

FREE ACADEMY TRAINING SESSION

U9 - U10



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FREE Academy Training Session from U9 - U10

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

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



Mirko Mazzantini



Simone Bombardieri

Published By

www.SoccerTutor.com

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:

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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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U9 - U10 Training Session

U9 - U10 Training Session

Session Objectives

Primary technical objective:	Running with the ball
Coordination objective:	Quickness, adaptation and transformation, rhythmization motor combination
Secondary technical objective:	Shooting, passing
Tactical objective:	1vs1

Important: we recommend starting the session with a short warm up including exercises of general mobility to prevent injuries

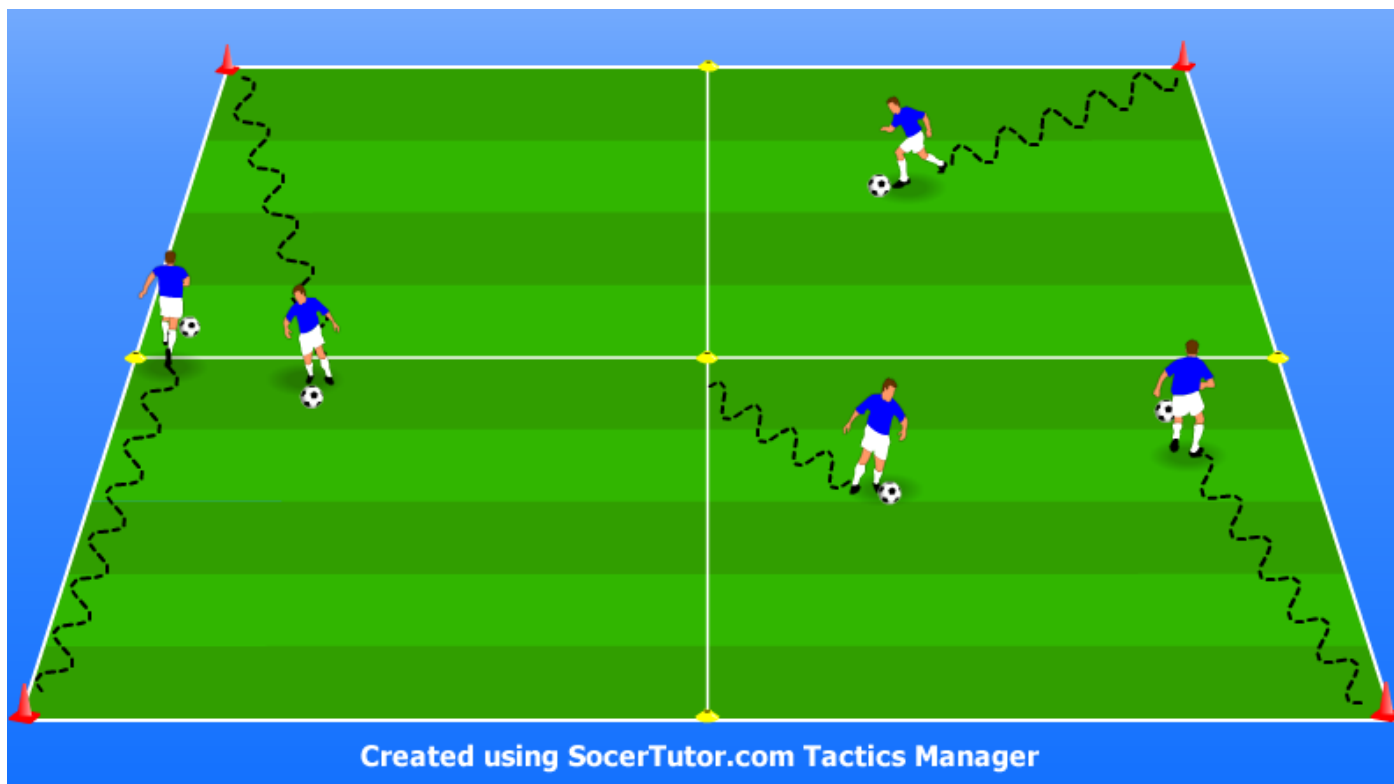


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U9 - U10 Training Session - Practice 1 of 5

Four Corners - RWTB at Speed

10 mins



Objective

Running with the ball, quickness, adaptation and transformation.

