



ATLÉTICO DE MADRID

ONLINE COACHES EXPERIENCE
PROGRAMS
SEASON 2020/2021

ATLÉTICO WAY I

#	PROGRAM	CONTENT	LANGUAGE	TIME (CET)
1	ATLETICO WAY I	Methodology	English	10:00 - 12:00 16:00 - 18:00
2	ATLETICO WAY I	Physical Preparation	English	10:00 - 12:00 16:00 - 18:00
3	ATLETICO WAY I	Coaching	English	10:00 - 12:00 16:00 - 18:00
4	ATLETICO WAY I	Goalkeeper Preparation	English	10:00 - 12:00 16:00 - 18:00

#	PROGRAM	CONTENT	LANGUAGE	TIME (CET)
1	ATLETICO WAY I	Methodology	Spanish	18:00 - 20:00
2	ATLETICO WAY I	Physical Preparation	Spanish	18:00 - 20:00
3	ATLETICO WAY I	Coaching	Spanish	18:00 - 20:00
4	ATLETICO WAY I	Goalkeeper Preparation	Spanish	18:00 - 20:00

#	CONTENT	CLASS	DATE	SPECIFIC CONTENT
1	Methodology	A	September 7	Atlético de Madrid Academy Model + Development Stages
		B	September 14	Atlético de Madrid training Methodology + Training session structure
		C	September 21	Technical - tactical principles ATM (I) + Methodological Progressions (I)
2	Physical Preparation	A	September 9	Conditional methodology at the Atlético de Madrid
		B	September 16	Conditional methodological progression + ATM Performance: from the gym to the pitch
		C	September 23	Atlético de Madrid development model
3	Coaching	A	September 10	Introduction to sports coaching + What is sports coaching + Phases of the coaching process
		B	September 17	Defeat your inner rival + How to detect negative internal dialogue and turn it into positive
		C	September 24	Leadership and management of sports teams
4	Goalkeeper Preparation	A	September 11	Methodology and ATM Goalkeeper Training Model
		B	September 18	Initiation stages: development of psychomotor and essential skills + technical improvement and understanding of the game
		C	September 25	High-performance stages: demands on high competition + emotion control and individualized training

*Schedules will be confirmed a few days in advance of the program. These dates and times are also subject to change. The different schedules have been established to serve the different markets and time zones.

ATLÉTICO WAY II

#	PROGRAM	CONTENT	LANGUAGE	TIME (CET)
5	ATLETICO WAY II	Methodology	English	10:00 - 12:00 16:00 - 18:00
6	ATLETICO WAY II	Physical Preparation	English	10:00 - 12:00 16:00 - 18:00

#	PROGRAM	CONTENT	LANGUAGE	TIME (CET)
5	ATLETICO WAY II	Methodology	Spanish	18:00 - 20:00
6	ATLETICO WAY II	Physical Preparation	Spanish	18:00 - 20:00

#	CONTENT	CLASS	DATE	SPECIFIC CONTENT
5	Methodology	A	September 7	Atlético de Madrid Academy Model + Development Stages
		B	September 14	Atlético de Madrid training Methodology + Training session structure
		C	September 21	Technical - tactical principles ATM (I) + Methodological Progressions (I)
		D	September 28	Atlético de Madrid playing model + Mesocycle ATM
		E	September 29	Microcycle ATM + Training session (BOX 1)
		F	October 5	Training session (BOX 2 y BOX 3)
		G	October 6	Technical - tactical principles ATM (II) + Methodological Progressions (II)
6	Physical Preparation	A	September 9	Conditional methodology at the Atlético de Madrid
		B	September 16	Conditional methodological progression + ATM Performance: from the gym to the pitch
		C	September 23	Atlético de Madrid development model
		D	September 30	Pillars of conditional work at the Atlético de Madrid Academy
		E	October 1	Patterns and fundamentals of movement
		F	October 7	Methodology ATM Performance: Football-specific movements
		G	October 8	Training load management + Analysis, intervention and evaluation of the process

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ATLÉTICO WAY III

#	PROGRAM	CONTENT	LANGUAGE	TIME (CET)
7	ATLETICO WAY III	Methodology	English	10:00 - 12:00 16:00 - 18:00
8	ATLETICO WAY III	Physical Preparation	English	10:00 - 12:00 16:00 - 18:00

#	PROGRAM	CONTENT	LANGUAGE	TIME (CET)
7	ATLETICO WAY III	Methodology	Spanish	18:00 - 20:00
8	ATLETICO WAY III	Physical Preparation	Spanish	18:00 - 20:00

#	CONTENT	CLASS	DATE	SPECIFIC CONTENT
7	Methodology	A	September 7	Atlético de Madrid Academy Model + Development Stages
		B	September 14	Atlético de Madrid training Methodology + Training session structure
		C	September 21	Technical - tactical principles ATM (I) + Methodological Progressions (I)
		D	September 28	Atlético de Madrid playing model + Mesocycle ATM
		E	September 29	Microcycle ATM + Training session (BOX 1)
		F	October 5	Training session (BOX 2 y BOX 3)
		G	October 6	Technical - tactical principles ATM (II) + Methodological Progressions (II)
		H	October 12	Game model and players profiles ATM
		I	October 13	Technical - tactical principles ATM (III) + Methodological progressions (III)
		J	October 19	Operational strategy in Performance stages + Technical - tactical self analysis
8	Physical Preparation	A	September 9	Conditional methodology at the Atlético de Madrid
		B	September 16	Conditional methodological progression + ATM Performance: from the gym to the pitch
		C	September 23	Atlético de Madrid development model
		D	September 30	Pillars of conditional work at the Atlético de Madrid Academy
		E	October 1	Patterns and fundamentals of movement
		F	October 7	Methodology ATM Performance: Football-specific movements
		G	October 8	Training load management + Analysis, intervention and evaluation of the process
		H	October 14	Relationship between training load and injury risk
		I	October 15	Performance rating
		J	October 21	Cognitive training in football players

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