



Thread: Training Routines

Thread Tools

10-03-12, 12:26 PM

#1

Kimbo21
Youth Team Player

Join Date: 05-03-12
Posts: 12

Training Routines

I'm after a tried and tested training routine, can anybody help, thanks

10-03-12, 02:45 PM

#2

AMC
CML Mod
Official Challenges Team

Join Date: 02-03-12
Posts: 8,399

Here's what I use.

GK: M, M, -, M, I, -, -

Defenders: M, I, L, I, -, -, -

Def Mids and Mids: M, M, L, I, -, -, -

Att Mids: M, L, M, I, -, -, -

SC: M, L, I, M, -, -, -

Youth (outfield players 19 and under): M, M, M, I, -, -, -

The Following User Says Thank You to AMC For This Useful Post:

Cornman

11-03-12, 01:46 PM

#3

jesla38
Unattached

What ever happened to the training research thread

Sent from my R800i using Tapataalk

11-03-12, 01:49 PM

#4

Dermotron ◊
Sir Mergements
Director
Manager
VIP
Captain

Join Date: 15-12-11
Location: Your Mother
Posts: 29,995

We moved forums, it's on the way as soon as access to the forum is back up.

[Champman0102.co.uk Facebook Page](#)
13000 followers and rising

November 2020 Data Update Out Now

11-03-12, 02:15 PM

#5

trevorplatt ◊
Hot Prospect for the Future

Join Date: 11-03-12
Location: York, England.
Posts: 164

This works for me:

Name: Att. Mid.

Fit: Med; Tac: Med; Sho: Med; Ski: Int; GK: None; New Position: Attacking Midfield.

Name: Forwards.

Fit: Med; Tac: Med; Sho: Int; Ski: Med; GK: None; New Position: Forward.

Name: Def. Mid.

Fit: Med; Tac: Med; Sho: Med; Ski: Int; GK: None; New Position: Defensive Midfield.

Name: Midfield

Fit: Med; Tac: Med; Sho: Med; Ski: Int; GK: None; New Position: Midfield.

Name: Defence.

Fit: Med; Tac: Int; Sho: None; Ski: Int; GK: None; New Position: Defender.

Name: Goalkeepers.

Fit: Med; Tac: Med; Sho: None; Ski: Med; GK: Int; New Position: Goalkeeper.

I don't know if the 'new position' option actually improves anything but it certainly doesn't hurt.

[Edit: I no longer rotate the regime each month, I now just leave them be. After discovering which attributes are improved with each regime I've amended the defenders to Tactics and Skills = Intensive and Shooting = None, rather than Tactics = Intensive and Skills and Shooting = Medium]

Last edited by trevorplatt; 04-11-15 at 01:33 AM.

11-03-12, 03:06 PM

#6

Goofy ◊
First Team Player

Join Date: 18-12-11
Location: On the oche
Posts: 2,840

This works great for me 😊

Outfield players in general training, goalkeepers on goalkeeping training 🙌

The Following User Says Thank You to Goofy For This Useful Post:

[Offside Trap](#)

11-03-12, 06:15 PM

#7

jesla38
Unattached

cheers, gonna use one of the suggested ones untill the thread is back.

Sent from my R800i using Tapataalk

BlazeRavenwolf ◦
First Team Player

Join Date: 02-03-12
Posts: 2,500

trevorplatt's seems good quite close to what I use

26-02-13, 07:56 PM

#9

Ragnarok
Unattached

I found an example of a training schedule for youngster which says all the should be Intensive. Because of this 90% of my youngsters are always on very low condition (below 50% so too dangerous to use them). The creator of this training schedule says all youngster should train like this until they are 24 years old.

Do you guys think this is a good schedule? It seems so excessive to me...

Do you maybe have another option for training my youth?

Thanks!

26-02-13, 08:01 PM

#10

AMC ◦
CML Mod
Official Challenges Team

Join Date: 02-03-12
Posts: 8,399

Far too much, use mine in the second post of the thread 🤖

26-02-13, 08:29 PM

#11

Ragnarok
Unattached

🗨️ Originally Posted by **AMC** ◦

Far too much, use mine in the second post of the thread 🤖

Seems far more logic, that's for sure 😊 I'll swap training schedules now.
Thanks for the fast reply 😊

27-02-13, 02:46 PM

#12

scaible ◦
Youth Team Player

Join Date: 06-07-12
Posts: 5

Here is what I use and what works fine:

fitness tactics shooting skills goalkeeping
Goalk. Int Med Light Med Int
Def. Int Int Med Med None
Def. Mid. Med Int Med Int None
Att. Mid. Med Med Int Int None
Attack Med Med Int Int None

Ofcourse you have to look at the qualitys of your trainers. The better they are, the more intensive you can train your players.

28-02-13, 11:38 AM

#13

minhha09 ◦
Youth Team Player

Join Date: 13-03-12
Location: Vietnam
Posts: 31

🗨️ Originally Posted by **Goofy** ◦

This works great for me 😊

Outfield players in general training, goalkeepers on goalkeeping training 🤖

best training routines ever 🤖

17-03-13, 03:50 PM

#14

Ragnarok
Unattached

One more question: it seems that some of my players (some goalkeepers and defenders, not all of them) never get 100% fit (my first goalie even reaches a maximum of 76%)... Can not use all of them in a full match this way :s
What causes this and how do I act on it? I'm using AMC's training schedules btw (2nd post).

17-03-13, 03:57 PM

#15

AMC ◦
CML Mod
Official Challenges Team

Join Date: 02-03-12
Posts: 8,399

Put them on no training till they get back to 100% then put them back on the GK training.

