

# FREE ACADEMY TRAINING SESSIONS

## U11 - U14



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# **FREE** Academy Training Session from U11 - U14

## Coaching Session from the Academies of the Italian Serie 'A'

Written By the **Soccer Italian Style** Coach's



**Mirko Mazzantini**



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**Simone Bombardieri**

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# Meet The Coaches of Soccer Italian Style



**Mirko Mazzantini**  
ACF Fiorentina Academy Coach

Mirko Mazzantini coached for Empoli FC for 10 years, at almost all the main age groups of the academy level. In 2010 he was then recruited by AFC Fiorentina working with the U14/U15 Academy teams. During the 2010/11 season Mirko won the U15 Italian Academy Serie 'A' championship. UEFA 'B' Coach and author of many coaching publications, articles, books and DVDs.



**Simone Bombardieri**  
Empoli FC Academy Coach

Simone Bombardieri played as a player in the Empoli FC club for 5 years. He then started his career as a coach being recruited by Empoli FC where he has been coaching the academy age groups in the last 9 years from U9 – U14. This coming season Simone is in charge of the U15 Academy team. UEFA 'B' Coach and author of many coaching publications, articles, books and DVDs.

View all **Soccer Italian Style** coaching products:

[www.SoccerTutor.com-Soccer-Italian-Style](http://www.SoccerTutor.com-Soccer-Italian-Style)



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# SIS Coaching Philosophy

Soccer Italian Style was born in 2005. **Mirko Mazzantini (ACF Fiorentina)** and **Simone Bombardieri (Empoli FC)** are both professional academy coaches of the Italian Serie 'A'. They have combined due to their great passion for youth development and they have embarked on a joint project that has taken them to various other parts of the world such as the United States, Canada, France and Norway.

The Soccer Italian style philosophy is made up of the principal features of the Italian style series and Mirko and Simone's vast experiences of professional training in Italy and football worldwide. The book outlines a training methodology that is simple and efficient which the authors have personally tested over time throughout their careers in Italy. ***They have been highly successful in producing top players who are both technically and tactically astute.***

The success of this program has been demonstrated by the numerous academy victories against the main teams in Italy and European football with far greater resources. Mirko's Under 15 team at Fiorentina won the Italian Academy League in 2010-11 beating teams such as AC Milan, Inter Milan and Juventus to the title.

Many players who have been trained using this exact program in Italy have gone on to professional careers and have been capped for the Italian national teams in various age groups, where before this was simply not the case.

This book contains 12 training sessions with each session focused on fundamental technical or tactical coaching that is analysed throughout the 6 practices. The 12 sessions have been developed to demonstrate the need of progressions in training, using the basic principle "**from simple to complex**".

Inside the two volumes there are general team exercises that are useful for all coaches and players in every position, but there are also many specific exercises that are designated for individual roles or positions within a team (e.g. attackers, midfielders or defenders).

Mirko and Simone have a high expertise in technical training and they have developed activities that are open to numerous variations which means that the 12 sessions can be used over and over to make this program of training even more complete.

This passion has driven the pair to "write on paper" what they have learned and experienced up to today, with a great hope that this method will be greatly enjoyed by the readers and used throughout the world to create top quality professional players.

### **Soccer Italian Style**

Mirko Mazzantini & Simone Bombardieri

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# **U11 - U14 Training Session**

