



COACHING RESOURCES FOR THE WORLD'S  
MOST INNOVATIVE SOCCER COACHES

# JUVENTUS

## A One Week Journal of Practices and Training Sessions



# Table of Contents

---

## Juventus Pre-Season Training Summer 2001

### Background Info:

- Italian Ritiro (pre-season training)
- Description of Juventus Summer Village and surrounding area
- Overall Schedule of Preparation
- Background of Juventus Football Club
- Background of Juventus Primavera (premier youth team)
- Positions and roles of coaching and training staff
- First team daily schedule and diet
- Diagnostic and training equipment used

### Technical Observations:

- Juventus summer transfers and team news (Zidane, Davids, Nedved, etc.)
- General Training Observations

## Daily Training Sessions

### Monday 7/30/01

#### Youth Team

9:30 am - Forward runs & movement; incline sprints

4:30 pm - Technical practice: passing & control; possession

### Tuesday 7/31/2001

#### Youth Team

9:30 am - Possession and penetration; course running

4:30 pm - Rest

### Wednesday 8/1/01

#### Youth Team

9:30 am - Long passing & back passes; functional training for forwards; physical training

#### First Team

4:30 pm - Technique; passing & possession. Offense v defense, "partitelle" (scrimmage)

### Thursday 8/2/01

#### Youth Team

9:30 am - Technique (receiving & passing). Physical training on obstacle course

#### First Team

4:30 pm - Possession; and offense v defense

### Friday 8/3/01

#### Youth Team

9:30 am - Crossing & finishing; physical training with a ball

4:30 pm - Rest

### Saturday 8/4/01

#### Youth Team

9:30 am - Tactical training with defensive unit; crossing and finishing for attacking unit, weight training & timed sprints

### Sunday 8/5/01

#### Youth Team

9:30 am - Crossing & heading; physical training with a ball (modified scrimmages)

4:30 pm - Scrimmage v AC Fenis

### Monday 8/6/01

#### Youth Team

9:30 am - Shadow play focusing on formation (modified 3-4-3); pressing practice, running.

4:30 pm - Rest

### Tuesday 8/7/01 - Youth Team

9:30 am - Physical training; shooting

# Background

*The material for this journal is provided by Dave Brown, Coaching and Program Director for Cascade Avalanche and Shooting Stars soccer clubs located in Snohomish County, near Seattle, Washington. This journal was made possible by the sponsorship of GoPlay Sports Tours and in cooperation with WORLD CLASS COACHING. Through this affiliation, Dave Brown was able to attend pre-season training with Juventus F.C. in the summer of 2001 at their training camp in the Italian Alps. This journal represents Brown's observations of the training sessions of the professional and youth (Primavera) teams of Juventus. A more complete background, including training schedules, diets, general coaching observations, more training sessions and interviews with various members of the coaching staff, including Assistant Coach, Dr.. Jens Bangsbo can be found on the WORLD CLASS COACHING web site at [www.worldclasscoaching.com](http://www.worldclasscoaching.com).*

Founded in 1897, the history of Juventus has been one of success and glamor. Enriched by the fortune of the Fiat auto company, "Juve" is the only Italian club that can sport two gold stars on their jersey over their team crest. Each represents ten Italian "Scudettos" (League Championships). Juve's 25 championships far overshadow its closest rivals of AC Milan (16) and Inter Milan (13) and they can also boast two European Champions League titles, the most recently in 1996. Juve have never been relegated and the Bianconeri (black and whites) have fan clubs throughout Italy and the world.

During our stay, my interpreter, Andrea Rizzi, a GoPlay Sports Tour manager, and I were able to observe thirteen training sessions and several friendlies while interviewing members of the coaching and playing staffs of both the Prima Squadra (first team) and the Primavera, the oldest youth team in the Juve organization. While the first team's busy tournament schedule and secrecy limited our opportunities to see them in training, we were able to gain an extensive picture of the Primavera's training and development objectives.

Juventus start their pre-season training at the "Juventus Summer Village" in the French-influenced town of Chatillon from July 16 through August 3. This includes games against other top Italian clubs like Napoli and Inter Milan. The remaining pre-season training is done in Turin at their regular training ground.

## First Team Daily Pre-Season Training Schedule

*(From Alessio Secco, Chief Press Officer Juventus F.C.)*

The players train twice daily with the exception of days when there are scrimmages, and of course, on days off. Their typical daily schedule is as follows:

8:15 am - Wake up call  
8:30 am - Breakfast  
9:30 am - Morning training (strength, power and speed, aerobic and anaerobic training)  
1:00 pm - Lunch

1:30 pm - Press conference (for selected players who do these on a rotation basis) and free time followed by an afternoon nap.  
4:15 pm - Wake up call  
5:00 pm - Evening training (on-field tactical and technical training)  
8:00 pm - Dinner  
8:30 pm - Free time

## Primavera Background

Juventus fields 16 youth teams ranging from the Primi Calci ("first kicks") aged 7 and 8 up to the Primavera (meaning literally "Spring") made up of professional players aged 16, 17 and 18. Since Italian clubs do not field reserve teams, the Primavera team takes on great importance as a likely last step before entry into the First Team squad. Current stars that first appeared in the Juve Primavera include Alessio Tacchinardi and Alessandro Del Piero.

The Primavera squad was in residence at Fenis, located five miles north of Chatillon, from July 25 through August 8. During this time they generally trained twice a day (9:30 am and 4:30 pm) unless evening scrimmages or friendlies were scheduled.

## Training Areas Used

Usually the players worked in one quadrant of a field for drills, one half of the field for offense v defense type work and in a regular field shortened to 70 yards for scrimmage type sessions.

**Note:** *A more complete version of this background article can be found on the WORLD CLASS COACHING web site at [www.worldclasscoaching.com](http://www.worldclasscoaching.com).*

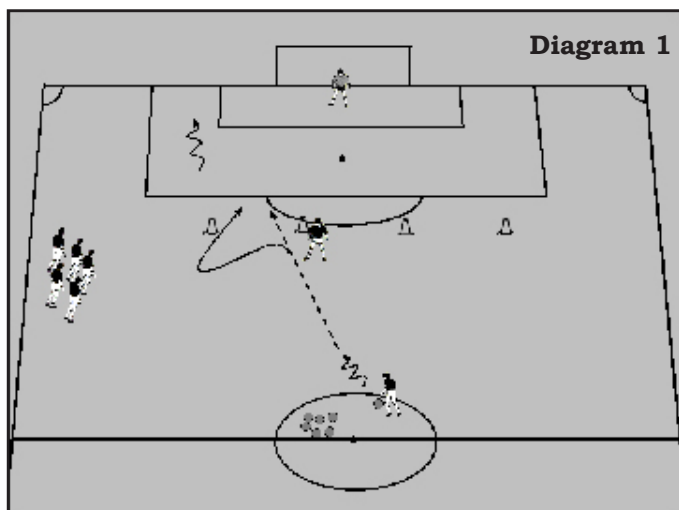
*GoPlay Sports Tours is a leading provider of quality sports tours for players and coaches to Italy, Europe and other destinations worldwide. Coaches and players interested in GoPlay Sports Tours should contact James Matthews, Director, at [goplay@acis.com](mailto:goplay@acis.com) or (877) 795-0814.*

# Juventus Primavera - July 30th AM

This practice was observed during the morning session on July 30th. The squad (aged between 16 and 18) were split into two groups. One was made up of 10 field players plus a goalkeeper (the attacking group) and the second was made up of the defending players including two additional goalkeepers.

## Strength Fitness Session

The defending group did a strength session using the indoor weight room before coming outside to do lunges with 35 lb. barbells and several variations of sit-ups.



## Forward Runs Onto Through Balls

After playing a short keep-away game of 9 v 2 in an 18 x 12-yard area, the attacking players work on angles and timing of runs by the central strikers beginning in a forward position with their backs to goal. Their defenders are four poles or cones arranged as a flat back four in front of the penalty area.

## Coaching Developments

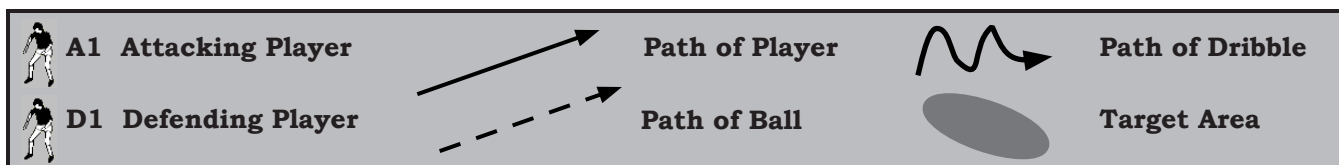
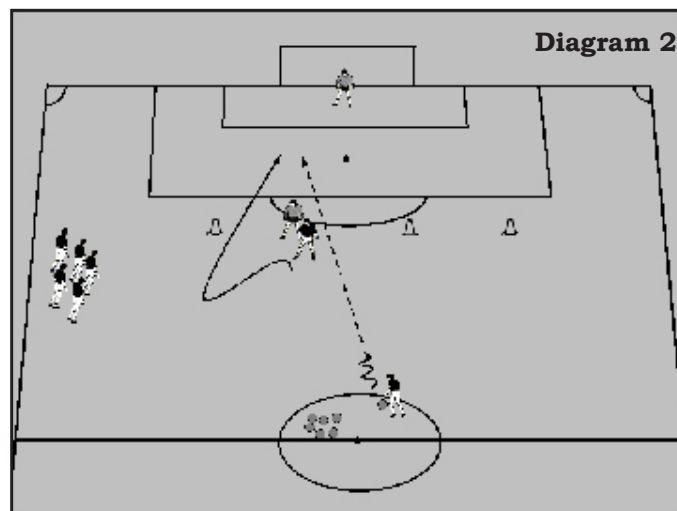
The striker's starting position is with his back to goal up against the right 'central defender'. His supporting midfielder, starting near the center circle, advances with the ball. The forward then moves towards him, turning sideways, leading with his left foot.

