



# SOCCER

## TRAINING SESSIONS

### ITALIAN STYLE



# 245

## Soccer Drills

A Full Season,  
Technical & Tactical  
Learning System  
For Youth Players



Mazzantini ♦ Bombardieri





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## Objectives

### Individual tactics:

Front man marking, feint and dribbling

### Group tactics:

### Technical training:

Running with the ball

### Physical conditioning:

Aerobic power

## Organization

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### Warm up

Running with the ball

15

### Physical

Aerobic power

20

### Technical skill

Dribbling

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### Game situation

Frontal 1 v 1

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### Game with a theme:

Game with 6 goals and fixed markings

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### Game:

2 fields, 5 v 5 tournament

## Warm up

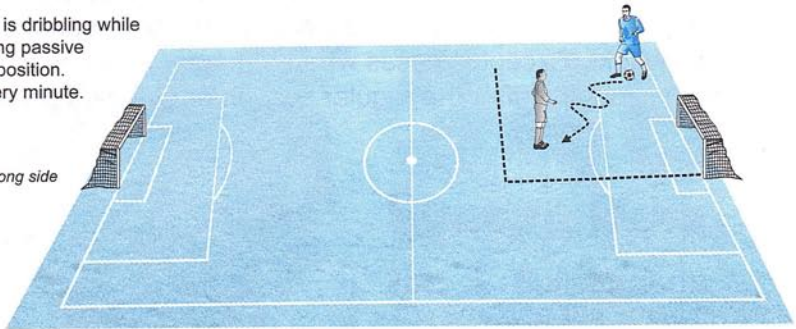
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### Running with the ball

One player with the ball is dribbling while another player is applying passive pressure from a frontal position. The players change every minute.

### Variation:

Dribble in a slalom pattern. Introduce the concept of strong side and weak side.



## Physical

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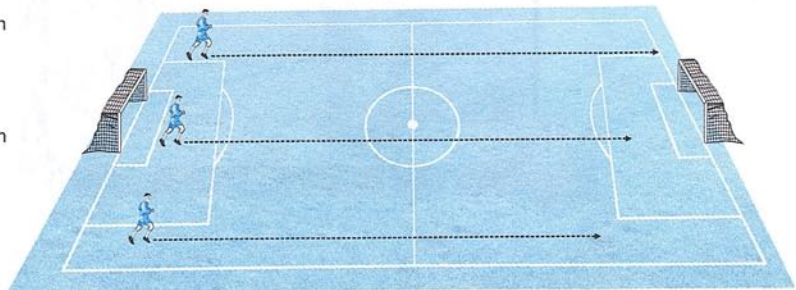
### Aerobic power

5:00 – Fartlek run  
:40 slow jog :20 fast run

2:00 – Recovery

5:00 – Fartlek run  
:40 slow jog :20 fast run

3:00 – Stretching.



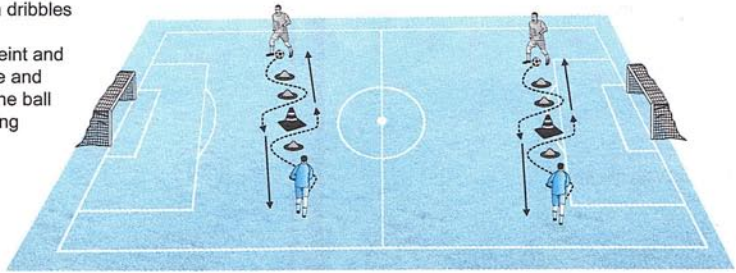


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## Technical skill

### Dribbling

Two players with a ball each dribbles through the cones. At the marker they make a feint and move the ball on the left side and then continue running with the ball to the end of the line switching places.



#### Variation:

Use different feints.