## **Session Objective**

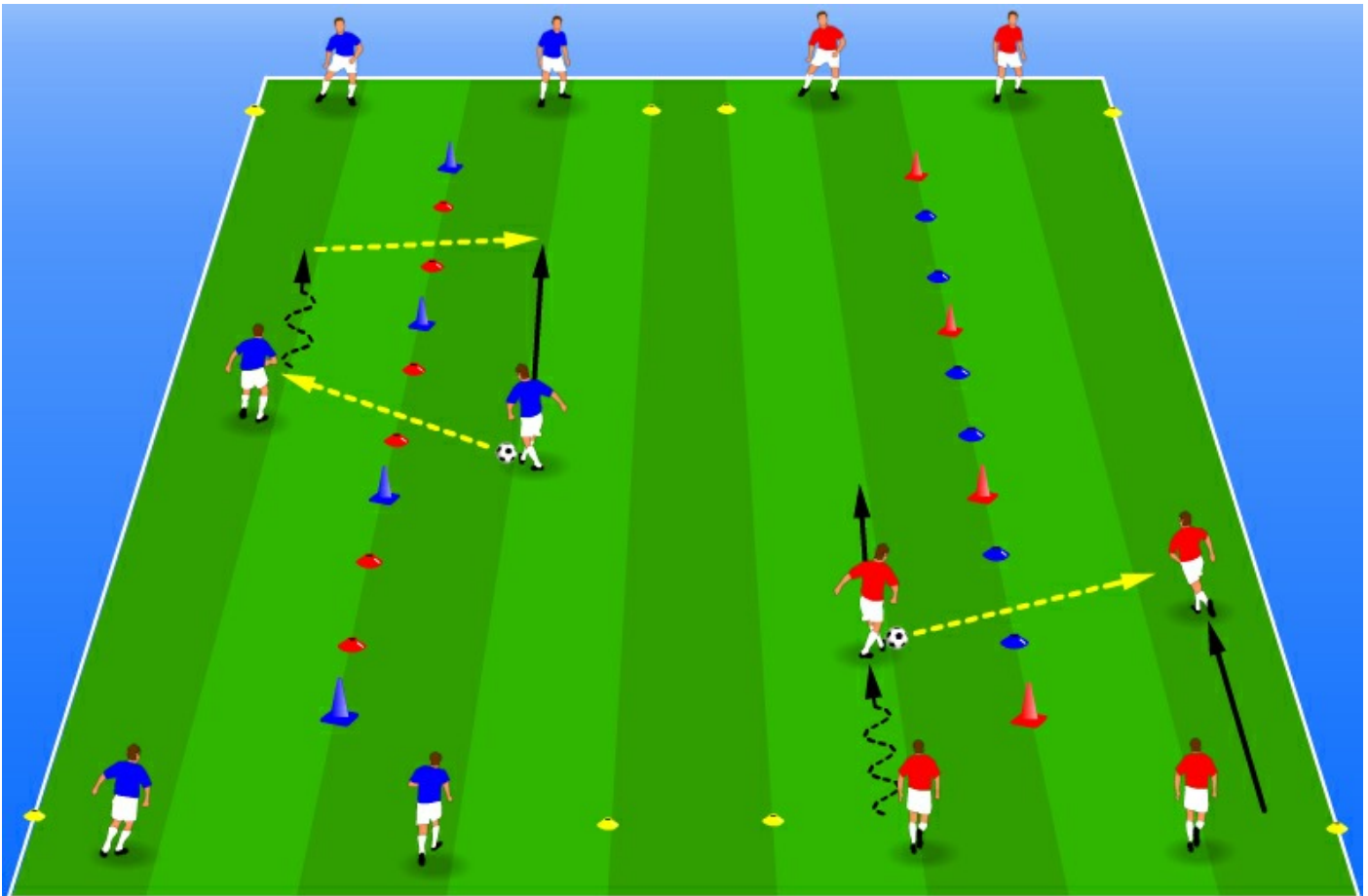
**To develop passing, creating space, movement, switching play and transition play**

- Technical Dribble and Pass Warm-Up
- Aerobic Conditioning in a SSG
- Game Situation – Playing from the Back
- Quick Transition Play and Finishing in a SSG



# Technical Dribble and Pass Warm-Up

15 mins



Created using SoccerTutor.com Tactics Manager

## Objective

Developing technical attributes such as dribbling and passing in a warm-up.

## Description

Players perform a series of passing in pairs. They must dribble and then pass through the cone gateways.

Start off at a steady pace and increase the speed once major muscle groups have been warmed-up and stretched.

