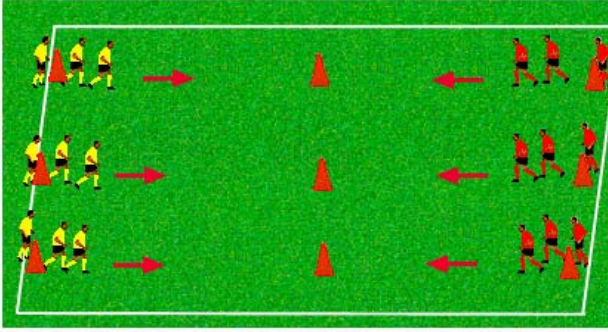



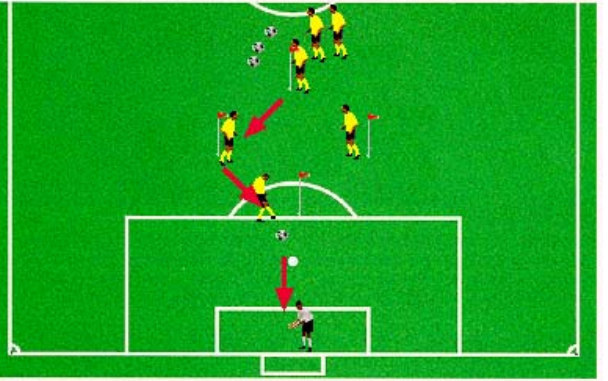


**Newcastle First Team Training
November 20th, 2002**

<p>Warm-up</p>	<p>Jogging, shuffling, running backwards, etc. They built up to sprinting. Players were in groups of three. Three cones were set in a row were 10 yards apart. Players stretched in between every two series of runs.</p>	
<p>First Activity</p>	<p>“Pursuit” Keepaway game played with 3 teams of 6. Two teams play keepaway against one team. The team that is defending goes for two minutes. The defending group keeps track of the number of touches they can get in two minutes. The two teams working together play 2 touch. Game works on defending team locking an area of the field. For attacking play it works on speed of play and changing the point of attack.</p>	
<p>Second Activity</p>	<p>10v10 to goals They then broke down into a very tight 10v10 match in a space of 60 long by 30 wide. Players were restricted to two touch.</p>	
<p>Third Activity</p>	<p>10v10 to goals Same as above, except no restriction with number of touches</p>	
<p>Cool Down</p>	<p>Finishing Set up of four flags. A player is at each flag. Balls are at the top flag. The players move the ball by passing. Player 1, passes to Player 2, who then passes to Player 3. Players were instructed as to how to receive the ball and finish. Player who passes to the shooter, then takes their place. The process is repeated but going the other direction.</p>	

	a) Receive ball on back foot; b) Receive ball on front foot then ½ turn; c) Receive ball with outside of foot then turn and shoot	
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Observations

First of all, it was rare that we got to go in and watch Newcastle's first team train as they are mainly closed sessions.

Second, the training facility that Newcastle has is very impressive. They have an indoor facility as well as a large field space for training. The players get dressed, shower, etc right there at the facility and then walk out to the pitch.

Third, the intensity and pace was evident as well as their spirit throughout the session.

Fourth, you could really tell who the mature professionals were and which ones have a time dealing with adversity. Alan Shearer is the ultimate professional who shows class throughout.

Fifth, you could really tell how much they truly love to play the game. Every activity was spirited, they were competitive all of the time, and celebrated every goal that they scored just like they were in front of a crowd. It was neat to see that passion just for a training session.