## Progression

Still sideways on, he begins to pull away from his marker with quick steps, the entire time seeing both his teammates as well as the defense. Now facing the goal, he then breaks to the goal, timing his run so as to not being offside at the time the ball is released. Upon collecting the through pass, he moves forward to finish.

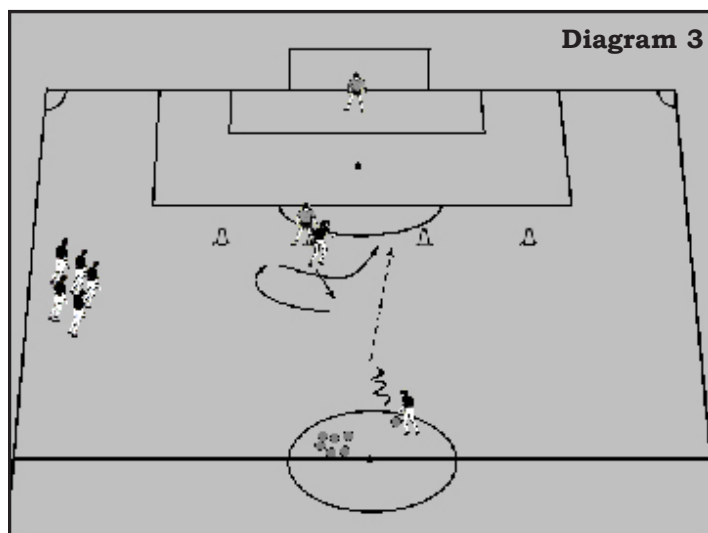
## Progression

The coach replaces the cone and acts as a passive defender following the attacker's movements up until the pass is made. The player now has two options: If the coach elects not to mark closely and hold his position, the ball can now be received *at or slightly in front of* the striker's feet for him to run on and score as in diagram 1. Or if the coach does mark closely as the run is made, the midfielder is instructed to play the ball *behind the marking defender's back* as shown in diagram 2.





# Juventus Primavera - July 30th AM



## Variation

The final variation is to help the strikers find room in the opposite direction. If the striker can not “shake” the attention of his marker and find sufficient room, he then quickly double backs on his run and turns across the defender and attacks the space between the two center backs to receive a pass.

## Observations

All of the finishing from these drills is done in two touches in the following way: Receive with the ball controlled about a yard in front, look up at the goalkeeper’s position and then a second touch to finish. The “passive” play of the coach acting as a defender was very realistic in terms of good positioning up to the point of the player’s run. Once the players achieved the good timing and angles to free themselves, they were allowed to run on and finish unchallenged.

# Juventus Primavera - July 30th PM

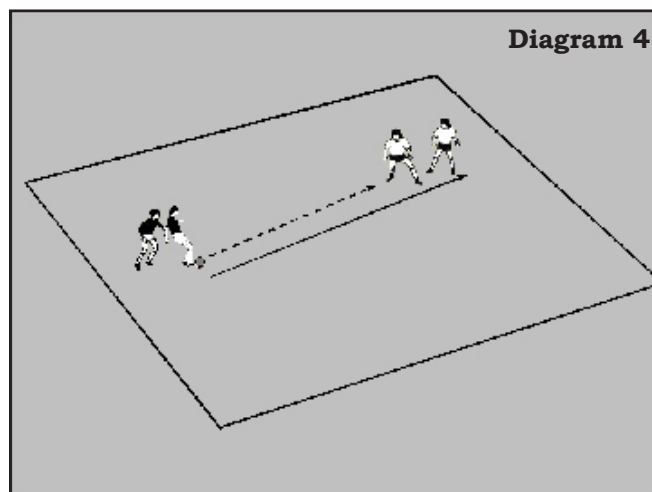
*This session began at 4:20 pm following a team discussion in the clubhouse. The technical warm up consisted of 20 field players working in five groups of four and three goalkeepers with the goalkeeper coach. The goalkeepers’ session included receiving and playing back passes in two touches, clearing back passes with volleys, making saves at the near post and pressure training involving five volleyed shots from 12 yards out and a quick dive for a close range shot.*

## Passing Technique

The field players spread out in one half of the field, and grouped by position, (forwards together, midfielders together, etc.) undertake passing line exercises (i.e. two players facing each other about four yards apart as shown in diagram 4). Upon playing a one-touch pass to a facing teammate, follow the pass and run to the back of the opposite line.

## Progression

Same as before, but instead of running across to the opposite line, take a simple step back and move out of the way for a teammate to pass one-touch across the distance as shown in diagram 5.



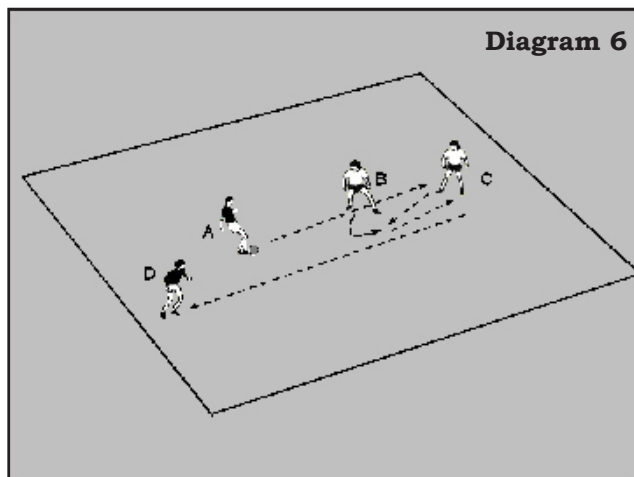
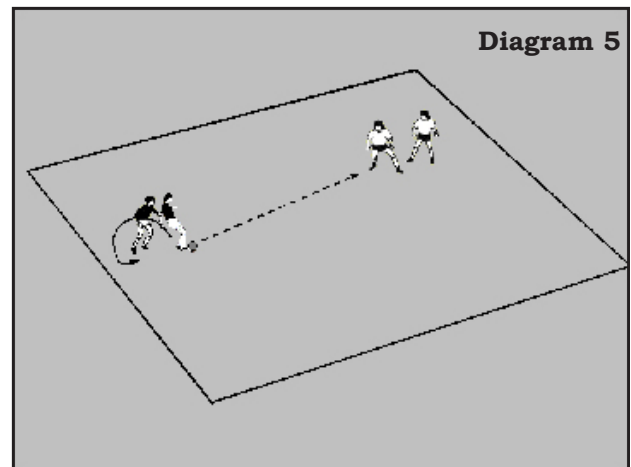
Subscribe to our FREE email newsletter

**[www.worldclasscoaching.com](http://www.worldclasscoaching.com)**

# Juventus Primavera - July 30th PM

## Progressions

- Same drill but now with the ball in the air - still one touch
  - Same, but with a size three ball, headers only
  - Same, but one-touch volleys with feet
  - Same, but “short, short, long” with headers only.
- The first player throws it to himself, plays a short headed pass to the player facing him, who plays a short header back. The first player now heads long to the second player facing him, and so it continues.



## Keep-Away

To break things up, the coach organizes a 3 v 1 in a 5-yard square with a size three ball. Various conditions are introduced such as keeping the ball on the ground, in the air or mandatory two-touch with the defender only intercepting and not tackling.

## Longer Passing and Receiving

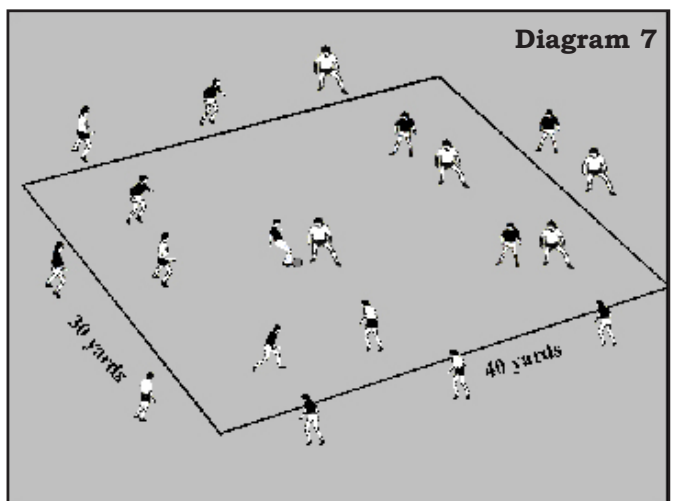
The players return to their groups of four, now with two players in each group facing the other two about 15 yards apart across the width of the field. Player A makes a long pass to player B who ‘dummies’ the ball for player C before turning to receive a short pass back from player C. Player B would then return the ball short to player C who then plays a long pass on the ground to player D. The sequence continues when D passes back to A to re-start.

## Fitness Exercise: 5 v 5 + 5 Keep-Away

Play 5 v 5 in the middle of a rectangle with a one-touch restriction. Each team is supported by five ‘resting’ teammates who are available for one-touch return passes, but restricted in movement to about one yard up and down the line. The teams rotate regularly.

## Progression

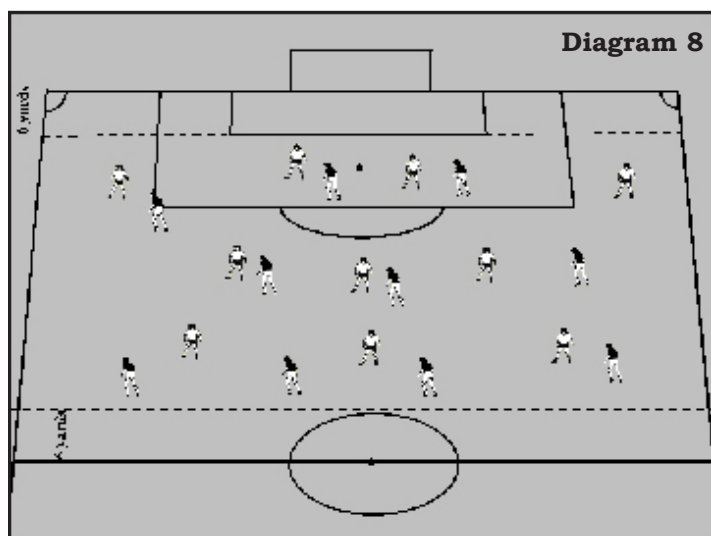
Replace the one-touch restriction with a three-second time limit and with the outside players allowed to move freely up and down the touch-line.