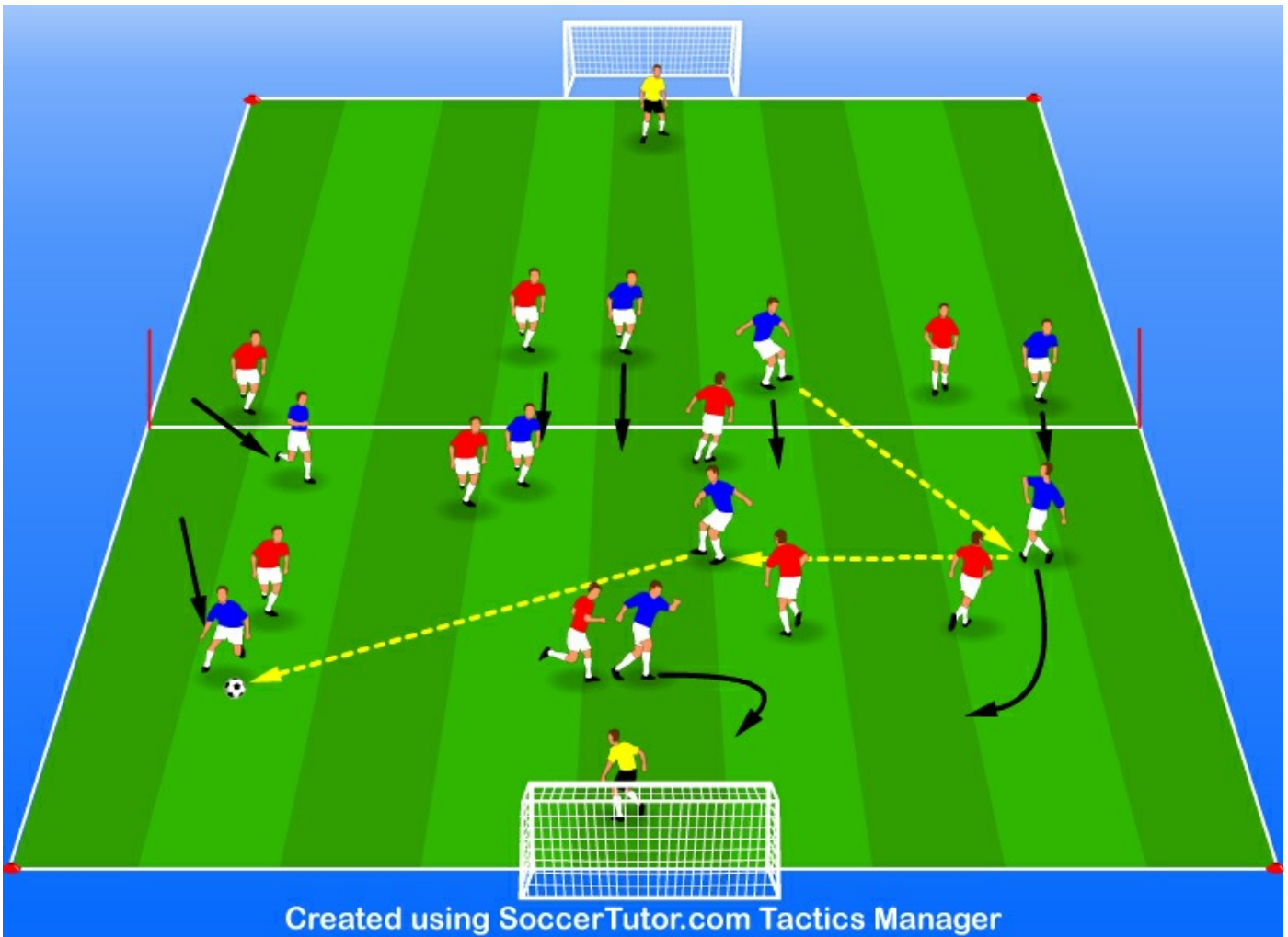
The pass should be guided into their partner's path and the player should quickly sprint to the next position to receive the pass.

Fun - The pairs can compete with the adjacent group to who can finish the fastest.



## Aerobic Conditioning in a SSG

15 mins



### Objective

Develop football specific aerobic conditioning in a quick conditioned small sided game.

### Description

In a field area of 50 x 35 yards we play 10 v 10. If you haven't got that many players, then simply play with the numbers you have, I.e. 7 v 7 etc.

The players are limited to 2 touches in a high tempo match. All players must be moving at all times. To score, players must be over the half-way line.