Description

4 players are positioned at the corners of a 10x10 yards square and 1 player in the centre.

At the coaches command each players objective is to run with the ball to a different corner of the area by stopping the ball with the sole of the foot next to the cone, each time earning a point.

The player that that gets to 10 points first is the winner.

Variation

Dribble only with right foot, dribble only with left foot, dribble only with outside of foot



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U9 - U10 Training Session - Practice 2 of 5

Coordination Relay

5-10 mins



Objective

Running with the ball, quickness, balance, motor combination

Description

The players must pass the ball under the hurdles and jump over it, dribble through the cones and pass the ball to the teammate opposite to him.

This player must do the same going backwards. Make this a competition

Variation

Dribbling only with right foot and left foot, play with hands, modify the slalom through the cones.



Slalom and Shooting

15-20 mins



Objective

Running with the ball, dribbling, shooting, rhythmization, quickness

Description

Two players dribble through the cones and shoot in the small goals.

Vary the sequence of dribbling through the cones and vary the distance between the cones.

Also vary the type of ball and the technical gesture of running with the ball.

Variation

Dribble with only right foot, left foot, outside of the foot, inside of the foot, with the sole



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U9 - U10 Training Session - Practice 4 of 5

Coordination and 1 v 1

15 mins



Objective

Running with the ball, quickness, adaptation and transformation

Description

The blue player dribbles through the cones and try to score a goal.

The red player works through a coordination course and defend the goal. The team that scores more goals win.

Variation

Play with a goalkeeper, modify the coordination course, dribble using different parts of the foot.

