

UNDER 11 - UNDER 16

SEPTEMBER

Initial Evaluation

TEHCNICAL SKILLS
Assessment tests (Technical and Physical)
Teams\ Groups organization
Controlling the ball under pressure

TACTICAL SKILLS
Defensive phase
Offensive phase
Proper occupation of the space

MAIN EXERCISES
Ball possession games
Analytic exerc. of general techn. skills
Numerical advantage games

OCTOBER

Running with the ball

TEHCNICAL SKILLS
Running with the ball and change directions (High speed)
Running fast without losing the control of the ball
Running with the ball under pressure

TACTICAL SKILLS
Concept of pressing
Proper occupation of the space
Transition phase

MAIN EXERCISES
Solve a 3 vs 2 lateral and frontal
Ball possession games
Matches 4vs4 with pressing

NOVEMBER

Feint and dribbling

TEHCNICAL SKILLS
Dribblings and changes of direction
Dribbling and change of rhythm under pressure
advanced types of feints

TACTICAL SKILLS
Density in the midfield
Covering the space
Attacking in numerical advantage

MAIN EXERCISES
Dribbling analytic exercises
Ball possession games
Matches with touches limitation

DECEMBER

Controlling the ball

TEHCNICAL SKILLS
Controlling the ball with different parts of the body
Oriented controlling
Controlling and protecting the ball

TACTICAL SKILLS
Defense and protection of the ball
Defense of the goal
Unmarking

MAIN EXERCISES
Advanced games with controlling goals
Small sided games
Ball possession games

JANUARY

Passing

TEHCNICAL SKILLS
Passing the ball from different distances
Passing the ball under pressure
Long pass

TACTICAL SKILLS
Passing and attacking the space
Pressing
Offensive collaboration

MAIN EXERCISES
Exerc. with rebounders and multiple players
Positional games
Sided games with high intensity of passing

FEBRUARY

Shooting

TEHCNICAL SKILLS

Shooting the ball with both feet
Shooting on goal from different positions
Strong shooting with instep (right and left)

TACTICAL SKILLS

Dead ball solutions
Unmarking
Defending in numerical disadvantage

MAIN EXERCISES

Rondos
Shooting games
Small matches 4 vs 4
Free kicks solutions

MARCH

Heading

TEHCNICAL SKILLS

Heading from different positions
Jump and heading
Heading in a defensive situation

TACTICAL SKILLS

Transition and counterattack
Unmarking
Dead ball situation defense

MAIN EXERCISES

Sided small games with heading situations
Cross and heading exercises
Games with ultraoffensive pressing

APRIL

Defensive skills

TEHCNICAL SKILLS

Play a 1vs1 in a defensive situation
Receiving under pressure

TACTICAL SKILLS

Goalkeeper collaboration
Marking
Dead ball solutions

MAIN EXERCISES

drills 2vs1
drills 3vs2
small matches 4vs4

MAY

Review contents

FITNESS GOALS

STRENGHT

ENDURANCE

SPEED

FLEXIBILITY



BOLOGNA FC
1909
ACADEMY FLORIDA