### Coaching Points

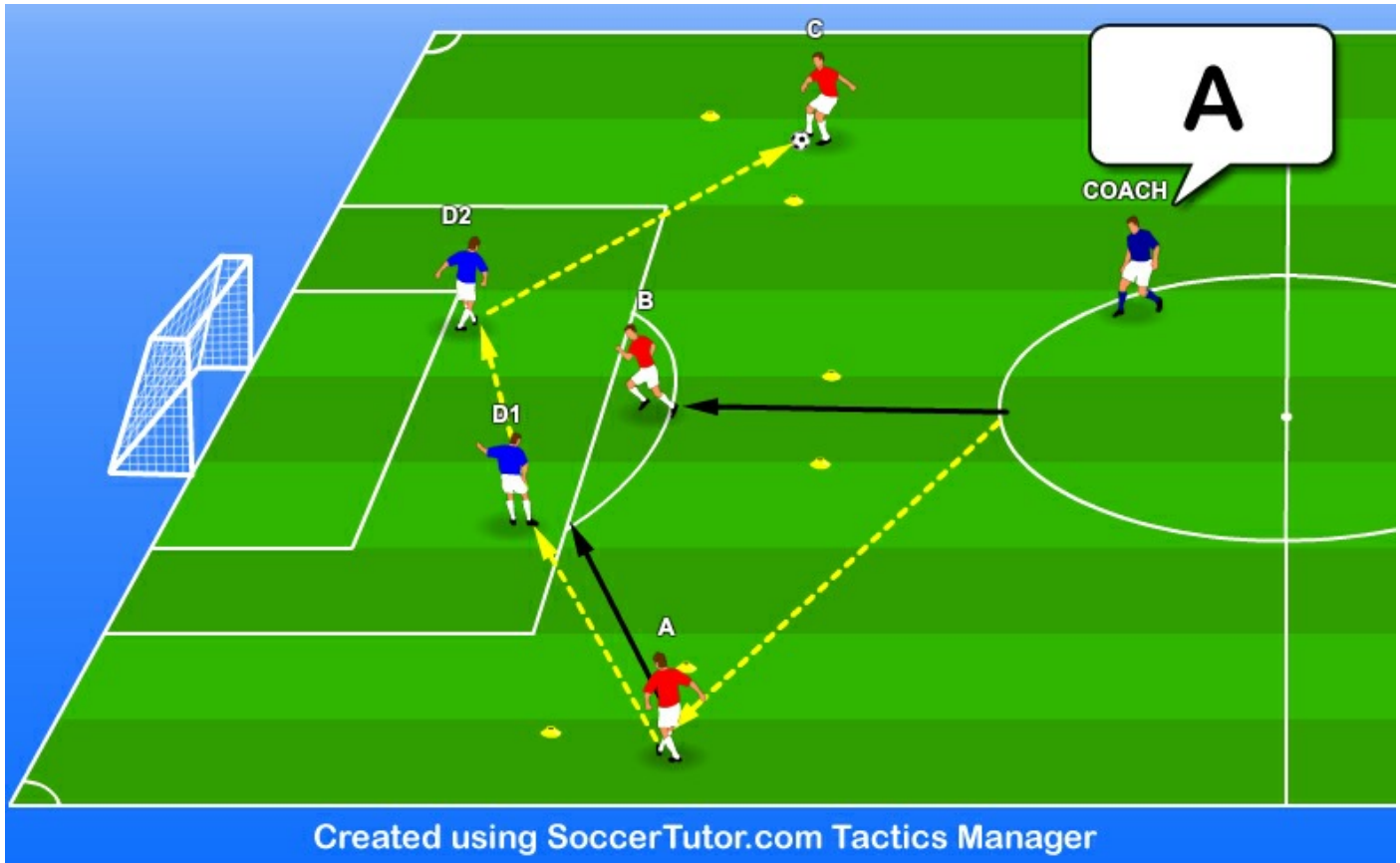
1. The players must be continuously moving to replicate the physical movements as in a real game.





## Game Situation – Playing from the Back

20 mins



Created using SoccerTutor.com Tactics Manager

### Objective

A technical and tactical drill, to coach the central defenders on passing out from the back.

### Description

Players A, B and C exchange passes until the coach signals A or C to pass through the cones (gate) to one of the central defenders (D1 and D2).

The player follows his pass closing down the defenders, along with B who runs through the central gate to intercept the pass or tackle the central defender.

Player D1 who receives the pass is limited to 2 touches and passes to partner D2 who needs to have moved behind the line of the ball and into space.

The sequence is completed when player D2 passes through the set of cones to player C.

### Coaching Points

1. Before the the central defender receives the ball from player A or C, the central defending partner must create space by dropping back quickly behind the receiving player.

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# Quick Transition Play and Finishing in a SSG

20 mins



## Objective

To develop quick transition play and finishing.

## Description

In a field area of 30 x 20 yards we play 5 v 5. Each side has the use of 2 external players who are positioned at the end of the pitch either side of the opposition's goal.

The aim is to pass the ball to the external players as soon as possible to create goal scoring chances quickly.

The wide players should maintain good width passing quickly to the external players to create fast transitions of play.



# Soccer Italian Style DVDs

## Ball Control Vol. 1 and 2 DVD Set - Italian Style Academy Technical Skills Training Program - 102 Exercises



**This Teaching Method has been Developed in the Youth and Academies of the Italian Serie 'A'**

It has been very successful in team development coaching programs that have produced players with exceptional technical skills.