## Conditioned Scrimmage

The session is ended with a 9 v 9 scrimmage (plus goalkeepers) in one half of the field with each team playing a 4-3-2 or 3-4-2 formation. The following restrictions apply: “Forwards Cannot Score”, only lay balls off or cross. “Midfielders Cannot Defend” only focus on scoring from central positions with one touch.

# Juventus Primavera - July 31st AM



## Warm-Up

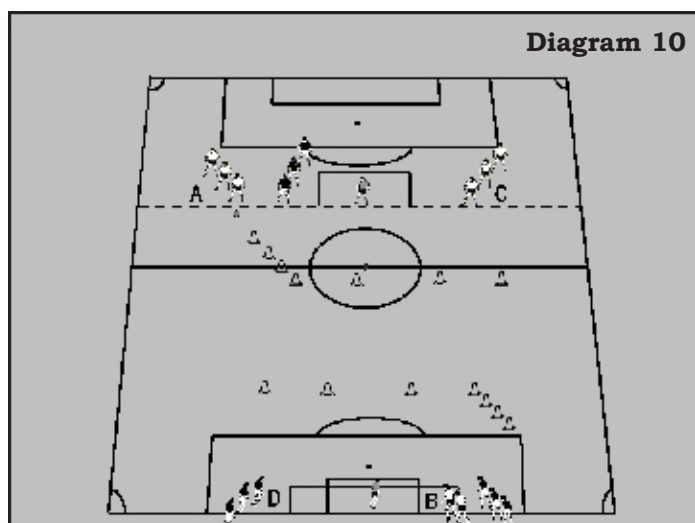
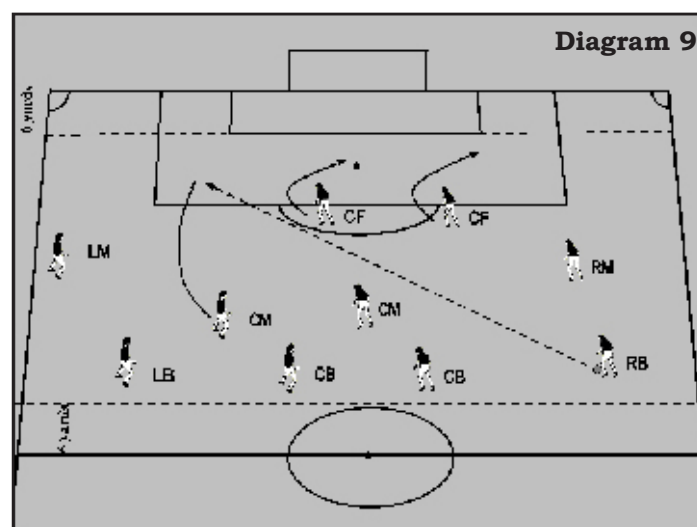
Following casual passing and juggling in pairs, all the field players line up in a 4-3-3 formation and play keep-away with 10 consecutive passes counting as a goal.

## Line Game

With the same formation, now play with the “goals” being two lines set up six yards from each end of the half-field. The objective is to dribble the ball under control into the “end zone” following a minimum of four passes. Players are not allowed to pass the ball over the line and it is a “make it take it” situation, i.e. the team keeps possession once a goal is scored. Conditions include no lofted passes or only one or two touches.

## Coaching Points

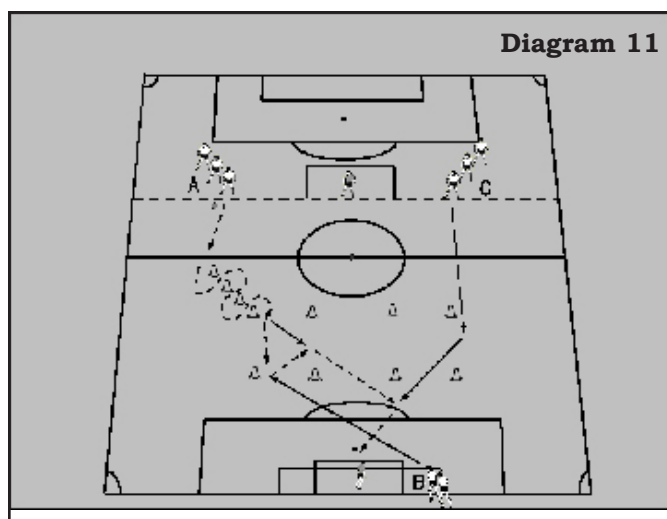
Both team's back four defenders are encouraged to hold their restraining defensive lines just in front of the marked lines (as shown in diagram 9). The coach emphasizes diagonal movement by the forwards to create space for an advancing midfielder or an outside defender to make runs into goal scoring positions. Ground passes only were allowed as the final pass into the end zones. Both teams find success with long passes “cushioned” into the path of an advancing player to go on and score.



## Penetration and Finishing Exercise

The field is reduced to 60 yards in length with two full sized goals. Six yards in front of the respective penalty area of each team is a back four made up of cones set in a flat line four yards apart. Field players take up the positions shown in diagram 10, with forwards beginning from positions on the opposite ends of the field.

# Juventus Primavera - July 31st AM



## Sequence

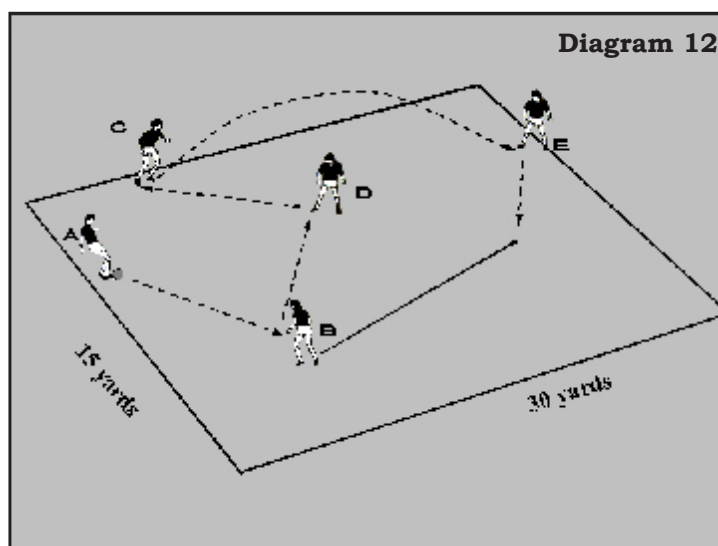
Play begins with player A dribbling straight toward three cones before slaloming through them. At the same time, his supporting forward (B) begins to move towards him, timing his run to arrive in front of his opposing “back four” at the same time player A is finishing his slalom. Player A passes to player B, who with his back to goal, lays the ball back to A at an angle. A plays a one-touch ball to player C, who has been advancing from his left flank position. Player A’s through ball must be placed through the back four with accuracy so as to not make player C offside. Player C then goes on to finish. Once the white team has completed their sequence, the black team then starts.

# Juventus Primavera - August 1st AM

*This session began at 9:30 am at Fenis Stadium. The squad was split into two groups. One group was made up of forwards and midfield players who were working on positional play and long passing while the other group, made up of defenders and goalkeepers, were training with the fitness coach.*

## Attacking Positional Play

The attacking group works in a 15 x 30-yard grid. The focus of the exercise is combination play in midfield, leading to longer flighted passes to teammates in forward positions. This long pass is then followed by a quick support from a teammate who arrives for a first time lay-off



## Attacking Patterns

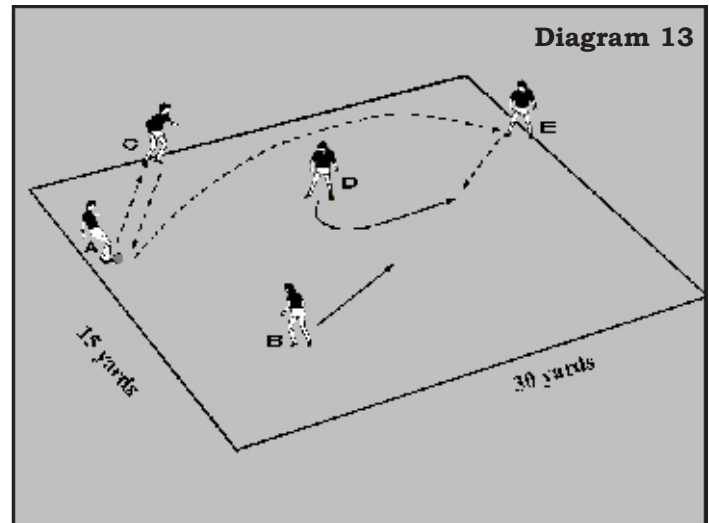
Two typical attacking patterns (as seen in diagrams 12 & 13) are demonstrated. In the first attacking pattern (diagram 12), player A passes to player B who plays a short forward pass to D. D drops the ball to C who then plays a long forward pass to player E who lays the ball off to player B who continues his run. In second attacking pattern (diagram 13), player A passes to C who returns a pass to A. A then plays a first-time long ball to E who then lays the ball off to D who, along with player B, is running to support.