07-04-13, 10:14 AM

#16

NicQueHar ◦
Youth Team Player

Join Date: 19-03-12
Posts: 3

I've created 2 schedules for both outfield players and goalies, General and Intense, for outfield players at 30+ I also have the "Oldies".
The OP general is Med,Int,Med,Med (no GK) and the Intense is INTENSE all the way, except GK:dance1:
The only difference between GK General & GK Intens is the fitness, light in Genral - intense in Intens, do not train either shooting or skills.
I then rotate my players after each game, so if their condition is below 85% I move the player from Intens to General and when the condition is above 96% he is returned to Intens.

16-04-13, 12:18 PM

#17

Guushiddink ◦
Youth Team Player

Join Date: 27-05-12
Location: Holland
Posts: 7

Originally Posted by Ragnarok ▶▶

I found an example of a training schedule for youngster which says all the should be Intensive. Because of this 90% of my youngsters are always on very low condition (below 50% so too dangerous to use them). The creator of this training schedule says all youngster should train like this until they are 24 years old.

Do you guys think this is a good schedule? It seems so excessive to me...

Do you maybe have another option for training my youth?

Thanks!

i use this training routines.. to keep the fitness level up you have to put the training all on intensive for a few weeks then put it back on default for a few weeks
also give the young talents playing time by subbing then in games if you do this combined with good training facilities you should have no problem of making your talents grow into verr good players

27-03-14, 08:33 PM

#18

Profa ◦
Youth Team Player

Join Date: 01-03-14
Posts: 11

I noticed that some young players develop better through reserve team, then by playing in first team. Seems like lot of players in main squad develop very slow or not at all. maybe I do something wrong with training.
I put outfield players players on no GK, rest medium, except 1 intensive, depending on their position.

27-03-14, 10:26 PM

#19

Profa ◦
Youth Team Player

Join Date: 01-03-14
Posts: 11

After reading topics about training I am still not sure is it necessary to rest players between seasons? My current training routine is:
After last match till season update -> no training
Season update - 10 days before kick off -> Fitness intense, tactics, shooting, skills medium (depending on player position one of them is intense)
10 days before KO - till fully fit -> everything light, except one medium, depending on position
Is it ok?

01-04-14, 06:30 AM

#20

Bevchenko ◊
Squad Rotation Player

Join Date: 06-03-12
Location: Sydney, Australia.
Posts: 2,480

Going through an older folder which was in my suitcase I used to move to Australia and I've found my old notebook on CM01/02.

And I've found my old training set-up. This find is up there with the holy grail, and the original copy of the bible. I thought it was lost forever after working wonders for so many years and believing I had lost the routine forever.

Here it is, enjoy:

GK
Fitness: M
Tactics: M
Shooting: N
Skills: L
GK: I

DEF
Fitness: M
Tactics: I
Shooting: L
Skills: M
GK: N

DEF MID
Fitness: M
Tactics: I
Shooting: L
Skills: I
GK: N

MID
Fitness: M
Tactics: M
Shooting: L
Skills: I
GK: N

ATT MID
Fitness: M
Tactics: L
Shooting: M
Skills: I
GK: N

STR
Fitness: L
Tactics: M
Shooting: I
Skills: M
GK: N



Last edited by Bevchenko; 01-04-14 at 08:12 AM.

03-04-14, 07:49 PM

#21

Nikolayov ◊
Important First Team Player

Join Date: 30-09-12
Location: Poland
Posts: 5,276

That works good for me 😊

General (for 22+ midfielders):
F: M, T: M, Sh: M, Sk: L, Gk: -

Fitness (for players with low stamina):
F: I; T: M; Sh: L; Sk: M; Gk: -

Tactics (for 22+ defenders):
F: M; T: I; Sh: L; Sk: M; Gk: -

Shooting (for 22+ strikers):
F: M; T: L; Sh: I; Sk: M; Gk: -

Skills (for U21 outfield players if they're having good skills for first team):
F: M; T: M; Sh: M; Sk: I; Gk: -

Gk:
F: M; T: L; Sh: -; Sk: M; Gk: I

Gk U21:
Same as GK, but Sk: I

Youth (for U21 players who aren't having good skills for first team):
Everything (except Gk): I

03-04-14, 08:50 PM

#22

ajra21 ◊
Backup Player

Join Date: 18-05-13
Posts: 728

Does anyone find that some players fall off during the off season? I use to have a training regiment for it to prevent players from getting tired; but I can't remember it.

03-04-14, 11:27 PM

#23

Bevchenko ◊
Squad Rotation Player

Join Date: 06-03-12
Location: Sydney, Australia.
Posts: 2,480

no my routine is immense.

07-04-14, 01:47 AM

#24

Profa ◊
Youth Team Player

Join Date: 01-03-14
Posts: 11

Is it better to train players between seasons or not?

07-04-14, 01:50 AM

#25

Sam ◊
Reserve Team Player

Join Date: 05-03-12
Location: Barakaldo, Spain
Posts: 360

Originally Posted by **Profa** ◊

Is it better to train players between seasons or not?

I just leave them on default training.

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Thread: Training Routines

Thread Tools

07-04-14, 05:20 AM

#26

Fods

Not Needed at the Club

Join Date: 16-12-11
Location: Australia
Posts: 11,493

I use my training regime which works a treat. I dont take them off it either so they train all year round. After all they still get paid for the weeks there is no games 😊

08-04-14, 12:02 AM

#27

Bevchenko

Squad Rotation Player

Join Date: 06-03-12
Location: Sydney, Australia.
Posts: 2,480

Originally Posted by Profa

Is it better to train players between seasons or not?

I keep them all on it from day 1

08-04-14, 04:49 PM

#28

ajra21

Backup Player

Join Date: 18-05-13
Posts: 728

what do people do if a player suddenly gets tired in the middle of a season?

i have a starting DC who suddenly showed up at 26% fitness about a month into the season. i've had similar things before & just reduced his training to my offseason mode which has fitness on "light". two weeks later, he's up to 76% and should be ready to play in another ten days or so.