This 2-DVD Set includes over 100 progressive technical skills and exercises that will help you develop your players technique of feinting, dribbling and change of direction starting from skill based exercises to game situations with the final objective to shoot on goal.



## Individual Defending Tactics - Soccer Italian Style Academy Training Program DVD



**This Teaching Method has been Developed in the Youth and Academies of the Italian Serie 'A'**

Marking, tackling, intercepting/anticipating, positioning and defending the goal are fundamental elements in the modern game of football.

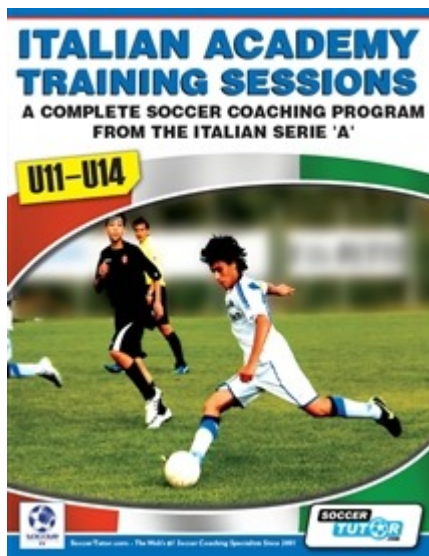
The Italian Style coaches present more than 40 technical exercises and game situations for the physical and mental development of young soccer players.





# Soccer Italian Style Books

## Italian Academy Training Sessions Book for U11-14 - A Complete Coaching Program

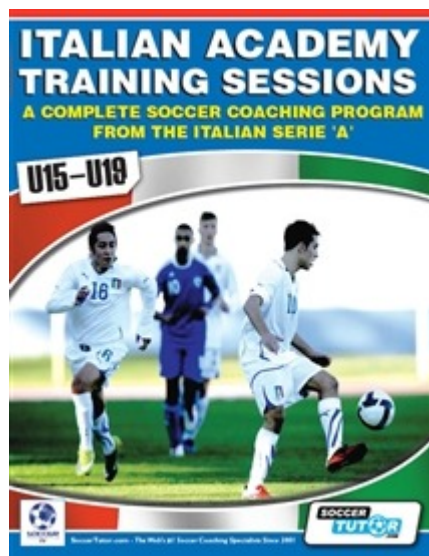


### **A Complete Soccer Coaching Program from the Academies of the Italian Serie 'A'**

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".



## Italian Academy Training Sessions Book for U15-19 - A Complete Coaching Program



**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". The sessions outline a complete program which provides a high level of training.





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**SIS Coaching and Training Events, Clinics, Camps**

# **Soccer Italian Style**

## **Worldwide - Work With Us**

SOCCER ITALIAN STYLE is not just an author of football coaching products, since 2005 it has been involved and organiser of youth soccer events in many countries around the world.

If you are a soccer Club executive, a coach or Technical Director or just an individual passionate for the sport and you want your players to live a unique experience, please contact us or visit our web site [www.socceritalianstyle.it](http://www.socceritalianstyle.it).

### **The main events of "Soccer Italian Style":**

- **PROFESSIONAL ITALIAN CAMP:** one soccer week for boys and girls 6 to 18 years old, where fun meets the training methodologies of the best Italian youth professional clubs, with the staff of Soccer Italian Style experienced from working with some of highest level Clubs in Italy.
- **PROFESSIONAL ITALIAN TEAM CAMP:** weekly team camp with the work planned around a highly professional methodology, tested and continuously innovated with the best selections of players in Italy, and adapted based on the level and characteristics of the participating team.
- **SOCCER ITALIAN STYLE COACHING CLINIC:** Soccer Italian Style organizes clinics of different levels and duration, based on a consolidated and proven model that creates lots of interest and enjoyment of the participants. The time spent in classroom is filled with numerous videos from professional training sessions in Italy, and it is supported by on-field demonstrations of the concepts discussed in the classroom.
- **NEW INITIATIVE: SOCCER AND TOURISM IN ITALY** – Soccer Italian Style has partnered with the association "Il Trovatore" to provide a unique experience: improve as a player and sightsee the best parts of Tuscany (Firenze – Pisa – Lucca – Siena – 5 Terre, these are some of the magnificent places waiting for you). If you want your team to live a week of highly professional training and at the same time immerse in the culture of the place and enjoy it, Soccer Italian Style and the Association Il Trovatore are able to plan your trip in details, adapting the itinerary and lodging based on the wishes and necessities of the players and chaperones.

### **Soccer Italian Style**

Mirko Mazzantini & Simone Bombardieri

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