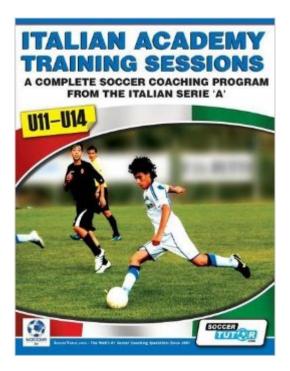
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Italian Academy Training Sessions For U11-U14 - A Complete Soccer Coaching Program





Synopsis

Soccer Italian Style coaches Mirko Mazzantini (AFC Fiorentina) and Simone Bombardieri (Empoli FC) are both professional football coaches and in this book provide a full soccer training program from their top Italian Serie 'A' academies. This book contains 12 complete soccer training sessions detailing over 80 practices and progressions as used in the academies of the Serie 'A'. Each session focuses on technical or tactical elements of training and are structured "from simple practices to more complex game situations". This outlines a complete program of training across the 12 sessions. The 12 sessions (over 80 practices) cover the following attributes: Technical training: passing and receiving, guick combination play, possession, ball control and dribbling, 1 v 1's, feints and moves to beat, crossing, finishing, shooting and heading, football specific conditioning with and without the ball, coordination, acceleration, speed, and agility training. Tactical training; game situations, tactical small sided games, phase of plays, creating space and improving game intelligence, possession play, attacking combinations, Psycho-Kinetics (Think and Act Quickly), quick transitional play, defensive positioning, set plays, build-up play from the back and more. Most of the practices cleverly structured for "global training" which means working on more than one attribute at the same time. This is valid for all players, with drills and exercises for specific roles (Attackers, midfielders and defenders). There are also numerous variations for many of the practices, meaning that the 12 sessions can be repeated again and again providing great practices for any coach to produce academy level training sessions.

Book Information

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Italian Academy Training Sessions for U11-U14 - A Complete Soccer Coaching Program Soccer: The Ultimate Guide to Mastering Soccer for Life! (soccer tips, soccer coaching, soccer drills, soccer books, how to play soccer, soccer game) Soccer: Soccer Strategies: The Top 100 Best Ways To Improve Your Soccer Game (The Best Strategies Exercises Nutrition & Training For Playing & Coaching The Sport of Soccer) Coaching Soccer: The Official Coaching Book of the Dutch Soccer Association Puppy Training: How To Train a Puppy: A Step-by-Step Guide to Positive Puppy Training (Dog training, Puppy training, Puppy house training, Puppy training ... your dog, Puppy training books Book 3) Fundamentals of Voice and Data Cabling Companion Guide (Cisco Networking Academy Program) (Cisco Networking Academy Program Series) Puppy Training: Puppy Training for Beginners: The Complete Puppy Training Guide to Crate Training, Clicker Training, Leash Training, Housebreaking, Nutrition, and More Practice Makes Perfect: A Guide to Fun Training Sessions for 6-10 Year Olds from the Missouri Youth Soccer Association Puppy Training: Step By Step Puppy Training Guide- Unique Tricks Included (puppy training for kids, puppy tricks, puppy potty training, housebreak your dog, obedience training, puppy training books) Youth Academy Training Program u5-u8 - New Methodology from Italian Serie 'A' Coaches' Puppy Training: The Complete Guide To Housebreak Your Puppy in Just 7 Days: puppy training, dog training, puppy house breaking, puppy housetraining, house ... training, puppy training guide, dog tricks) Life Coaching: Complete Blueprint to Becoming a Powerful Influential Life Coach (Life coaching, Life improvement, positive thinking, coaching, better leadership, goals, consulting) It Pays to Win on Defense: A game-based soccer approach to developing highly effective defenders (Game-based Soccer Training) (Volume 2) Puppy Training Guide 4th Edition: The Ultimate handbook to train your puppy in obedience, crate training and potty training (Training manual, Puppy Development, ... Training, Tracking, Retrieving, Biting) Puppy Training: 10 Worst Puppy Training Mistakes That Can Ruin Your Dog (And How To Train Them Right) (puppy training, dog training, puppy house breaking, ... training a puppy, how to train your puppy) Puppy Training: The Ultimate Guide to Housebreak Your Puppy in Just 7 Days: puppy training, dog training, puppy house breaking, puppy house training, house ... training, puppy training guide, dog tricks) Coaching Climbing: A Complete Program for Coaching Youth Climbing for High Performance and Safety (How To Climb Series) Life Coaching: Life Coaching Blueprint: Save A Life One Person At A Time (BONUS 30MINUTE Life Coaching Session- How To Motivate, Inspire, Change Your Life) NLP Coaching: Learn How to Use NLP in Your Coaching and Become a Great Leader (nlp coaching, nlp books, nlp techniques) Coaching Mini Soccer: A Tried and Tested Program of Essential Skills and Drills for 5 to 10 Year Olds

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