# Juventus Primavera - August 1st AM

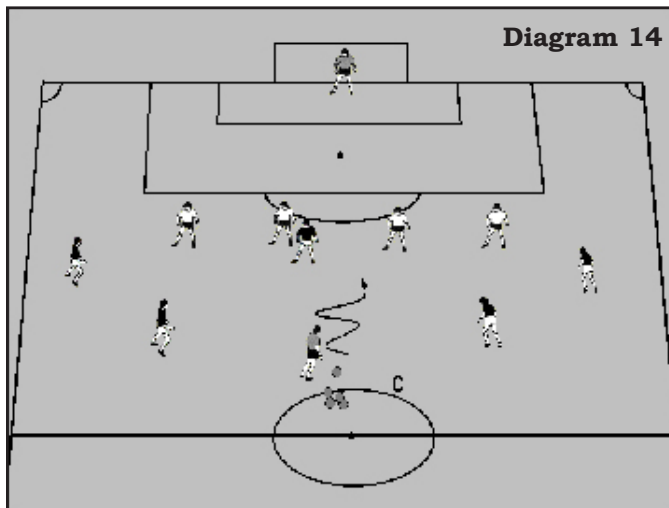
## Coaching Points

- Angles of support when the 'back or last' player is "showing for the ball" to begin the movement
- The quality of passing (accuracy and weight), especially balls played back to a teammate who is in a position to play a long pass
- The quickness of the angle of support of the player's runs to receive the lay-off from the teammate in the most forward position



## Offense v Defense

The 10 field players work in half a field. With the coach as server, five players take up attacking positions while five others create a flat back four plus a goalkeeper.



## Organization

The coach instructs the player in the center forward position to push himself up level with the back line, while supporting teammates position themselves at least 10 yards behind him. The back four players form their restraining line about one or two yards in front of the penalty area and without coaching, meet the challenge of a central midfielder advancing with the ball. One of the center backs steps up as his teammates pinch in behind him to create a flat back three.

## Coaching Points

The coach emphasizes the positional play of the center forward being slightly sideways on. He encourages the wide players to be direct and beat an immediate opponent to get a cross delivered and he encourages the attacking team to be patient.

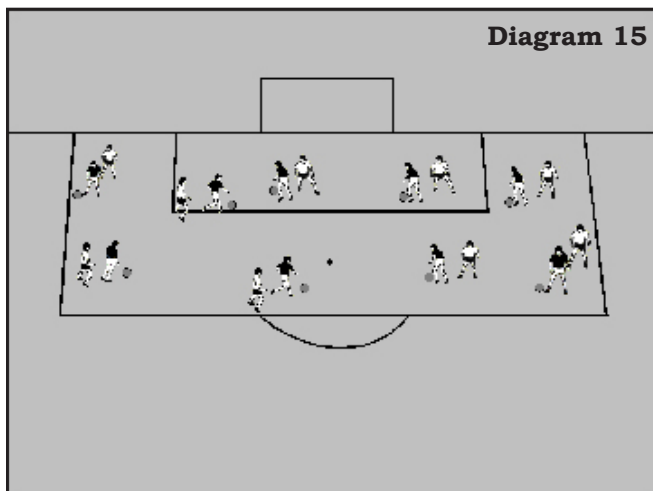
**VISIT OUR ALL-NEW WEB SITE**

**New articles - Coaching Videos and Books - Free Email Newsletter**

**[www.worldclasscoaching.com](http://www.worldclasscoaching.com)**

# Juventus First Team - August 1st PM

*This is a session of the Juventus first team included all their well known players such as Conte, Davids, Del Piero, Montero, Nedved, Thuram, Trezeguet and Zambrotta. The warm-up focused on the technical aspect of passing and possession. The session progressed into a small-sided possession game and ended with a 10 v 10 game with an emphasis on controlled possession to get the ball wide and attack with crosses.*



## Technical Work In Pairs

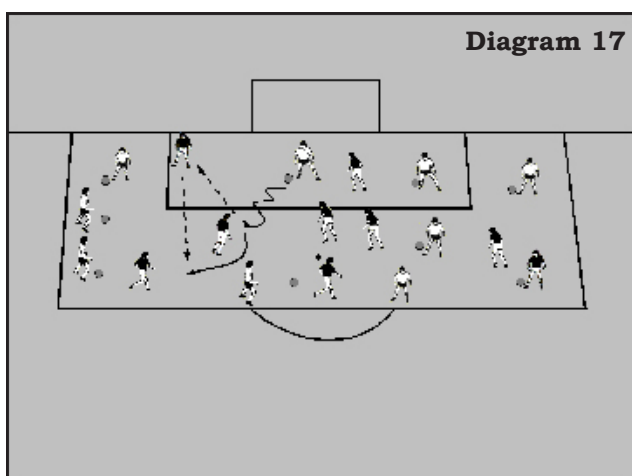
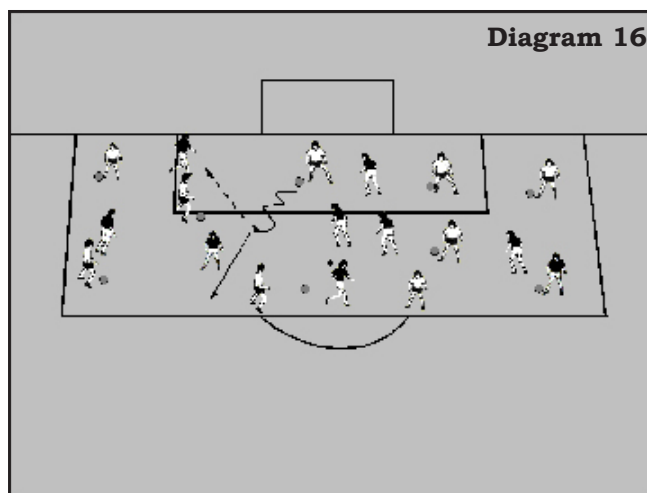
While three goalkeepers work at the opposite end of the field with their coach, 18 field players work in pairs in the penalty area. They do the following exercises for two minutes each, changing roles on the coaches signal every minute and doing light stretching in the 30-second rest period between each drill.

- One player dribbles the ball, feinting and changing direction in a small area shadowed by his partner who doesn't make a tackle, but who stays close to his opponent
- One player now shields the ball from his partner, staying in a small area, shifting the ball from one foot to another depending on the defender's position

## Progression

Following a break for stretching, the players move freely, passing and moving without direction. They no longer work just with their partners and there is still only one ball per two players.

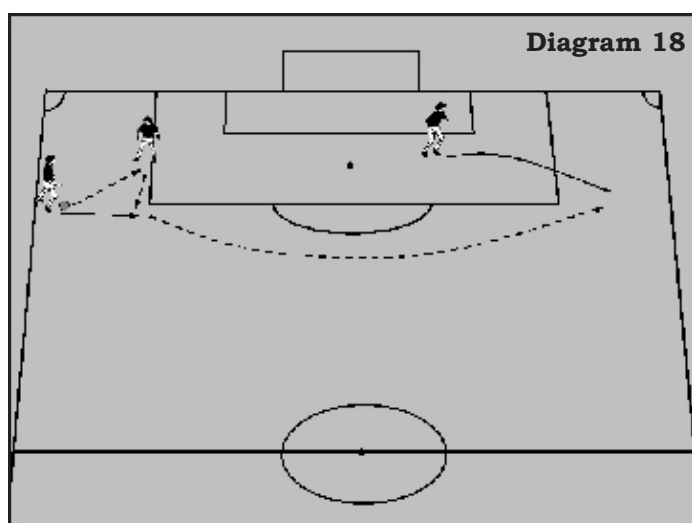
Players with the ball dribble while those without call for the ball to receive short passes. Following a pass or upon receiving a pass, the players move quickly away to a new position (as shown in diagram 16).



## Progressions

- Similar, but now the dribbling player approaches a player slowly and then plays a quick wall pass and accelerates onto the return pass (as shown in diagram 17).
- Now have one ball between three players. The dribbling player, working with a teammate, "attacks" a defender and combines with his teammate for a wall pass around him. After the move is complete, the defender then takes the ball and initiates his own wall pass.

# Juventus First Team - August 1st PM



## Progression - Third Man Runs

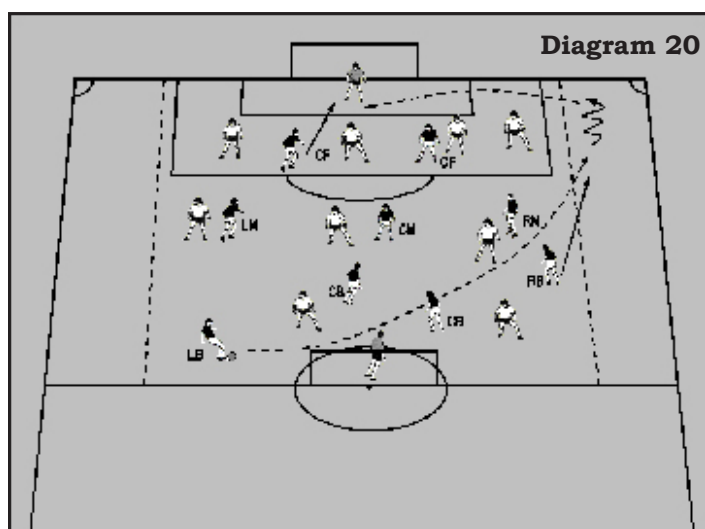
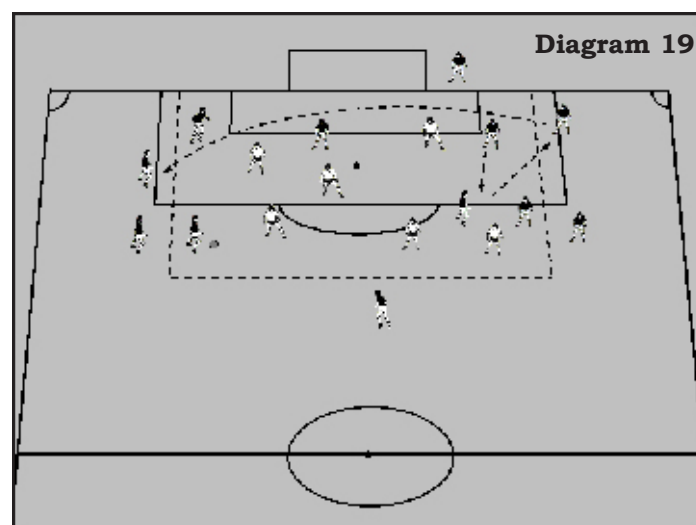
The size of the work area is expanded to use the full width of the pitch. The players now work on longer third man running with the final ball now played close to 40 or 50 yards in length. The goal is to hit a running teammate with a flighted ball after two players combine with two short passes. (The distances can be shortened depending on the standard of the players involved.)

