

# Introduction

Session	1 The state of the	
Practice 1 Practice 2 Practice 3 Practice 4 Practice 5 Practice 6	Passing and Possession Warm-Up Coordinated Global Circuit - Technical and Mobilisation Passing, Receiving and Creating Space Possession and Speed of Play in a Small Sided Game Game Situation - Fast Break Attack Create and Exploit Numerical Advantage in a SSG	11 12 13 15 16
Session	Applement and included and and	
Practice 1 Practice 2 Practice 3 Practice 4 Practice 5 Practice 6	Passing Combination Warm-Up Speed Circuit Training 4 v 2 Possession - Passing, Receiving and Speed of Play Dynamic Passing and Possession Game Dynamic 4 v 4 Possession Small Sided Game Quick Transition Play and Finishing in a SSG	19 20 22 23 25 27
Session	U15 Italian Academy Serie 'A' cha Co	
Practice 1 Practice 2 Practice 3 Practice 4 Practice 5 Practice 6	Technical Dribble and Pass Warm-Up Football Speed and Strength Tests Game Situation – Playing from the Back Double 2 v 2 with Drop Deep to Attack in a SSG Technical Passing and Shooting Dynamic 8 v 4 'Quick Play' Small Sided Game	30 31 32 34 35 36
Practice 1 Practice 2 Practice 3 Practice 4 Practice 5 Practice 6	Rugby Rules Coordinative Warm-up Acceleration and Speed Endurance Training Technical Ball Control - Moves / Feints Technical Dribbling, Feints and Moves Attacking and Defending (Frontal Marking) Drill 1 v 1 Duel - Feints, Dribbling and Change of Direction	39 40 42 43 44 45
Session	in charge of the delta Academy tea <b>7</b> . I	
Practice 1 Practice 2 Practice 3 Practice 4 Practice 5 Practice 6	Warm-up - Rugby Rules Small Sided Game Acceleration, Speed, Agility and Resistance Training 1 v 1 Duel - Feints and Dribbling Lateral Marking and Forcing Play in 1 v 1 Duel Technical Dribbling, Feints and Shooting 2 v 2 Tournament Style Small Sided Games	47 48 49 50 51



91

92

93

94

95

96

Italian Academy Training Sessions U11-14

### Session 6 Practice 1 54 Technical 1 v 1 Warm-Up 55 Practice 2 Coordinated Global Circuit - Technical Speed and Agility Practice 3 Game Situation - Transition Play 56 Practice 4 58 Technical Ball Control and Dribbling Circuits Practice 5 60 Attacking and Defending with Back to Goal Practice 6 Game Situation - Collective Tactical Play of Movement 61 Session 7 Practice 1 64 Technical Passing and Receiving Warm-Up Practice 2 Global Conditioning - Technical, Agility and Endurance 65 Practice 3 Ball Possession with Goalkeeper Zones 66 Practice 4 Game Situation - Marking from Crosses 68 Practice 5 69 Game Situation - Crossing and Finishing Practice 6 70 Crossing and Finishing in a Small Sided Game Session 8 Practice 1 Psycho-Kinetics (Think and Act Quickly) + Shooting Accuracy 72 Practice 2 74 Coordination, Agility and Speed Training Practice 3 75 Switching the Play of Attack 77 Practice 4 Switching the Play of Attack with Overlap Practice 5 79 3 v 3 Attacking and Defending Tactical Set Plays Practice 6 Possession, Passing Accuracy and Receiving 80 Session 9 Practice 1 Ball Possession and Quick Transitional Play Warm-Up 82 Practice 2 The Yo-Yo Interval Recovery Test 83 Practice 3 84 1 v 1 Feints and Dribbling (Frontal Marking) Practice 4 Getting In-behind the Defence and Attacking on Goal 86 Practice 5 87 Quick Possession and Transition Play to the Striker Practice 6 Tactical Flank Play, Crossing and Finishing in a SSG 88

Warm-Up - Transition Play and Heading SSG

Aerobic Conditioning in a Small Sided Game

3 v 3 Quick Combinations and Finishing in the Box

Psycho-Kinetics Dynamic Attacking Game

Fast Breakaway Small Sided Game

Heading Finishing Accuracy

Practice 1

Practice 2

Practice 3

Practice 4

Practice 5

Practice 6

Session 10



## Session 11

Practice 1	Midfielders- Interceptions and 1 v 1's	98
Practice 2	Global Conditioning - Technical and Speed of Play	99
Practice 3	Centre Backs - Tactical Defensive Positioning	100
Practice 4	Game Situation - 3 v 2 Attacking Play	101
Practice 5	6 v 6 Game Situations - Quick Combinations of Play	102
Practice 6	Speed of Play and Shooting Small Sided Game	104

### Session 12

Practice 1	Technical Ball Control, Juggling and Volleying	106
Practice 2	Anaerobic Power with the Ball	107
Practice 3	1 v 1 Shielding the Ball	108
Practice 4	2 v 1 Attacking and Defending Game	109
Practice 5	Psycho-Kinetics (Think and Act Quickly) Possession Play	111
Practice 6	Create Space in a Zonal Small Sided Game	112