08-04-14, 06:59 PM

#29

colml

Squad Rotation Player

Join Date: 20-06-12
Location: Ireland

Originally Posted by **ajra21**

what do people do if a player suddenly gets tired in the middle of a season?

i have a starting DC who suddenly showed up at 26% fitness about a month into the season. i've had similar things before & just reduced his training to my offseason mode which has fitness on "light". two weeks later, he's up to 76% and should be ready to play in another ten days or so.

I just stick him on no training until he's back to full fitness. Make sure you remember to put him back in training though as i took a load of players off training and forgot to put them back on 😞 I eventually realised after about 6 months when all their attributes started getting worse

08-04-14, 07:12 PM

#30

ajra21
Backup Player

Join Date: 18-05-13
Posts: 728

Originally Posted by **colml**

I just stick him on no training until he's back to full fitness. Make sure you remember to put him back in training though as i took a load of players off training and forgot to put them back on 😞 I eventually realised after about 6 months when all their attributes started getting worse



i always set a *manager note* reminder to prevent that from happening.

09-04-14, 05:42 AM

#31

Bevchenko
Squad Rotation Player

Join Date: 06-03-12
Location: Sydney, Australia.
Posts: 2,480

Originally Posted by **ajra21**

what do people do if a player suddenly gets tired in the middle of a season?

i have a starting DC who suddenly showed up at 26% fitness about a month into the season. i've had similar things before & just reduced his training to my offseason mode which has fitness on "light". two weeks later, he's up to 76% and should be ready to play in another ten days or so.

Use my training, and use a different defender 🙄

09-04-14, 03:33 PM

#32

ajra21
Backup Player

Join Date: 18-05-13
Posts: 728

Originally Posted by **Bevchenko**

Use my training, and use a different defender 🙄

of course. I've found this kind of thing only seems to happen when i have players to step in without a drop off; it doesn't happen at a position that i'm shallow at.

06-06-14, 10:13 PM

#33

blatt_dennis
Youth Team Player

Join Date: 16-01-14
Posts: 8

guys do you think we should have training cycle?

07-06-14, 04:28 AM

#34

Fods
Not Needed at the Club

Join Date: 16-12-11
Location: Australia

What do you mean Blatt_dennis?

19-06-14, 12:32 AM #35

blatt_dennis ◦
Youth Team Player

Join Date: 16-01-14
Posts: 8

Originally Posted by **Fodster** ◦
What do you mean Blatt_dennis?

i mean while players at training, should we do a cycle? example during 3 weeks defenders work intensive tactics, then next 3 weeks they work skills, then next 3 weeks they work fitness .. sth like that 😊

19-06-14, 12:42 AM #36

Fods ◦
Not Needed at the Club

Join Date: 16-12-11
Location: Australia
Posts: 11,493

ner, I keep them on the same schedule even during the off season!

24-12-14, 02:44 PM #37

TURBOSKILL ◦
Youth Team Player

Join Date: 04-02-13
Posts: 19

I haven't played CM 01/02 in a few years but just decided to return to it recently and thought I'd throw my input on training routines. I actually had this completely nailed down and knew exactly how they worked when I used to play regularly but I forgot the specifics. However, I remember enough that if anyone can be bothered looking into it and doing a bit of research they'd be able to figure it all out again.

Players have a certain amount of training that they can handle without being run down, as you're all well aware. The best and fittest players can handle more than players that aren't so good or fit, although you'll see there isn't really that much difference in what they can handle once you understand how the regimes actually work.

Each component of a schedule has the same 'value', that is if a player is being trained on a regime with 1 intensive and 3 medium it doesn't matter which ones are which. Intensive fitness is the same amount of work as intensive tactics, shooting, etc etc. I figured out that an intensive has a value of 5, medium 3 and light 1. I can't remember exactly what amount players can handle but it was somewhere around 15 I think, with better players tending towards 17 and worse players struggling to manage more than 13. I don't know exactly what impact this amount of training will have on them, or if a player having a low condition will train worse because of it, I'm simply stating what they can handle without lowering their condition.

I used to have a set of routines but I lost them so I'm trying to recreate what I had with what limited knowledge I can recall. This is what I've got so far.

General: Leave it as it is, if you're a team with mostly decent players you can probably bump fitness up to intensive. If you always remember to instantly move your players to a better routine it doesn't matter what you do here anyway.

Pre-season: Create a pre-season routine with everything set to intensive and dump all of your players except GKs in there.

Light: Create a routine with Fitness set to intensive then no more than 5 points distributed between the other components. It's really up to you here, the point is you're getting them working on fitness and keeping everything else low so that they get their condition up to scratch ASAP. You could make more than one of these for different positions as well if you have enough space.

GK: Use the preset but bump everything up that's on light up to medium and leave everything else as it is.

The rest of the routines you make will depend on what kind of formation you're using, how many spare routine spaces you have, the quality of your squad and any other variables you have going on at any specific time. For forwards I like to use intensive shooting and medium everything else. For defenders I like to use intensive fitness and tactics, medium skills, light shooting.

It'd be great if someone felt up to the task of digging into this further. I would but I just don't have the same passion for the game as I used to.

25-12-14, 05:37 AM #38

zionmaster ◦
King of the Mountain - 2016

Join Date: 15-03-12
Location: Hanoi, Vietnam
Posts: 406

Originally Posted by **Bevchenko** ◦

Going through an older folder which was in my suitcase I used to move to Australia and I've found my old notebook on CM01/02.

And I've found my old training set-up. This find is up there with the holy grail, and the original copy of the bible. I thought it was lost forever after working wonders for so many years and believing I had lost the routine forever.