## Possession Exercises 6 v 6 + 6

Play 6 v 6 keep-away in the marked area with the six remaining “neutral” players on the outside of the field supporting the team in possession. The aim of the game is for the six players to maintain possession before playing to one of the neutral players who then plays a one-touch pass to the perimeter player opposite. The receiving players’ successfully controlled long pass equals one point. The neutral team alternates with one of the inside teams on a time basis.

## Coaching Point

The level of passing technique, control, speed of defending and concentration required is extremely high for this drill to succeed.



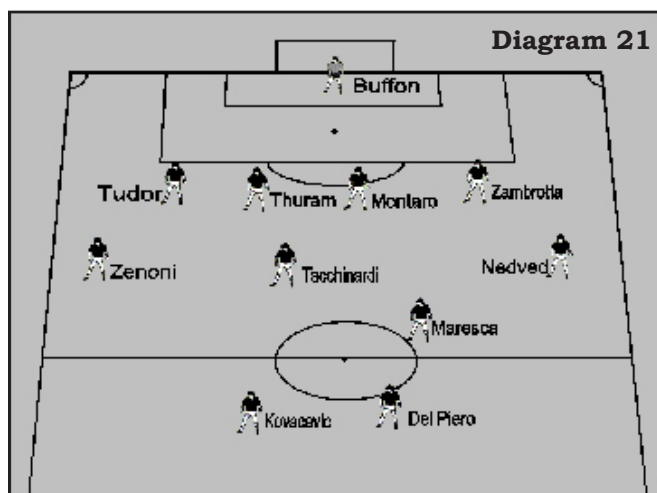
## Crossing Game

Play 10 v 10 in one half of the field, with neutral channels on each flank. Any one player at a time can enter the channel to produce a cross (but can not be challenged by a defender). Both teams line up in a 4-3-2 formation. The emphasis of the drill is quality long flighted balls into the attacking zones followed by quality crosses and attacking runs.

The session ends with a no-restrictions scrimmage followed by three cool down laps of the field and some ‘indoor’ stretching.

# Juventus First Team - August 2nd PM

*This session was conducted by head coach, Marcello Lippi and his assistants at the Chatillon Stadium located at Juventus' Summer Village.*

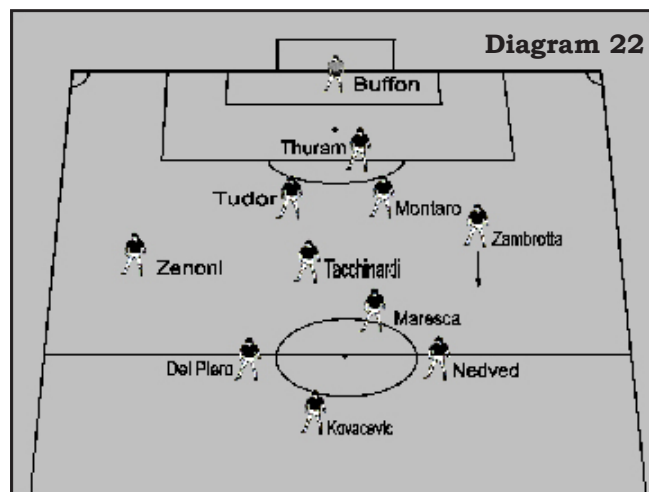


## Warm Up

The players, led by fitness coach Ventrone, jogged slowly in neat lines performing standard warm up movements including running with high knees, skipping, running side to side and arm circling. Following some stretching, the players then played 9 v 2 in two groups in two separate 12 x 12-yard areas.

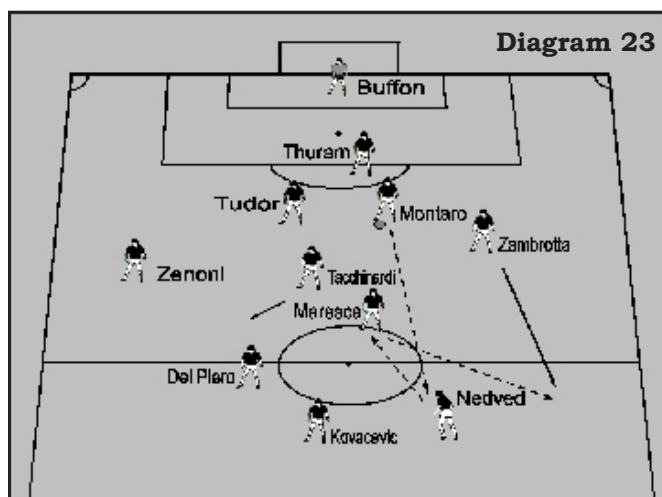
## Offense v Defense

The players were split into two groups, eleven starting players backed by new goalkeeper Buffon and eight reserves. The starting players lined up in the formation shown in diagram 21.



## Modified 3-4-3

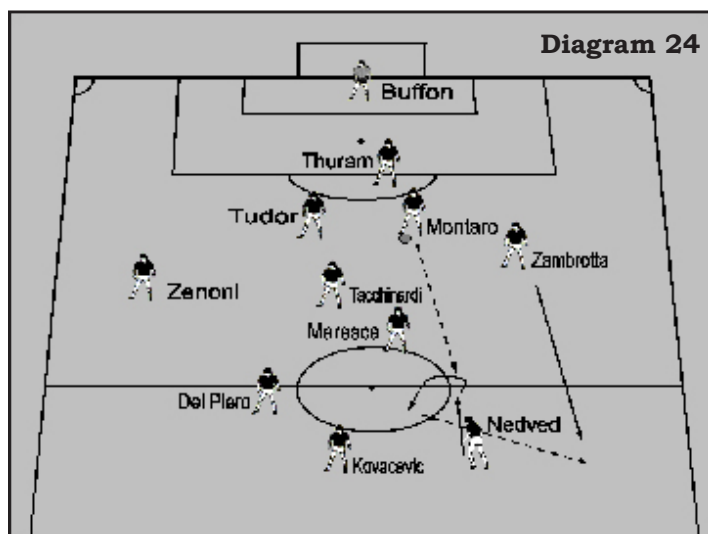
Once in possession, the formation of the team changed with the left back, Zambrotta, assuming the wide midfield position and Nedved pinching into an attacking midfield/withdrawn forward position. With Del Piero playing a deeper role and leaving Kovacevic as the sole point of attack, the formation became a modified 3-4-3.



## Pattern Play

The team worked on certain patterns of play, all intending to create opportunities for crosses from wide attacking positions. A pass would start from a center back to withdrawn forward, Del Piero, or to the wide midfielder, Nedved, who was pinching in. Del Piero or Nedved would then play the ball back to the central midfielders (Maresca) who would play a long, first time pass to the outside defender (Zambrotta) who makes the overlapping run.

# Juventus First Team - August 2nd PM



## Pattern Plays Continued

When Del Piero or Nedved were not marked tightly as they came into midfield to receive a similar pass, they would turn and run at pace with the ball toward the middle of the defense before laying the ball wide for the wide defenders (Zambrotta) to run onto and cross.

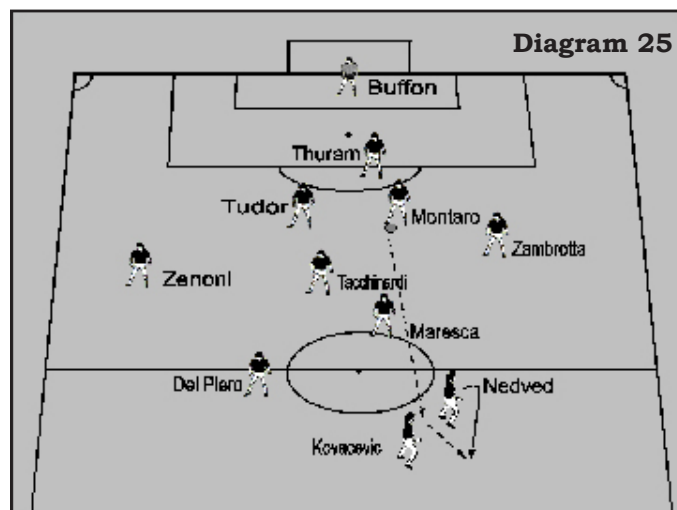
## Half-Field Game

Similar to the previous pattern, this time the long forward pass, instead of going to the player sprinting into the wide position, would be played long and in the air for Kovacevic to flick on to Nedved who made a quick turn and sprints very close by him to create a crossing opportunity.

## Observations

Tacchinardi served as the “PIVOT” player, playing just in front of the defenders and facilitating the switching of play from one side of the field to another.

The session ended with a 10 v 10 scrimmage.



