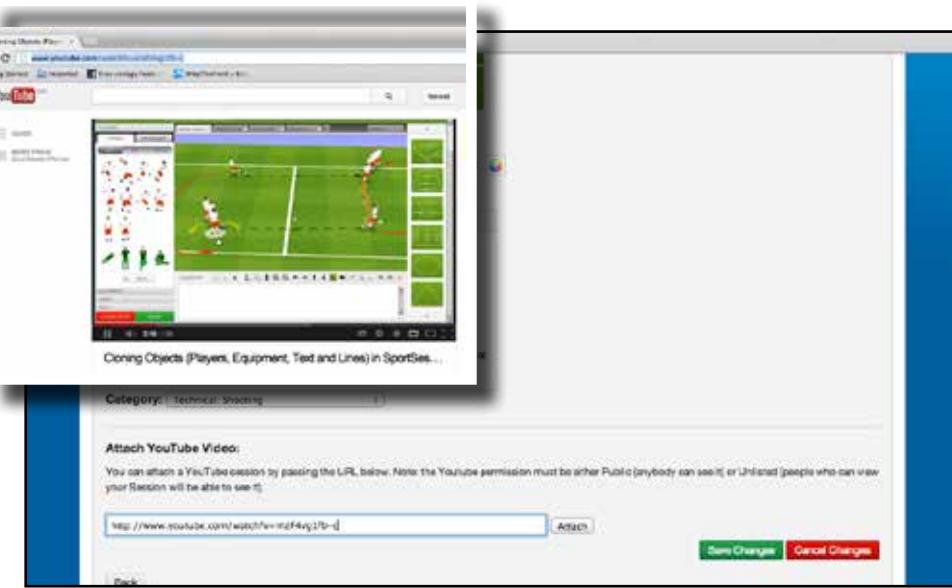
- 1) Instep drive
- 2) Instep foot
- 3) Bending to far post

Passes should be crisp and on the ground. Movements off the ball should be at game speed. Players move from line A-B-C.

3. Edita la Sesión

Una vez en la página de la sesión en la que quieras añadir un vídeo, haz clic en el botón “Editar Página”.

Aquí podrás cambiar el título de la sesión, categorías, descripciones, etc. y añadir tu vídeo de YouTube.



4. Introduce la URL

- Al final de la página “Editar Sesión” ve a la sección “Adjuntar Vídeo de YouTube”.

En una ventana de Internet aparte, busca y selecciona el vídeo deseado en YouTube y copia la dirección del sitio web (URL).

Vuelve a la página de SSP y pega o introduce la dirección de YouTube en el cuadro de texto.

< Como se muestra aquí

Por último haz clic en el botón “Adjuntar”.

Entonces se mostrará el vídeo de YouTube.

Si estás satisfecho, haz clic en “Guardar Cambios”.

Te aconsejamos que veas el siguiente enlace para gestionar tu configuración de privacidad en YouTube:

<https://support.google.com/youtube/answer/157177>





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