

FOOTBALL MANUAL 78 EXERCISES U10-U16

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FOOTBALL MANUAL

78 EXERCISES for Youth Players

Aged U10-U16

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To all the young players I had the lucky to train and to work with.

FOREWORD

The idea to project this football manual is due to all my life experiences, not only had in the field of sport, but also in other areas like personal life, instruction, job, trips, relations with other cultures that have made my person more complete in many sectors.

So this idea is born after my return in Italy from my experience as a football coach in Malaysia, a country where the younger looks you with the deep of their eyes that seems enchanted for everything you say. They see in you a chance to be someone, and you can feel it only looking them in their eyes. It's awesome.

So my hope is that other Coaches could give this feeling of chance to others younger football players around the world.

Good luck.

INTRODUCTION

Football is a part of my life, I started to play at the age of 6 yrs till now, making great experiences first in youth league winning U14, U15 and U16 championship and then in Pro Youth League at 17 yrs old first in US Arezzo and the year later in GS Montevarchi 1902 (4th tier Italian league). Then I passed to play in semi-pro league in 6th, 7th and 8th tier where I am now, and this allowed me to complete the course of my study. So I gained my first Youth Team licence when I was studying Psychology at the university, and I began my Coach career like an Instructor for young football players in US Arezzo with U8.

Year after year I passed through U10, U12, U14 making experience with all youth categories, and in those years I finished the university becoming a Psychologist.

So in 2009 I did a Master specialization in Sport Psychologist, starting also an internship in AC Siena where I had the lucky and the opportunity to learn from, in my opinion, the best Sport Psychologist in my country, Dr. Umberto Zerbini, with an awesome CV (Milan, Udinese, Siena, and many cooperations with pro Italian clubs).

In 2011 I gained the Coerver Coaching licence and in 2012 the UEFA B licence, a very good step in my football instruction, coaching at the same time the U16 in US Arezzo. In that period I was also practising my profession of Sport Psychologist with athletes, having good results and increasing their performances using mainly the protocols I learnt in my internship in AC Siena.

Meanwhile in the morning I worked in the schools being an Educator for children with many kinds of disease.

In 2013 a call changed for 6 months my life: I left Italy to Malaysia, being the Technical Director of Coerver Coaching in all country Malaysia, a very good opportunity for me, like a Coach and like a man, because I had to live in a different culture, Muslim, with three different ethnic groups in the same country, Malaysian, Chinese and Indian, with other way to express the emotions for local people. The Academy from U6 to U16 has been a success, in this case my formation in Sport Psychology helped me so much to gain the best in so short time, with the young players and also with their families.

This to say that all the experiences I did with children has permitted me to connect easier and faster with young people, entering in a good way in empathy with them.

From grassroots to youth teams a Coach have to be complete in his formation, I mean inside him, with the humility and the wish to learn always something from someone, especially from younger.

So, Coaches, if you do this you could be a very good Coach with young, but if you think only to apply this manual without see the young players with the deep of your eyes, probably you could fail to reach your objectives.

SUMMARY

This manual has not a real summary, but is divided in categories from U10 to U16.

In every category there are 6 steps, in my opinion essentials for the player's development:

1. Agility, Coordination and Speed
2. Ball Domain
3. Ball Control and Passing
4. Dummy
5. Shooting
6. Attacking phase

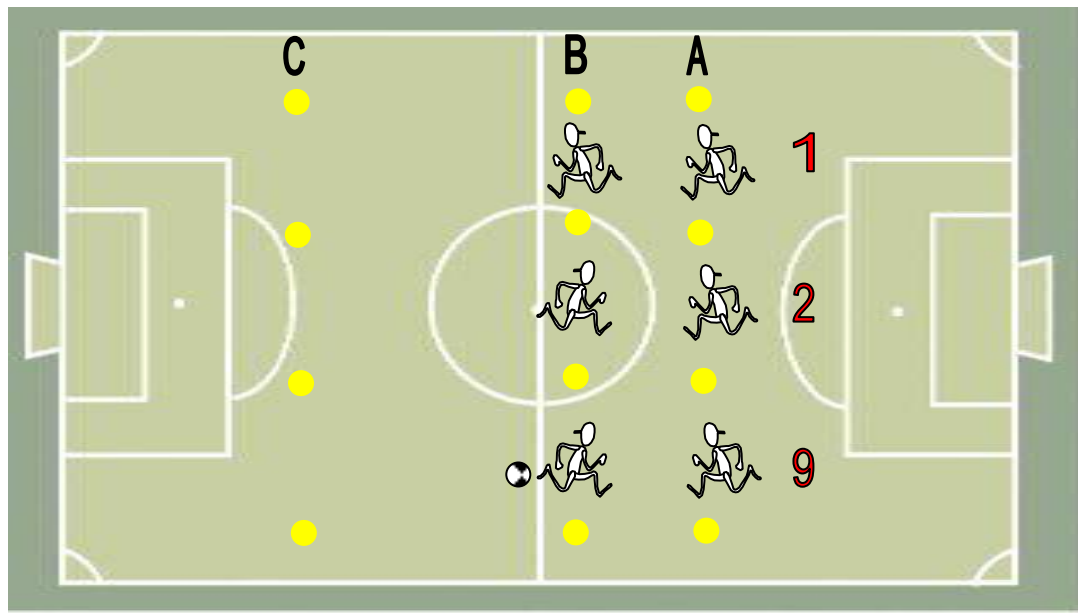
In total there are 78 different exercises to adapt depending the real age of the players you have.

1

AGILITY, COORDINATION AND SPEED

EXERCISE TO INCREASE SPEED AND AGILITY LEARN TO BE REACTIVE

TITLE: THE POLICEMAN & THE ROBBER



OBJECTIVES

1	AGILITY
2	GOOD AEROBIC TRAINING
3	REACTIVITY
4	COORDINATION
5	CONCENTRATION
6	BALANCE
7	INTENSITY
8	ACCELERATION
9	PACE
10	DECISION MAKING

ACTION

Set Up		10X10		15X20	At the signal the players have to reach C as fast as possible without been touched by a team-mate.
	X	10X15		20X20	
		15X15		15X30	
Players/Ball ratio		1 to 1		1 to 4	
	X	1 to 2		1 to 5	
		1 to 3		1 to 6	

VARIANTS

MATERIAL

		N°	TYPE	COLOUR/NOTE
1	B reaches C without being touched by A	6		
2	B looks A in the eyes			
3	As 2 but sitting down cross legged position			
4	B faces A's back (standing-up)			
5	B faces A's back (sitting down cross legged position)	12		
6	As 2, A standing-up & B sitting-down			
7	As 2, laying down on his back			
8	As 2, laying down on tummy			
9	Repeat all, but now B has to bring the ball to C with several touches (not with only one touch)			
10				
11				
12				
13				
14				
NOTES				
Speed's exercises are better to do them at the start of the session, as a warm up. This because the muscles are fresh and not tired, and in this case work much better rather than if they're tired or if they've hard worked.				