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## Game situation

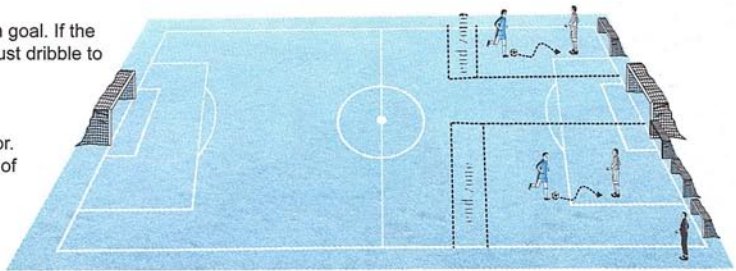
### Frontal 1v1

#### Situation A

The attacker tries to score in goal. If the defender wins the ball he must dribble to the end zone.

#### Situation B

Each goal is assigned a color. The coach will call the color of the goal the attacker must score in. If the defender wins the ball he must dribble to the end zone.

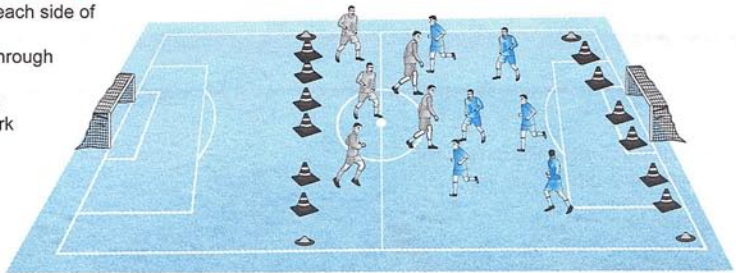


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## Game with a theme

### Game with 6 goals and fixed markings

5 v 5 game with 3 goals on each side of the field. Goals are scored dribbling through the goals. Each player is assigned one opponent and they must mark each other.



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## Game

5 v 5 tournament on 2 fields



**Objectives**

**Individual tactics:**

Positioning to defend the goal

**Group tactics:**

Collective movements when in possession of the ball

**Technical training:**

Heading

**Physical conditioning:**

Quickness

110

**Organization**

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**Warm up:**  
Crisscross

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**Physical aspect:**  
Motor exercise

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**Technical skill:**  
Attacking & defending

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**Game situation:**  
Collective tactics

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**Game with a theme:**  
6 v 6 with 6 outside supporting players

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**Game**

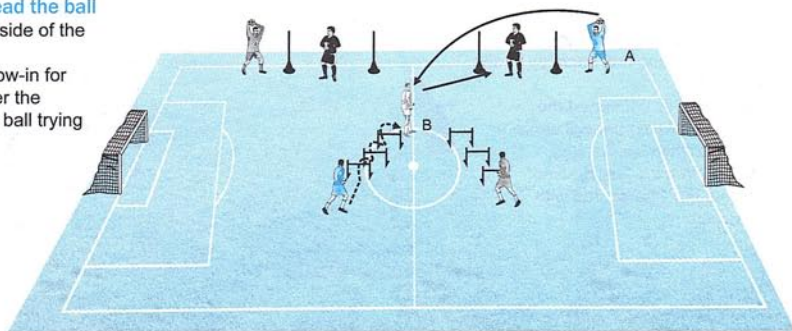
**Warm up**

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**Crisscross, jump and head the ball**

Two teams start on the side of the goals.

Player A performs a throw-in for player B who jumps over the obstacles and head the ball trying to score.

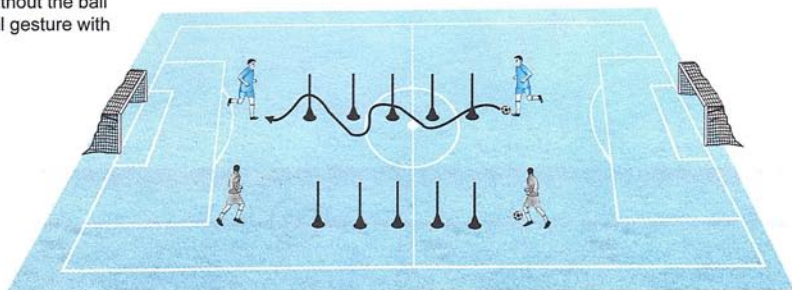


**Physical**

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**Motor exercise**

Players run in slalom without the ball then perform a technical gesture with their team mate.