## FREE EMAIL NEWSLETTER

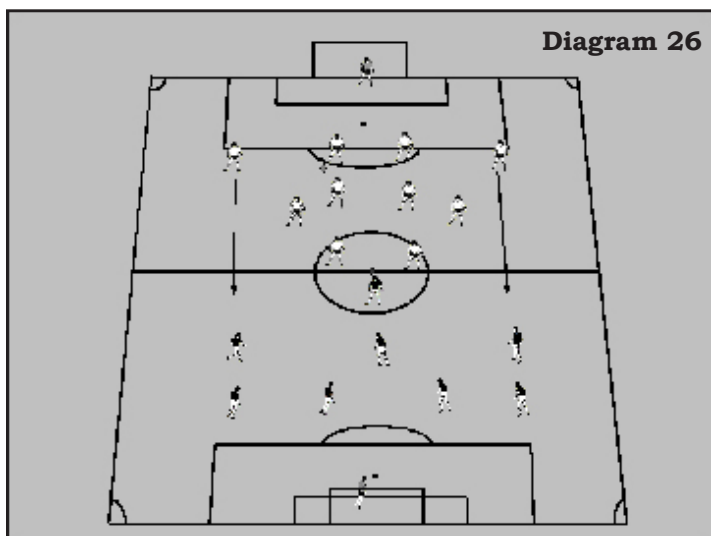


**Practices And Training Sessions  
Delivered To You By Email**

**Visit our web site now at [www.worldclasscoaching.com](http://www.worldclasscoaching.com)  
and sign up for our Email Newsletter...It's free**



# Juventus Primavera - August 3rd AM



## Warm-Up

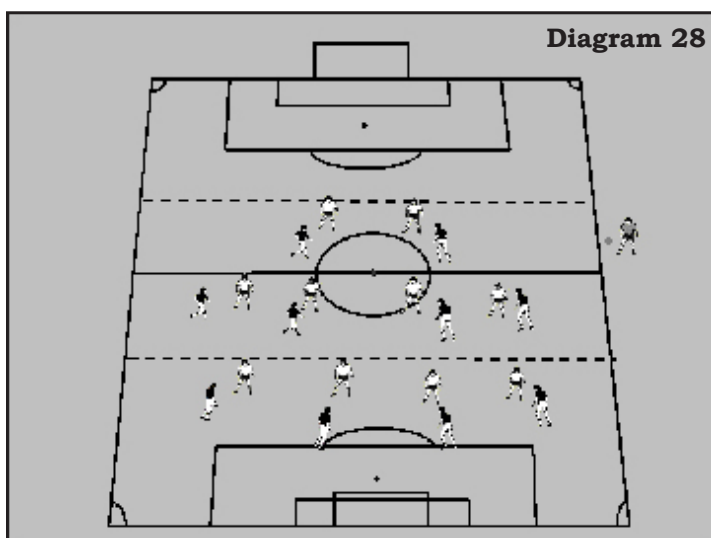
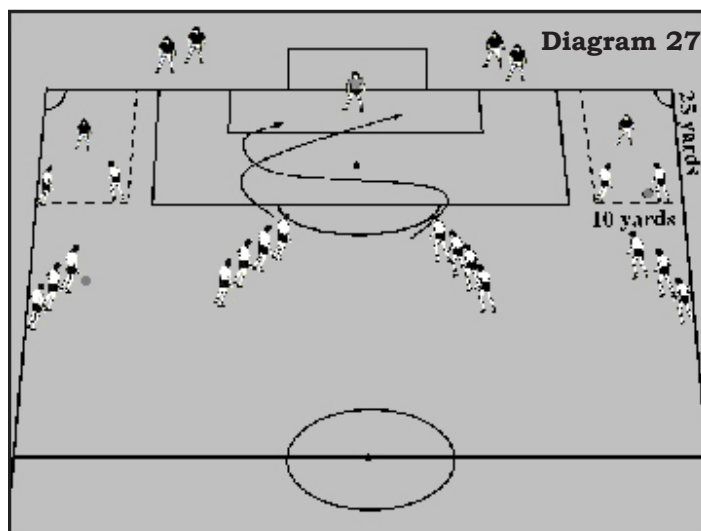
The warm-up consists of light jogging and stretching followed by a conditioned scrimmage with 10 attackers v 8 defenders and a goalkeeper. A 65-yard length field is used and the focus is on switching play for the attacking group, with wide players getting into advanced positions to receive the ball from the center midfielders. For the defending group, the emphasis is on holding the ball under pressure. Play begins with the coach playing a ball to the furthest defender on the attacking team. The defending team's objective is to hold the ball for seven consecutive passes under high pressure.

## Crossing and Finishing

This drill is for the forwards, attacking midfielders and wing backs plus one goalkeeper. Two zones are marked out on the attacking flanks of the field within which a 2 v 1 situation is set up. The attackers are encouraged to combine or dribble to create an opportunity for the cross to be delivered to the attackers making near and far post runs.

## Observations

- Offside is not enforced
- It takes several rotations to figure out how best to use the space available
- The coach enforces a two-touch restriction to speed the process up

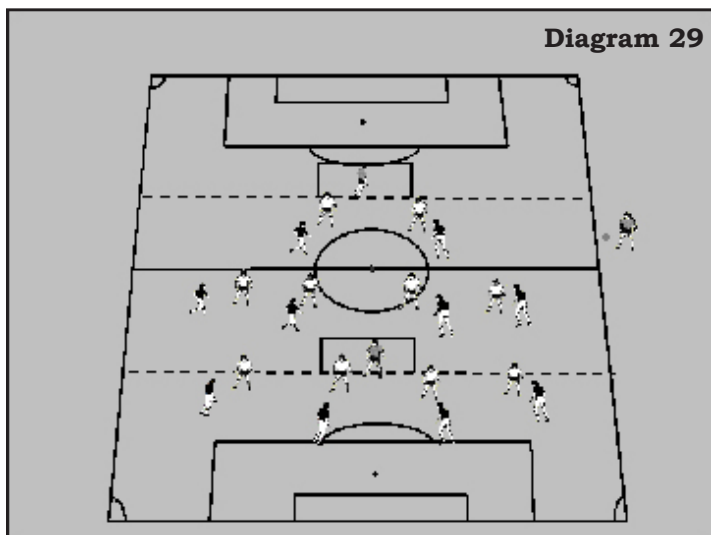


## Fitness with a Ball - Game One

The following series of games work on transition, positional play, pressing the opponent and possession under pressure. In a 10 v 10 situation, the coach manages the tempo by playing balls to force attacking and recovery runs. Starting with a 4 v 4 in the defending third, the coach plays a ball to the dark team's back four who, with the help of the other six teammates in the adjoining zone, must hold the ball for 5 or 6 successive passes with a two-touch restriction. Upon the command of "GO" they are allowed to attack the attacking zone through a long ball. Their goal is to maintain control of the ball in the new 'territory'. The white back four sprints back to try and disrupt that possession.

# Juventus Primavera - August 3rd AM

Diagram 29



## Continued

If the white team gains possession, the roles reverse. When an attack 'breaks down' or when the tempo of the game decreases, the coach plays a new ball into the defending third and calls "change", forcing all players to sprint back at least one zone.

## Game Two

Using the same organization as game one, now a team having made 5 or 6 successive passes, sprints into their attacking zone to score in a goal placed on the 30 yard line, but facing the end line. For goals to count, all players must either be in the attacking or midfield zone.

## Game Three

Similar game but with the goals moved to the edges of the center circle (still facing the end lines). A new condition is that all attacking players have to be in their attacking half for the goal to count and that all defenders have to be back defending in their own half or all goals scored against them count as double.

Diagram 30

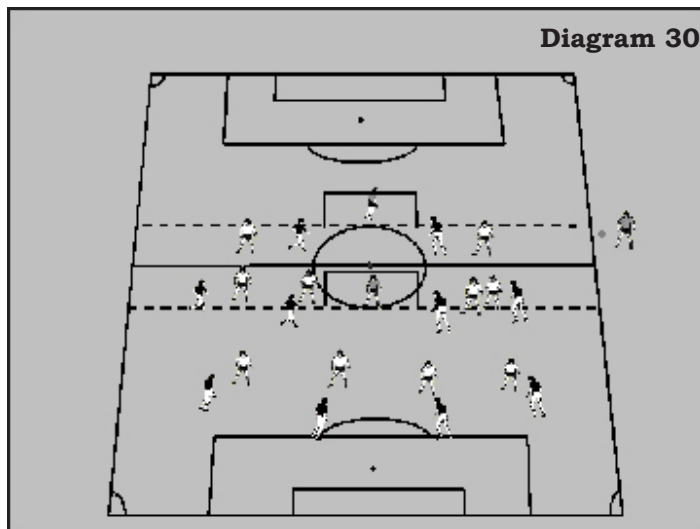
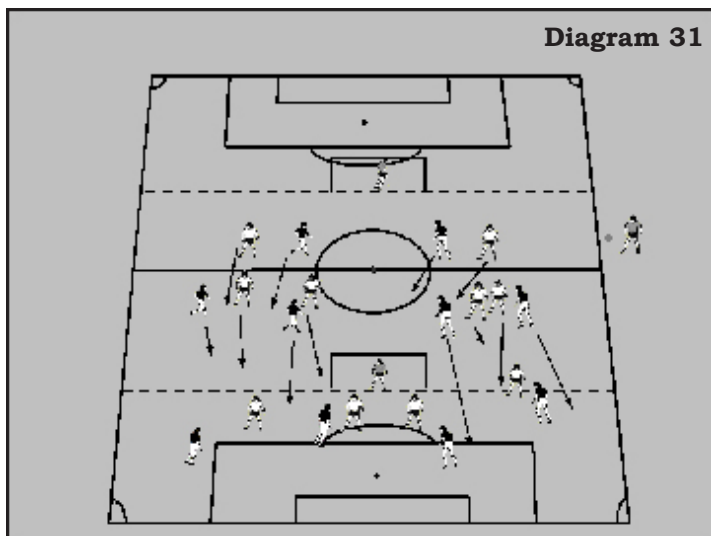