Here it is, enjoy:

GK

Fitness: M

Tactics: M

Shooting: N

Skills: L

GK: I

DEF

Fitness: M

Tactics: I

Shooting: L

Skills: M

GK: N

DEF MID

Fitness: M

Tactics: I

Shooting: L

Skills: I

GK: N

MID

Fitness: M

Tactics: M

Shooting: L

Skills: I

GK: N

ATT MID

Fitness: M

Tactics: L

Shooting: M

Skills: I

GK: N

STR

Fitness: L

Tactics: M

Shooting: I

Skills: M

GK: N



Can you give some screenshots about setting Training 🧠 I still don't know how to creat each training position 🤔

26-12-14, 12:39 PM

#39

faz44 ◦
Backup Player

Join Date: 09-03-12
Location: London
Posts: 931

Disagree with the idea that fitness is the same as other types of training, turbo. If no training is 0 and intensive training is 3, intensive fitness training is 4. Rather than the scale going 1 to 3, fitness runs 2 to 4. Plus, the only thing fitness training improves is stamina.

01-02-15, 10:10 PM

#40

Psmith
Unattached

Fantastic training regime - (including faster youth development)

I found this training regime somewhere in a dark corner of the internet. Decided to give it a try and the results where outstanding, the youth players in particular developed incredibly fast even without having much, or any, playing time with the first team.

I tested this with Man Utd so I don't know if it works with poorer training conditions...

Anyway, here it is:

Goalkeeper

Fitness:Light
Tactics:Light
Shooting:Medium
Goalkeeping:Intensive

Defence

Fitness:Medium
Tactics:Intensive
Shooting:Light
Skills:Medium
Goalkeeping:Light

Def Mid

Fitness:Medium
Tactics:Medium
Shooting:Light
Skills:Intensive
Goalkeeping:None

Att Mid and Strikers

Fitness:Medium
Tactics:none
Shooting:Intensive
Skills:Intensive
Goalkeeping:None

Youth(everyone that is 24 and under no matter how good they are)

Fitness:Intensive
Tactics:Intensive
Shooting:Intensive
Skill:Intensive
Goalkeeping:Light

02-02-15, 05:15 PM

#41

Craig Forrest

Manager
Programmer
Forum Enforcer
Holy Trinity Member

Join Date: 02-03-12
Location: The Great White North
Posts: 4,502

That's very similar to what I use and I've never had any issues... players tend to develop quite well.... I don't have any GK training for players that aren't GKs though....

02-02-15, 05:56 PM

#42

ajra21

Backup Player

Join Date: 18-05-13
Posts: 728

Originally Posted by **Craig Forrest**

That's very similar to what I use and I've never had any issues... players tend to develop quite well.... I don't have any GK training for players that aren't GKs though....

yeah, that is generally what i do. i don't have an "under 24yo" specific training setup though.

02-02-15, 06:08 PM

#43

Craig Forrest

Manager
Programmer
Forum Enforcer
Holy Trinity Member

Join Date: 02-03-12
Location: The Great White North
Posts: 4,502

Nope.... I've got one for GK, one for defence, one for midfield, one for attack, and one for reserves...never change it, never had a reason to....

Goalkeeper

Fitness: Medium
Tactics: Medium
Shooting: None
Skills: Light
Goalkeeping: Intensive

Defence

Fitness: Medium

Tactics: Intensive
Shooting: Light
Skills: Medium

Midfield

Fitness: Medium
Tactics: Medium
Shooting: Medium
Skills: Medium

Attack

Fitness: Medium
Tactics: Light
Shooting: Intensive
Skills: Medium

Reserves

Fitness: Medium
Tactics: Medium
Shooting: Medium
Skill: Intensive

02-02-15, 07:48 PM

#44

JLa ◦
Backup Player

Join Date: 02-04-12
Posts: 865

OP: Wouldn't that youth setup drain their condition down to, like, 10 %? I'd like to play them every now and then, too.

02-02-15, 08:34 PM

#45

1369phil ◦
Hot Prospect for the Future

Join Date: 06-04-12
Posts: 110

I've said it before and I'll say it again - many moons ago it was shown that a 2 weekly rotation of intensive areas of training resulted in the best gains.

With high intrinsic values and low CA being important, I think that training is one of those area that can be nearly left alone.

02-02-15, 11:36 PM

#46

ajra21 ◦
Backup Player

Join Date: 18-05-13
Posts: 728

I have one for GK, def, def mid, mid, att mid & forwards.

it's been working for a long time. occasionally, a player or two will simply get worse. they are usually players i don't have much invested in.

03-02-15, 05:37 PM

#47

piotrtrybak ◦
Decent Young Player

Join Date: 04-03-12
Location: Poland/Radomsko
Posts: 66

Craig Forrest witch players do you put in your reserves training??

03-02-15, 06:32 PM

#48

Craig Forrest ◦
Manager
Programmer
Forum Enforcer
Holy Trinity Member

Join Date: 02-03-12
Location: The Great White North
Posts: 4,502

Everyone who isn't in the senior squad..... all my youth players on loan and anyone who is listed and not still in my senior squad.....

24-02-15, 06:47 PM

#49

Help!)

I returned to the Championship Manager, after years of playing Football Manager. This game nobody beats. Is the best !! I have a request to all fans! I have a problem with it. I need the best training for Championship Manager 01/02. So far I've played on the training regime, but I do not know if it is good - <http://fm-gamer.blogspot.nl/2009/05/...-training.html> Also, I would ask for a list of the biggest talents to CM 01/02 and also good players. How ever long ago I played Cm 01/02 was the program, who helped in the search of talent. Someone tell me the name of this program? And the last question - I downloaded and played them tactics to test, FuryOfTheBeast, SergOff2ver2, 4-3-1-2 Nakano and Uzbek_352_teramo ...The problem is that these tactics accomplished my good results, especially in the first half of the season, but in the second half of the season was really bad. I need tactics that shoot a lot of goals, little lose goals, and will be very effective. Please advice

24-02-15, 07:42 PM

#50

Craig Forrest ◊
Manager
Programmer
Forum Enforcer
Holy Trinity Member

Join Date: 02-03-12
Location: The Great White North
Posts: 4,502

Look around the site. There are many threads about good players, especially in the most recent data update. The tools in the downloads section, such as CM Scout and Graeme Kelly's save game editor can help you find players with high attributes and potential. There are many threads in this section about training.

