OLI

"Orientation, Learning, Implementation"

WARMUP

Objective: The commencement of your training session is marked by the warm-up phase. Its primary objective is to ready the players both physically and mentally for the subsequent activities. When the warm-up does not involve the use of the ball, it serves as a physical warm-up, whereas incorporating the ball transforms it into a technical warm-up. As a coach, you have the flexibility to integrate or distinguish between these aspects according to your preferences. Once your players are mentally and physically prepared, you can progress to the next stage known as the orientation stage (stage 2).

ORIENTATION

Objective: The Orientation Stage is to present the specific scenario that requires improvement. Players will be introduced to the challenges within this scenario and begin contemplating potential solutions. Essential elements, such as the field area, space utilization, and the number of players involved, play a crucial role during this stage. Examples of numerical configurations commonly used for the Orientation Stage include 4v2, 5v3, 4v4, 5v5, 6v6, and so on.

LEARNING

Objective: Following the Orientation Stage is the Learning Stage, which aims to educate players about the solution to the presented situation. During this stage and the subsequent ones, players will encounter both successful and unsuccessful decision-making instances, providing valuable learning experiences. This type of experiential learning, where cause-and-effect play a role, underscores the importance of structuring your session in a player-centered manner rather than a coaching/command-centered approach. Examples of numerical setups commonly employed in the Learning Stage include 8v6, 8v7, 9v7, 9v8, and so forth

IMPLEMENTATION

Objective: The ultimate stage is the Implementation Stage, where the solution is put into action without any restrictions or limitations. This is the moment to simply let the game unfold! Examples of numerical configurations for this stage include 7v7, 8v8, 9v9, 10v10, and 11v11. While achieving an 11v11 setup might be challenging or even impossible for many, the primary purpose of this stage is to assess whether your players can effectively apply what they have learned and integrate it into the actual game.