Diagram 31



## Game Four

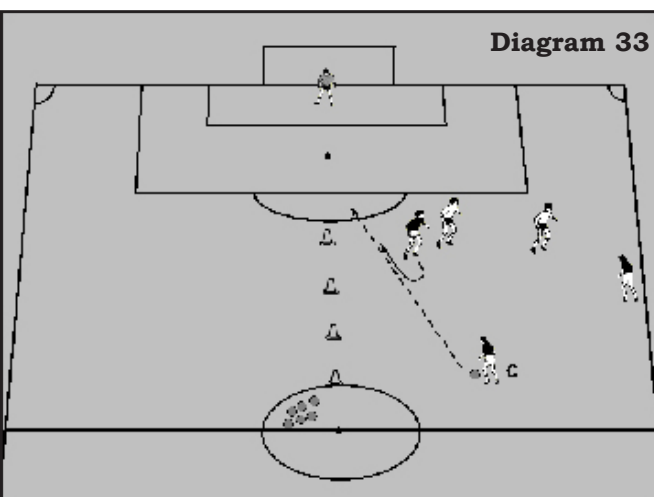
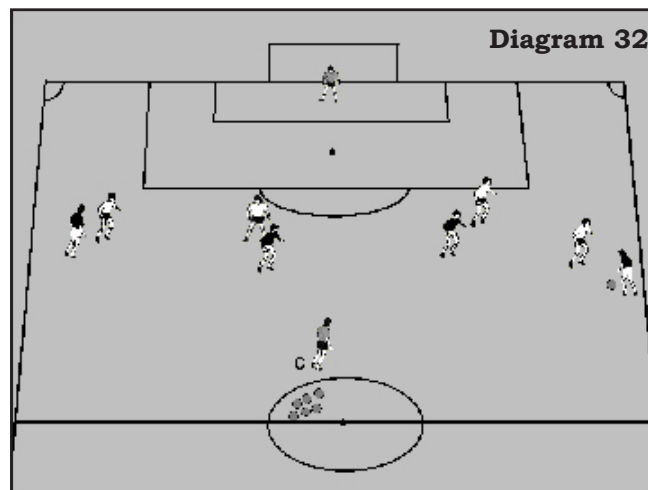
The goals are moved back to the 30-yard line with the next condition; that all of the players from each team have to be in the one area that the attacking team is attacking for a goal to count and for the defending team not to be penalized for the goal counting as double.

# Juventus Primavera - August 4th AM

*Held at Fenis Stadium, this session focused on agility and strength, the tactical training of the back four and combination plays on the flanks. The session was followed by strength and power training, timed sprints and interval running. For the warm-up, the players casually passed in three's followed by some light jogging and some stretches. This was followed by a series of push-ups, abdominal crunches and some forward and backward rolling on mats.*

## Tactical Training - Back Four

To start this session, the players initially line up in the positions shown in diagram 32, with the coach acting as server from just inside the half-line. The coach first focuses on the role and positioning of the left centerback in supporting the left outside back who is defending against an opposing player in possession. He encourages the centerback to take up a position just to the ball side of and nearly level with the player he is marking so that he will be in a position to mark his own player and provide cover for the left back, while simultaneously being in a position to intercept a pass from the player in possession.



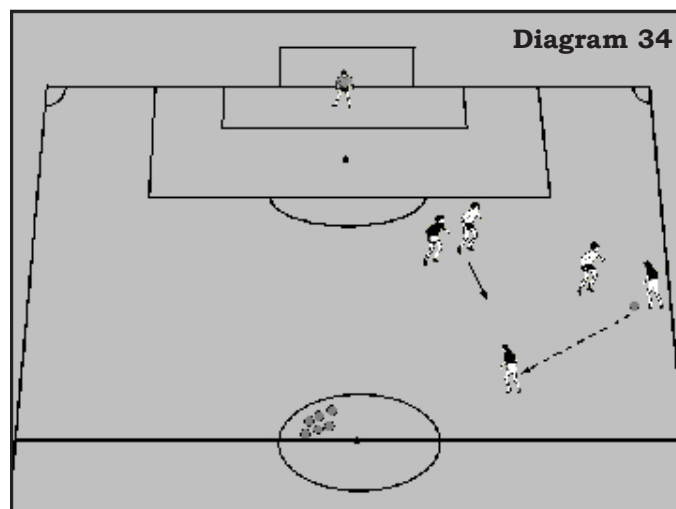
## The Back Four

Through an interchange of passes and passive defending, the coach demonstrates the correct covering position several times. At one point he “catches” the centerback “cheating” too far over toward the left back by playing a quick pass down the opposite side of the center forward that he is marking (as shown in diagram 33).

As play develops and becomes more active and the coach initiates play with a pass to the wide attacker and encourages a 2 v 2 situation, he introduces the idea of trying to catch the central attacker offside.

## Defending

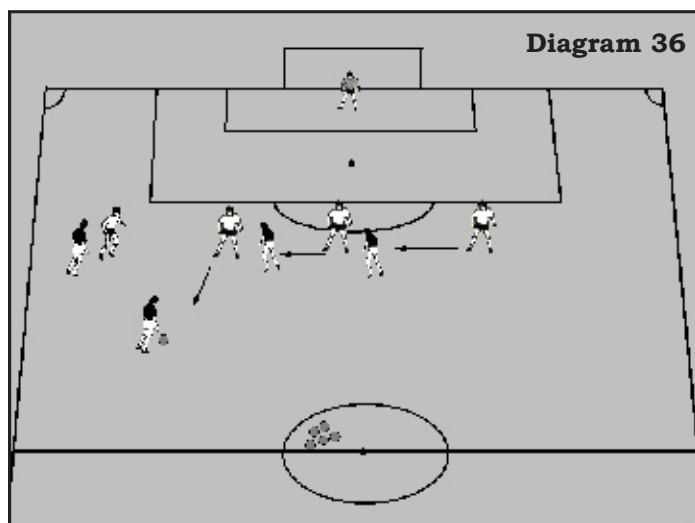
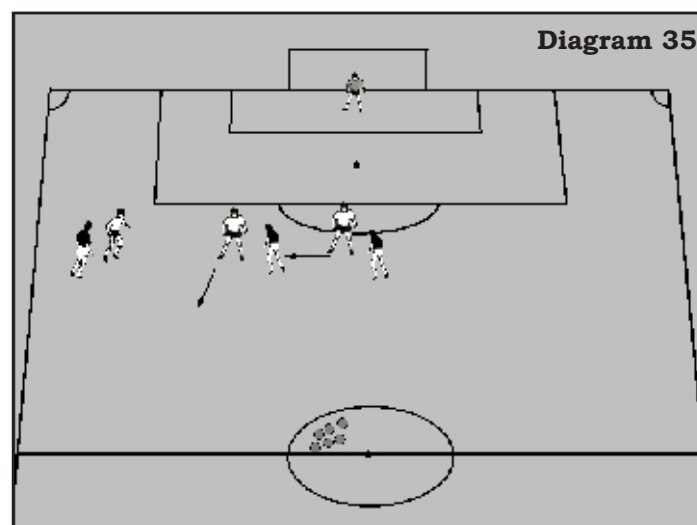
Playing as a supporting midfield player, the coach positions himself to receive a pass back from the wide player. At the moment the ball travels to him, he encourages the centerback to step up and put the forward in an offside position. Secondly, he also encourages the centerback to step up and “double team” the wide player when the central attacker runs forward two or three yards beyond the “restraining” line.



# Juventus Primavera - August 4th AM

## Progression

Still working the flanks, the coach introduces a third attacker and defender. The coach's instructions are that the same player (center back closest to the flank player in possession) must make the decision to track a player running into advanced positions or to set up and create an offside situation. As the attacker running in behind the back line is in a relatively wide position, he coaches the other centerback to move across quickly to be in a position to defend against him, if required.

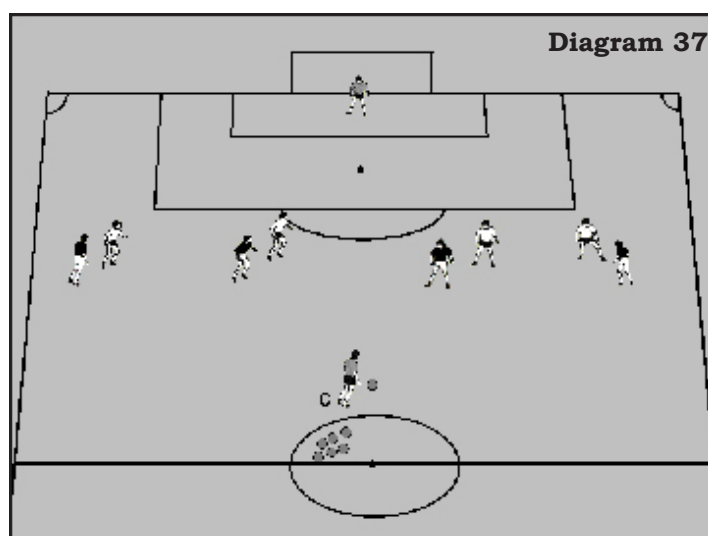


## Progression

Similarly, in situations where one centerback moves forward to challenge a midfield player advancing with the ball, it is the duty of the other centerback to pinch in to cover his position as well as the duty of the fourth defender (in this case, the left back) to pinch in as well.