Play and see what tactics work best with your players.

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Thread: Training Routines

Thread Tools

20-06-15, 07:58 PM

#51

BADjoel
Youth Team Player

Join Date: 20-06-15
Posts: 1

have you ever tried your schedule for lower league? that will drain most of the players condition to bellow 90%, even for the best player.

FYI: I used to play this game on windows ME back in around 2003/2004. Then I stop playing this game because I don't know how to setup the training schedule. I saw the other team's youth player improve their stats, mine doesn't. That makes me frustrated. I decided to never play this game ever again. I broke my CD, uninstalled the game and deleting all files related to it. I did spend money for the game, spend time trying to figure out how it work, but after all I still don't get it. Don't have a clue for proper training program, and the game developer remain silent till this day. Never give any hint how to train players properly. All we have so far, different training setup from each user/gamer. That is sucks!

21-06-15, 04:20 AM

#52

Fods
Not Needed at the Club

Join Date: 16-12-11
Location: Australia
Posts: 11,493

Originally Posted by **BADjoel**

have you ever tried your schedule for lower league? that will drain most of the players condition to bellow 90%, even for the best player.

FYI: I used to play this game on windows ME back in around 2003/2004. Then I stop playing this game because I don't know how to setup the training schedule. I saw the other team's youth player improve their stats, mine doesn't. That makes me frustrated. I decided to never play this game ever again. I broke my CD, uninstalled the game and deleting all files related to it. I did spend money for the game, spend time trying to figure out how it work, but after all I still don't get it. Don't have a clue for proper training program, and the game developer remain silent till this day. Never give any hint how to train players properly. All we have so far, different training setup from each user/gamer. That is sucks!

Ok mate, download this, extract the files to desktop and then copy and paste the whole raining folder into your main CM 01/02 Folder.

<https://www.sendspace.com/file/1y49zb>

Once you do that if load up the game, go to squad screen and training.

Click on one of the empty training boxes, click schedule and load, it will open up the training folders that you can then use.

Drag your players into their specific training and off you go!

17-08-16, 03:42 PM

#53

Harmdrago
Youth Team Player

Join Date: 17-08-16
Posts: 6

👉 Best training settings

Can someone tell me or give me the best training setting for a team in this game? and also for the young players in my squad 🌐?

ty

17-08-16, 04:03 PM

#54

Harmdrago ◊
Youth Team Player

Join Date: 17-08-16
Posts: 6

👉 Best training settings

Can someone help me with the best training for a team and the best training for the young players ?

18-08-16, 04:59 AM

#55

zionmaster ◊
King of the Mountain - 2016

Join Date: 15-03-12
Location: Hanoi, Vietnam
Posts: 406

🗨️ Originally Posted by **Harmdrago** ▶▶

Can someone help me with the best training for a team and the best training for the young players ?

Download Fods's above link and use it 🏆🏆

The Following User Says Thank You to zionmaster For This Useful Post:

evian

17-10-16, 02:15 PM

#56

marc1986 ◊
Hot Prospect for the Future

Join Date: 20-03-13
Location: Denmark
Posts: 172

Hi Guys

Great thread ! Does anyone know which abilities tactics and skills affect? i guess fitness, shooting and goalkeeping is straight forward.. Don't know if anyone already explained it (cant find it)? but would be nice to know which effects what?

17-10-16, 03:26 PM

#57

Fods ◊
Not Needed at the Club

Join Date: 16-12-11
Location: Australia
Posts: 11,493

🗨️ Originally Posted by **marc1986** ▶▶

Hi Guys

Great thread ! Does anyone know which abilities tactics and skills affect? i guess fitness, shooting and goalkeeping is straight forward.. Don't know if anyone already explained it (cant find it)? but would be nice to know which effects what?

Stickied thread at the top of this sub-forum called "everything there is to know about training"

Everything there is to know about training - by The Eejit

https://r.tapatalk.com/shareLink?url...3&share_type=t

11-01-17, 06:10 AM

#58

Tomtep ◊
Youth Team Player

Join Date: 18-10-16
Posts: 1

Originally Posted by **Fods**

Ok mate, download this, extract the files to desktop and then copy and paste the whole raining folder into your main CM 01/02 Folder.

<https://www.sendspace.com/file/1y49zb>

Once you do that if load up the game, go to squad screen and training.

Click on one of the empty training boxes, click schedule and load, it will open up the training folders that you can then use.

Drag your players into their specific training and off you go!

Link die, pls reupload, tks

19-01-17, 12:16 PM

#59

troza
Backup Player

Join Date: 14-10-14
Posts: 538

Wow... I really must try some of these... I usually don't have different training sets for different midfielders (Attacking, defending and even wng-backs).

My biggest question is about players in need of a rest. What do you usually do in terms of training? And how much does he need to rest to get back into full form... like... a month without playing in the middle of the season helps? (like... december and january when there are less games)?

19-01-17, 10:33 PM

#60

pipedown27
Youth Team Player

Join Date: 02-05-13
Posts: 27

I usually just put him on no training, and dont put him in the squad. Should be fine within a week.

19-01-17, 10:37 PM

#61

Fods
Not Needed at the Club

Join Date: 16-12-11
Location: Australia
Posts: 11,493

Originally Posted by **Tomtep**

Link die, pls reupload, tks

<https://www.sendspace.com/file/4wsbf9>

20-01-17, 12:46 PM

#62

AtomicAnt
Backup Player

Join Date: 06-03-12
Posts: 705

Originally Posted by **troza**

My biggest question is about players in need of a rest. What do you usually do in terms of training?