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Technical skill

### Attacking and defending

Player A has the objective to score by shooting.

Player B must obscure the shooting path and try to intercept the shot.

Both players are separated by a line and cannot get into contact.

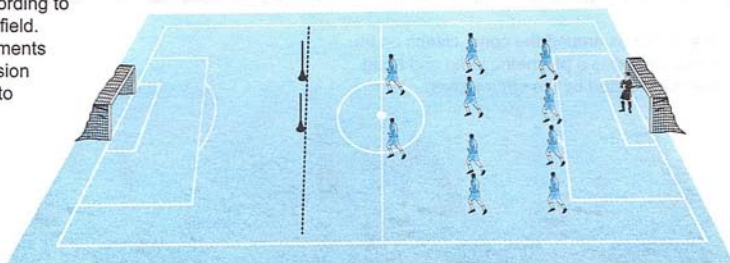


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Game situation

### Collective tactics

The coach set the team according to its playing style in a smaller field. Players must perform movements appropriate when in possession of the ball from the build up to the finishing in goal.



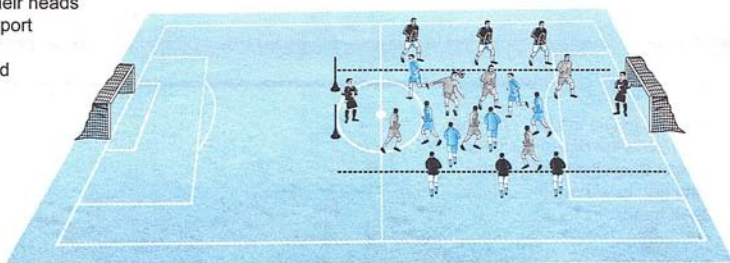
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Game with a theme

### 6 v 6 with 6 outside support players

Players can only play with their heads and can use the outside support players.

When the ball hits the ground possession change hands.



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Game





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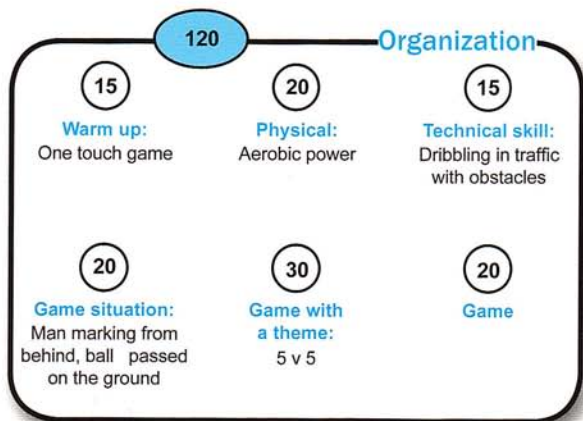
## TRAINING SESSIONS

### ITALIAN STYLE

It is important between the ages of 13-15 to begin developing tactical concepts. Based on the very successful training methodology used in the youth divisions of a professional football club in Italy. We aim to share with you how to develop technical skills and physical conditioning while simultaneously teaching the fundamentals of individual and group tactics.

Through each lesson plan we will develop players in a complete training session, from warm up to scrimmage. Technical training is taught by way of an initial warm up game and/or a technical activity. Physical training is achieved through a coordination and/or a conditioning drill. Tactical training for individuals and groups is presented in a game situation or a game with a theme.

There are 45 weekly learning blocks for up to three training sessions per week. In order to ensure the players learn effectively each learning block can be implemented for at least two weeks, providing coaches with the tools to train soccer players successfully.



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