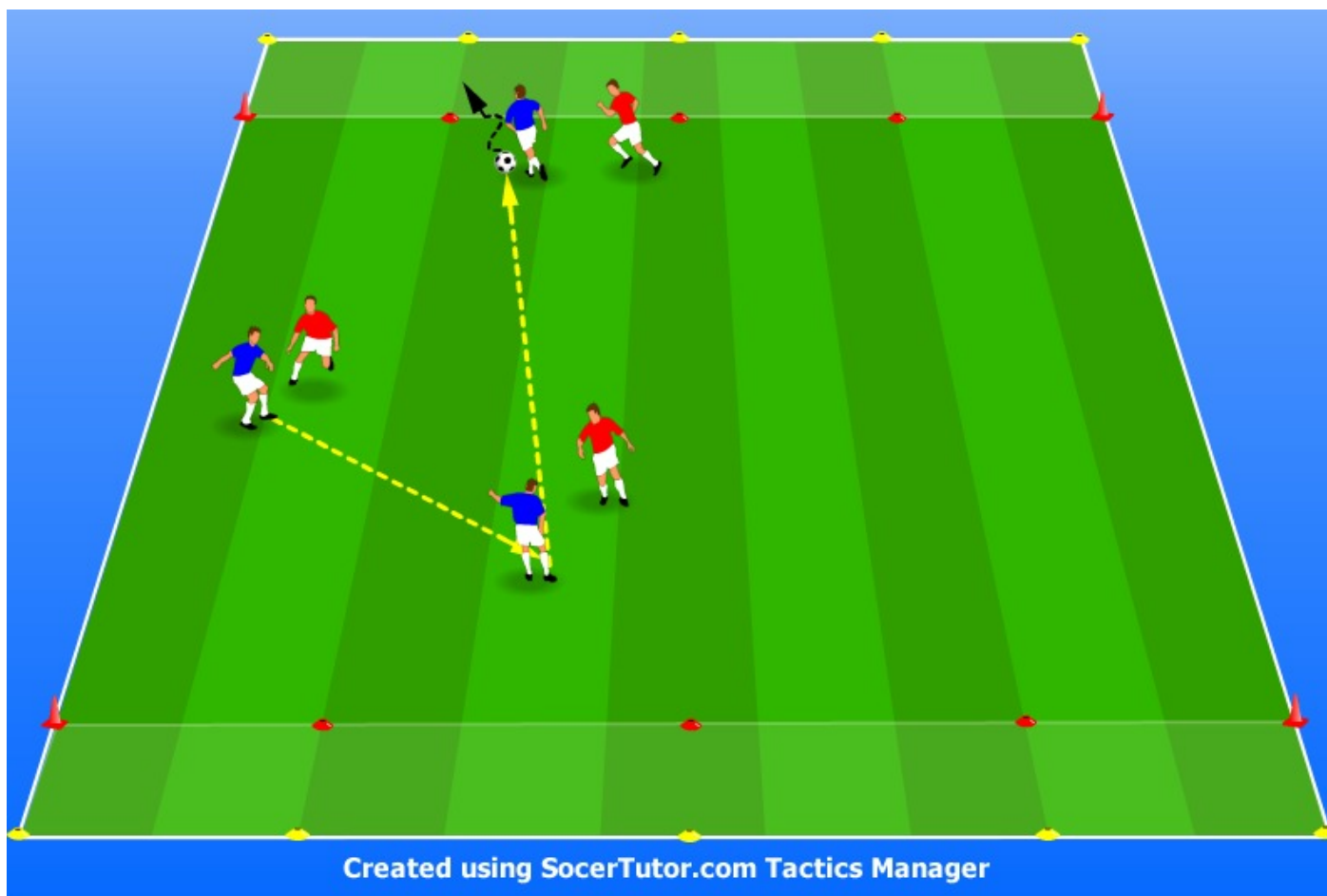


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U9 - U10 Training Session - Practice 5 of 5

3 v 3 End Zone Small Sided Game

20 mins



Objective

Running with the ball, passing, quickness

Description

The teams of 3 players must dribble the ball through the end zone.

The goal is valid if the ball is dribbled beyond the end zone and stopped with the sole of the foot.

The team that scores more goals in 3 minutes wins the game

Variation

Before scoring a goal the team must make 5 passes



SIS Academy Coaching DVDs

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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.

BUY NOW



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.

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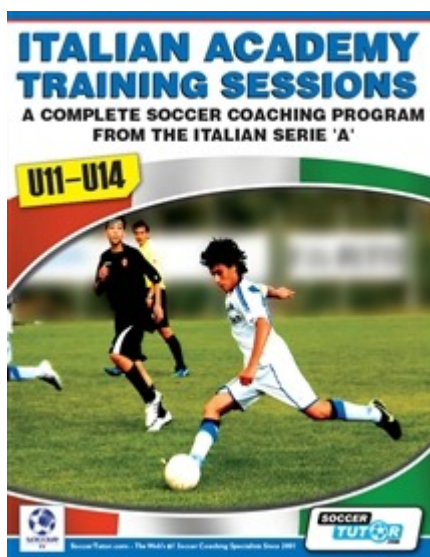


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SIS Academy Coaching Books

Soccer Italian Style Books

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



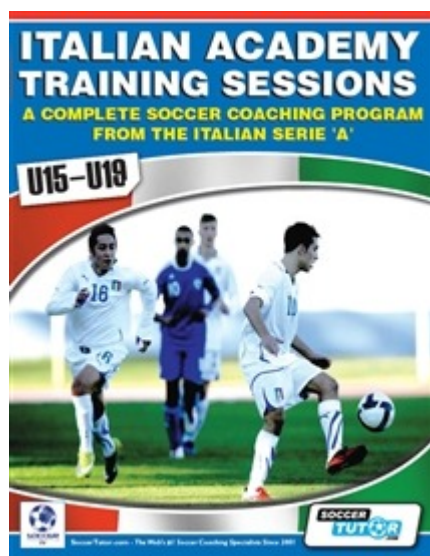
A Complete Soccer Coaching Program from the Academies of the Italian Serie 'A'

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".

BUY NOW



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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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.

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.

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