I do nothing, and if the player is above 94% he'll play the next match. Players who are 'exhausted' may get slightly lighter training and be out of the team a game or two if he can be spared.

12-04-17, 11:51 AM

#63

scemoka
Backup Player

Join Date: 08-03-12
Posts: 596

I only up (Gk) Fitness from Light to Normal.

Gk				
Name	Gk			
Fitness	None	Light	Medium	Intensive
Tactics	None	Light	Medium	Intensive
Shooting	None	Light	Medium	Intensive
Skills	None	Light	Medium	Intensive
Goalkeeping	None	Light	Medium	Intensive
New Position	None	Specific		
New Side	None	Specific		

Cancel Ok

Ill (0) Tactics (0) Gk (0) (Pt) (0) Unus

I never touch to General box. All Medium.

In addition i create (Pt) Punishment training. All intensive.

I move players from (General) to (PT) for 2-3 weeks period who did fitness worry. (i also warn or fine them for unprofessional behaviour)

(Pt)				
Name	(Pt)			
Fitness	None	Light	Medium	Intensive
Tactics	None	Light	Medium	Intensive
Shooting	None	Light	Medium	Intensive
Skills	None	Light	Medium	Intensive
Goalkeeping	None	Light	Medium	Intensive
New Position	None	Specific		
New Side	None	Specific		

Cancel Ok

Skill (0) Tactics (0) Gk (0) (Pt) (0) Unused

Last edited by scemoka; 12-04-17 at 12:00 PM.

15-05-17, 01:38 PM

#64

KL1 Scout

Join Date: 10-08-16
Posts: 62

I do training like @scemoka with everyone on General (All Medium) and upping the GK schedule for Fitness (and Tactics for the Positioning attribute) in order to have 1 Intensive, 1 Light and 2 Medium (I think that's equivalent to 4 Mediums).

What I found was more important though is the coaches. Having the correct assignment for the coaches makes a huge difference. Your entire team will be "in the green" and coaches will regularly notify you than your players are improving.

Reading through the threads in this forum, and from personal experience, having each category of training (Fitness, Tactics, Shooting, Skills, GKing) covered with a total of 50-55 coaching points is the way to go. What I also found very informative was the document written by Marc Vaughan (in the Tools section of the Downloads). In that doc, he gives emphasis on the "Judging ability" attribute of the coaches (as opposed to the scouts). Judging PA/CA by a coach help in determining how much training the coach gives each player in the assigned category. So a coach with good ability judging would see who of the players has more potential for improvement and the result is that coach will give you regular notification on who has improved. Another thing I found very useful from that doc is that "Discipline", "Youngsters", and "Tactical Knowledge" attributes has special boosting effect on "Fitness", "Skills", and "Tactics" training categories.

So the way I assign coaches is following those 3 rules:

1. Coaches must have good "Judging Ability" attributes.
2. Individual coaching points for outfield players and GK are not important at all, what's important is the total points per training category (best between 50-55).
3. Coaches doing "Fitness" must have high "Discipline", doing "Skills" must have high "Working with Youngsters", and doing "Tactics"

must have high "Tactical Knowledge".

Hope this helps.

The Following 2 Users Say Thank You to KL1 For This Useful Post:

fulrush, scemoka

15-05-17, 01:49 PM

#65

hodgy ◊
Hot Prospect for the Future

Join Date: 05-02-14
Posts: 109

Has anyone experimented with absolutely blasting the players for a while? I'm thinking of putting all my wide players and central midfielders at least on intensive fitness, tactics and skill to see how/if it accelerates development. Obviously a larger squad would be needed.

Anyone had positive (or negative) results with this kind of thing?

15-05-17, 02:01 PM

#66

Fods ◊
Not Needed at the Club

Join Date: 16-12-11
Location: Australia
Posts: 11,493

I do that for all my youths, see lots of green in the attributes section

26-05-17, 06:29 AM

#67

joeman ◊
Youth Team Player

Join Date: 23-05-17
Posts: 14

Originally Posted by **Psmith** ▶

Youth(everyone that is 24 and under no matter how good they are)

*Fitness: Intensive
Tactics: Intensive
Shooting: Intensive
Skill: Intensive
Goalkeeping: Light*

It's not a good idea. If your youth player reaches it's peak, he is not going to get any better. You don't want your youth player to reach his peak by learning useless skills. I have developed some very useful players in the highest who only have ability in the 130 ~ 140's. Each player in his position only needs a handful of key attributes to be successful. For example, my leading scorer has finishing and dribbling of 20 and everything else is crap. When I had him as a youth player, his finishing and dribbling were like 13-14 or so. But if his other skills were improved drastically, he would not have gotten to 20.

27-05-17, 10:49 PM

#68

Rxx ◊
Scout

Join Date: 03-03-12
Location: Portugal
Posts: 506

My training routines at the moment, are General - Technique intensive all the rest medium. Goalkeepers, Fitness on medium, tactics on medium, GK Intensive, technique light, no shooting training.

Thing is, the players develop and I easily beat the national leagues I'm in, but when it comes to Champions League or UEFA it changes my results, I have to put Technique and Tactical training on Intensive in General training so I can get results.. Is this normal?

28-05-17, 10:55 AM

#69

KL1 ◊
Scout

Join Date: 10-08-16
Posts: 62

Originally Posted by **joeman** ▶

It's not a good idea. If your youth player reaches it's peak, he is not going to get any better. You don't want your youth player to reach his peak by learning useless skills. I have developed some very useful players in the highest who only have ability in the 130 ~ 140's. Each player

in his position only needs a handful of key attributes to be successful. For example, my leading scorer has finishing and dribbling of 20 and everything else is crap. When I had him as a youth player, his finishing and dribbling were like 13-14 or so. But if his other skills were improved drastically, he would not have gotten to 20.

