

PROGRAMME

RHYTHMIC EDUCATION

By
PEPPE STEFANELLI



CENTRO PROFESSIONE RITMO

2-DAY COURSE

In the two-day Rhythmic Education course you will learn to incorporate rhythm into your physical training to improve your individual and team play. Everything is performed to the beat of an electronic metronome: warm-up, exercises with equipment, ball juggling and tactical drills. Four sessions will be held over two days:

a theory/practice session in the mornings and pitch practice in the afternoons. The team will be left with a new awareness of tempo and can continue to follow the method once the two days are over.

DAY 1

10:00-11:30 a.m.

- Where: in a gym or outdoors where there is room for everyone.
- Presentation of the method and its potential. Theory lesson on note values.
- Explanation of the legend and note values pyramid. 45 minutes
- Juggling with hands and feet, following the legend. 20 minutes
- Explanation of afternoon drills. 20 minutes

3:00-4:30 p.m.

- Pitch practice.
- Classic warm-up with metronome. Slow run, repetitions, fast run.
(Metronome 145-160/160-220 bpm)
20 minutes
- Juggling to the rhythm. (Metronome 90 bpm and up)
12 minutes
- Dribbling to the rhythm. (Metronome 90 bpm and up)
12 minutes
- Two-player passing to the rhythm of the full pyramid, as explained during the morning lesson.
(Metronome 90 bpm and up)
12 minutes
- Two/three-player passing down the length of the pitch. 12 minutes
- Practice match in tempo. 22 minutes



DAY 2

10:00-11:30 a.m.

- Where: in a gym or outdoors where there is room for everyone.
- Recap of day 1 programme and video screening. Practice with all note values on the pyramid. 30 minutes
- Performance of the legend at 125 bpm. 20 minutes
- Juggle with feet, incorporating parts of the legend. 20 minutes
- Tactical lesson to prep for afternoon practice on the pitch. 20 minutes



3:00-4:30 p.m.

- Pitch practice.
- Classic warm-up with metronome. Slow run, repetitions, fast run. (Metronome 145-160/160-220 bpm) 20 minutes
- Individual technical drills. (Metronome 90 bpm and up) 24 minutes
- Group tactical drills. (Metronome 90 bpm and up) 12 Minutes
- Penalties and shoot-outs (with run-up) to a beat. 12 minutes
- Practice match in tempo. 22 minutes.



NB:

To achieve results, every exercise has to be repeated many times to the beat of the electronic metronome. It is difficult to get everyone working together but if done right, the team will acquire speed and every player will be better in control of their movements.

TECHNICAL REQUIREMENTS

Gym or other space with a projector screen and basic sound system.

Soccer pitch with training equipment.

The metronome and sound system for the outdoor pitch will be provided by CPR.