The problem is that the training categories will affect attributes that you just don't need. For example, to train the "Dribbling" attribute you need the "Skills" category at intensive. The problem is that the "Skills" category will also affect the "Crossing" and the "Tackling" attributes (also Heading, Passing, and Technique). For a 'lead scorer', you certainly don't need to train Crossing or Tackling, but it will happen and you don't have control over that. The same goes with the "Tactics" category which trains "Off the ball" attribute, which is needed for striker, but also the "Positioning" attribute which is certainly not needed.

The game is probably set in that way to prevent players from training youth into specific desirable areas resulting in freakish attributes (like 15-20 in all attacking attributes and 1-5 in all defending attributes).

04-07-19, 01:03 PM

#70

PTpoWER ◊
Youth Team Player

Join Date: 26-01-13
Posts: 12

hi guys?
how we select the trainers? to give 3 jobs for esh one ... which skill is the best for est one when we r looking for trainers?

05-07-19, 07:39 PM

#71

MadScientist ◊
Director

Join Date: 26-09-18
Location: Brazil
Posts: 882

Originally Posted by **PTpoWER** »

*hi guys?
how we select the trainers? to give 3 jobs for esh one ... which skill is the best for est one when we r looking for trainers?*

Check this thread <https://champan0102.co.uk/showthread.php?t=714>

12-07-19, 02:39 PM

#72

nicost ◊
Youth Team Player

Join Date: 10-03-12
Posts: 12

What coaches attribute is the one for fitness. I always looked to coaching outfield players but that might be wrong. Atleast if i want to reach the magic number 50!

12-07-19, 09:05 PM

#73

MadScientist ◊
Director

Join Date: 26-09-18
Location: Brazil
Posts: 882

Originally Posted by **nicost** »

What coaches attribute is the one for fitness. I always looked to coaching outfield players but that might be wrong. Atleast if i want to reach the magic number 50!

Coaching outfield players is the one for all including fitness. Reach 50 in coaching outfield and you are good. The manual says discipline attribute also gives a boost in fitness training

26-07-19, 10:04 PM

#74

the Devil's Advocate ◊
Youth Team Player

Join Date: 15-06-13
Posts: 37

I've read that some people intensify the training in between seasons. Does that work? What are your experiences? And isn't that the same 'mistake' as putting all your youth players in a heavy program on all areas regardless of their position? This would result after all in improvement in unwanted areas. Therefore: isn't it better to have training regimes for defenders, midfielders, strikers etc. and use these for youth players just like you do for older ones and leave them on it all year round? I'm curious since I haven't fiddled around with training much before at all and don't want to ruin the career game I'm currently on. I have to get it right. Your two cents are much appreciated!

LLLorenzo
Decent Young Player

Join Date: 10-12-13
Posts: 92

Looking at your posts, I think to be the only one who has never changed training schedule! 🤖

Always done in this way:

GK M-M-N-N-I

All non GK players M-M-M-M-N (Because my players have to can do everything 🤖)

No training in June

In all those years, I've seen that in January usually my team has bad results...

« Football: Tottenham Hotspur v Everton, Premier League (Mon 20:00) | American Football »

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Thread: Training Routines

Thread Tools

24-09-19, 06:22 PM

#76

Asthereal o
VIP

Join Date: 13-01-14
Posts: 155

I have a **very** different training regime.
I do the following (same for youth and senior):

All defenders and DMs who only play at DM position get this:

Fit: Medium
Tac: Intensive
Sho: Light
Ski: Intensive
GK: (none)

M, AM, and F (who play AM with arrow forward) get this:

Fit: Medium
Tac: Medium
Sho: Medium
Ski: Intensive
GK: (none)

Strikers who only play SC position get this:

Fit: Medium
Tac: Medium
Sho: Intensive
Ski: Medium
GK: (none)

And finally goalkeepers get this:

Fit: Medium
Tac: Medium
Sho: (none)
Ski: Light
GK: Intensive

24-09-19, 09:03 PM

#77

AtomicAnt o
Backup Player

Join Date: 06-03-12
Posts: 705

That's the same that I use, except central defenders, they have none on shooting

26-09-19, 02:37 PM

#78

Asthereal o
VIP

Join Date: 13-01-14
Posts: 155

Originally Posted by **AtomicAnt** o

That's the same that I use, except central defenders, they have none on shooting

I considered that, but my defenders do come into scoring positions every now and then, and I want them to at least have some training for when they do.
I'm not sure though. It might in fact be better to just have defending players at no shooting training at all. I haven't really tested it.

10-04-20, 07:48 PM

#79

guivi ◊
Youth Team Player

Join Date: 22-04-14
Posts: 11

Originally Posted by **trevorplatt** ▶

This works for me:

Name: Att. Mid.

Fit: Med; Tac: Med; Sho: Med; Ski: Int; GK: None; New Position: Attacking Midfield.

Name: Forwards.

Fit: Med; Tac: Med; Sho: Int; Ski: Med; GK: None; New Position: Forward.

Name: Def. Mid.

Fit: Med; Tac: Med; Sho: Med; Ski: Int; GK: None; New Position: Defensive Midfield.

Name: Midfield

Fit: Med; Tac: Med; Sho: Med; Ski: Int; GK: None; New Position: Midfield.

Name: Defence.

Fit: Med; Tac: Int; Sho: None; Ski: Int; GK: None; New Position: Defender.

Name: Goalkeepers.

Fit: Med; Tac: Med; Sho: None; Ski: Med; GK: Int; New Position: Goalkeeper.

I don't know if the 'new position' option actually improves anything but it certainly doesn't hurt.

[Edit: I no longer rotate the regime each month, I now just leave them be. After discovering which attributes are improved with each regime I've amended the defenders to Tactics and Skills = Intensive and Shooting = None, rather than Tactics = Intensive and Skills and Shooting = Medium]

Did you use this in a small team?

13-04-20, 03:34 PM

#80

1966 ◊
Youth Team Player

Join Date: 16-01-20
Posts: 8

Originally Posted by **Fods** ▶

Ok mate, download this, extract the files to desktop and then copy and paste the whole raining folder into your main CM 01/02 Folder.

<https://www.sendspace.com/file/1y49zb>

Once you do that if load up the game, go to squad screen and training.

Click on one of the empty training boxes, click schedule and load, it will open up the training folders that you can then use.

Drag your players into their specific training and off you go!

Hi, i've download this do you have any screenshots of how it is suppose to look please

14-04-20, 03:00 AM

#81

MaxiShagiiko ◊
Hot Prospect for the Future

Join Date: 13-01-20
Posts: 156

Originally Posted by **1966** ▶

Hi, i've download this do you have any screenshots of how it is suppose to look please

If you have downloaded, go into your training section of the game and click on the different section, you can see the routines there

14-04-20, 11:59 AM

#82

PAULOMARCO ◊
Youth Team Player

Join Date: 03-04-20
Posts: 5

Had the game for a while and I have a few hopefully simple questions.

1. TRAINING - How do I set all the training regimes up that people talk off - at present I have to manually move players between the

different training option so I drag my strikers one by one from general to shooting practice and so on - is there a quicker way? Can you set up training to be automatic, can you set up more than one player at a time.

2. Tactics - I have a 4-1-3-2 but if I change from this I have to again manually reset the tactics, so if I move to 4-4-2, I then have to set up the individual player instructions and so on - AGAIN is there a way where I can load tactics so I can quickly switch between them during a match.

Sorry for the such basic questions but it just seems quite labour intensive the way that I am approaching things at present.

3. Any tactics to get To Madeira - the guy just doesn't want to come to scarbrough!!!!hahaha - I offer to loan him, buy him but he just turns me down all the time.

Also any good goalkeepers that I can buy cheaply or loan - the highest salary I can offer is 575 per week as I am in the conference!!! I have a GK but hes not that great.

Paul.

25-06-20, 09:27 PM

#83

scemoka ◦
Backup Player

Join Date: 08-03-12
Posts: 596

Originally Posted by **KL1**

I do training with everyone on General (All Medium) and upping the GK schedule for Fitness (and Tactics for the Positioning attribute) in order to have 1 Intensive, 1 Light and 2 Medium (I think that's equivalent to 4 Mediums).

What I found was more important though is the coaches. Having the correct assignment for the coaches makes a huge difference. Your entire team will be "in the green" and coaches will regularly notify you than your players are improving.

So the way I assign coaches is following those 3 rules:

- 1. Coaches must have good "Judging Ability" attributes.*
- 2. Individual coaching points for outfield players and GK are not important at all, what's important is the total points per training category (best between 50-55).*
- 3. Coaches doing "Fitness" must have high "Discipline", doing "Skills" must have high "Working with Youngsters", and doing "Tactics" must have high "Tactical Knowledge".*

Equivalent is very important, at tactic section i care about equals.
Judging ability for scouts and for Physco's most important too.

@KL1 🙌

29-06-20, 06:59 PM

#84

chris.wilshaw ◦
Youth Team Player

Join Date: 18-03-20
Posts: 6

Does anyone have any idea how long it takes for a player to fully learn a new position, have had it where they seem to learn the position (the new position is added to the list of positions they can play), but then after I take them off the new position training they lose it again.

Also, any opinions on whether or not it really matters? Is it only the attributes that are important?

The Following User Says Thank You to chris.wilshaw For This Useful Post:

luminescel

07-07-20, 09:29 PM

#85

Aeelon ◦
Youth Team Player

Join Date: 07-08-19
Posts: 42

If you're trying to archive perfection in this game you'll have to spend a lot of time.

Lets assume you are not a cheating dkless man and you're not using any kind of software to gain advantage and scout players.

For ultimate gains in practice you have to know the hidden attributes of your players, but that's kinda impossible without cheating.

The other ultimate thing you can do is to train individuals in terms of their game time, fitness levels, morale, league, and overall reputation of your club. Then swap between medium and intensive here and there every 2-3 weeks.

So, my advice is to relax a bit and follow some training regimes like these:

GOALKEEPERS
Fitness: Medium

Tactics: Medium
Shooting: None
Skills: Light
Goalkeeping: Intensive

DEFENDERS (DC)

Fitness: Medium
Tactics: Intensive
Shooting: None
Skills: Intensive
New Position: Defender
New Side: Centre

FULL BACKS - RB/LB - Here you need to swap INTENSIVE between "Fitness" and "Tactics" after/before intensive run of games in few days so your full backs dont get injured.

Fitness: Intensive
Tactics: Medium
Shooting: None
Skills: Intensive
New Position: Defender

DEFENSIVE MIDFIELD (DMC) - Get strong DMC with high WORK RATE 15+ and high DETERMINATION 15+ and just throw him in there with long shoots and throw balls OFF

Fitness: Medium
Tactics: Intensive
Shooting: None
Skills: Intensive
New Position: Defensive Midfield

MIDFIELDERS (MC)

Fitness: Medium
Tactics: Medium
Shooting: Medium
Skills: Medium
New Position: Midfield
New Side: Centre

ATTACKING MIDFIELDS /FORWARDS (AMC FRLC - AMR - AML - FRL) - Swap SKILLS intensive to medium in intensive runs of games in short periods of time to dodge injuries.

Fitness: Medium
Tactics: Medium
Shooting: Medium
Skills: Intensive

STRIKERS - ST ONLY - Don't swap intensive shooting for medium ever, just give ur striker rest here and there or start him as sub 70+ mins.

Fitness: Medium
Tactics: Medium
Shooting: Intensive
Skills: Medium
New Position: Striker

You can put any young player especially defenders and strikers on these regimes and leave them there, they should develop.

Also, consider the coaches must be superb to get results.

Last edited by Aeelon; 07-07-20 at 09:37 PM.

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