## Progression

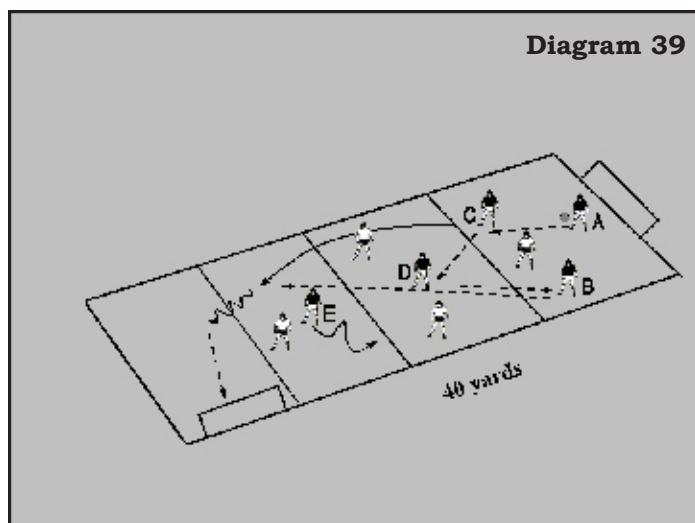
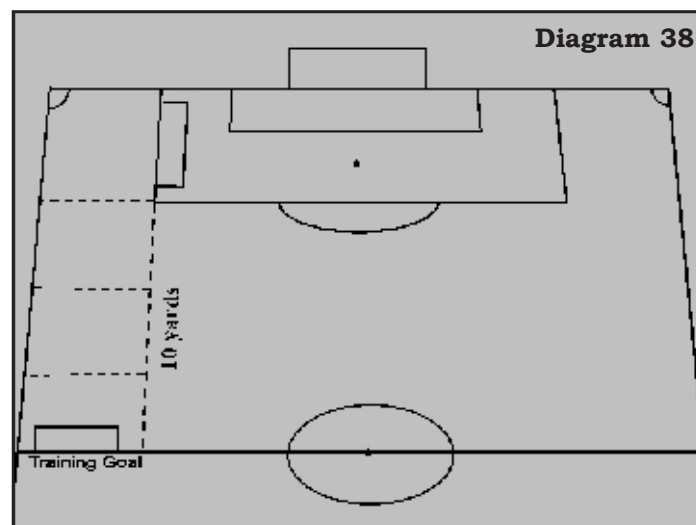
This portion of the session ends with the four attackers (supported by the coach) playing against the back four and a goalkeeper. The focus for the defenders is to stay alert and to play well as a unit, and not to concentrate too much on playing the offside trap, but to focus on putting pressure on the ball and provide cover for the players challenging the ball.



# Juventus Primavera - August 4th AM

## Flank Combination Plays

The forward and midfield players work on attacking the flank area of the field with an area set up as shown in diagram 38. Four 10 x 10-yard grids are marked out with cones along one flank. Two training goals are placed at both ends of the total area, with one facing the area and the other at a right angle to the end area.



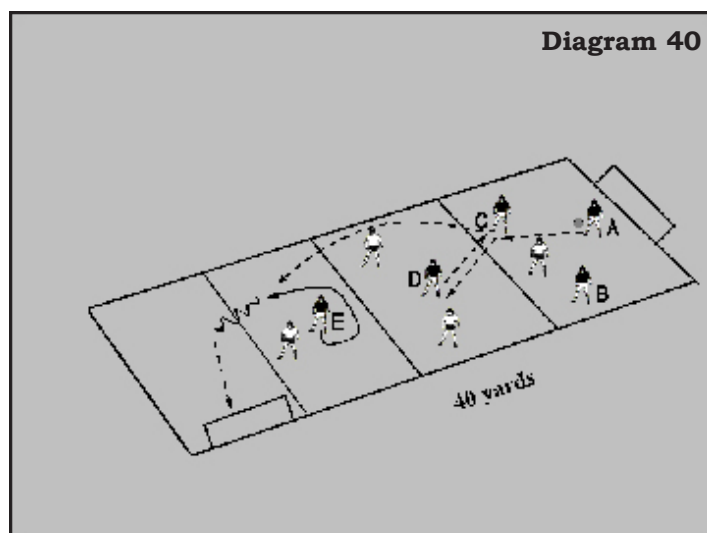
## Combination Plays

The goalkeeper/server is a field player who rotates into this position. His role is to stay in the first zone and be available for a back-pass. The attacking team starts with the ball, and through combination plays and dribbling have an opportunity to finish in the end zone goal. Scoring “goals” here really represents creating room for a cross in a game situation.

In diagram 39, player A (the goalkeeper/server) passes to C; C to D; D to C; C hits a long pass to an overlapping C. E “clears space” for C to run into.

## Combinations

Player A plays to C; C to D; D to C; C hits a long flighted ball up the line to E who had checked back and in to create space behind him. Player E receives the ball facing the touch-line before turning to beat the defender, one-on-one, to cross.

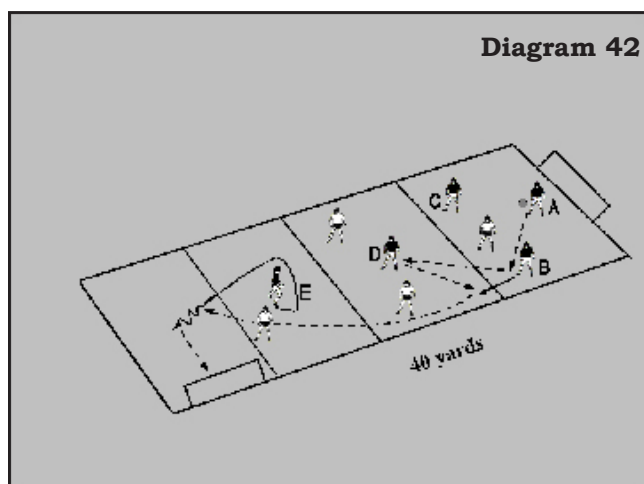
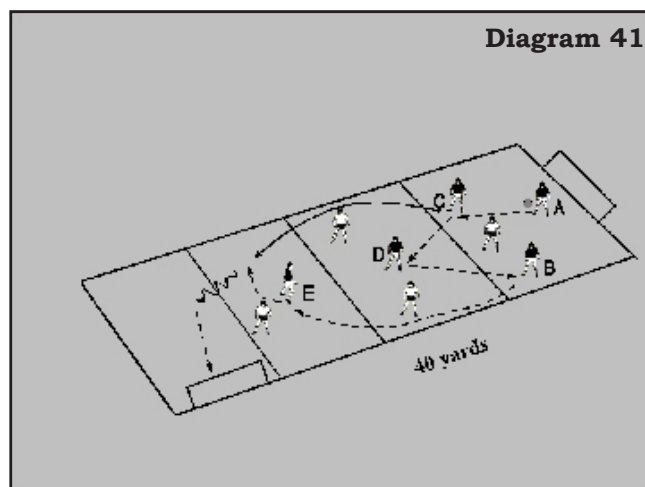




# Juventus Primavera - August 4th AM

## Combinations Cont'd

Player A passes to C; C to D; D to B; B to E; E (playing with his back to goal) lays a ball back to C who had continued his run. C crosses first or second touch into the training goal.



## Combinations Cont'd

Player A passes to B; B to D; D to B; B (who moves forward to support D) plays a first time pass inside the defender marking E who moves in towards the ball. E practices holding and curving his run as not to be offside, before spinning away to cross.

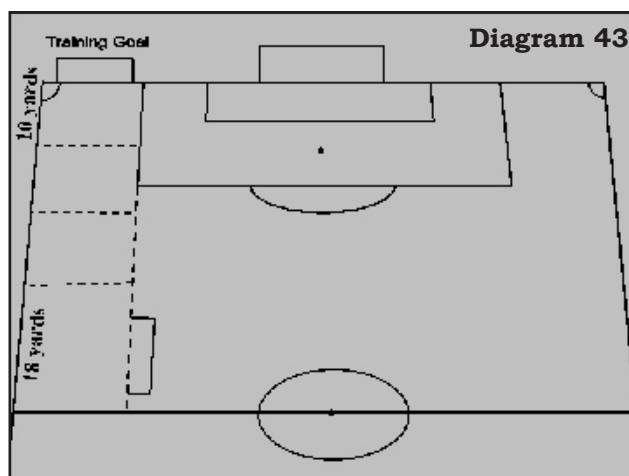
The attacking team starts each sequence, but if at any time the defending team wins possession, they are free to attack the goal they are facing.

## Observations

The session is played at a high tempo with the emphasis on one and two-touch play and the timing of angled runs.

## Combination Plays

The field changes dimensions and look with the training goals moved and the final zone extended. The goalkeeper /server now becomes active in the play and joins in with the attack. With the goal “reversed”, the players who were attackers now become the defending team, again working in the approximate positions they normally do during games.



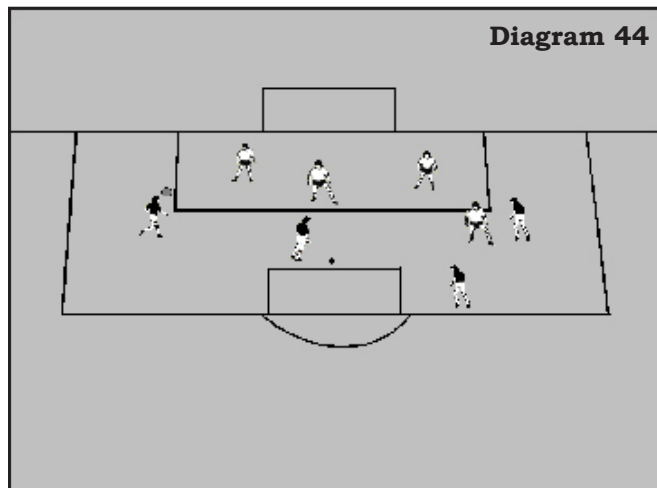
## Interval Running

The session ends with the players wearing heart monitors and running in the field (changing direction regularly) in the following fixed time intervals:

One minute of fast running is followed by 30 seconds of walking; repeated for a total of 20 minutes. Five players finish after 15 minutes by reaching their target heart rate goals. Individual stretching complete the session.

# August Primavera - August 5th AM

*The players were split into two groups. The attacking group began in the weight room with the fitness coach while the defending players worked with head coach, Gasperini. The goalkeepers worked with the goalkeeper coach and their warm-up included a jog down the field, stooping every three or four steps to push the ball with alternating hands; transferring the ball from hand to hand; easy jumps to catch the ball and fast footwork from side to side.*



## Heading Warm-Up

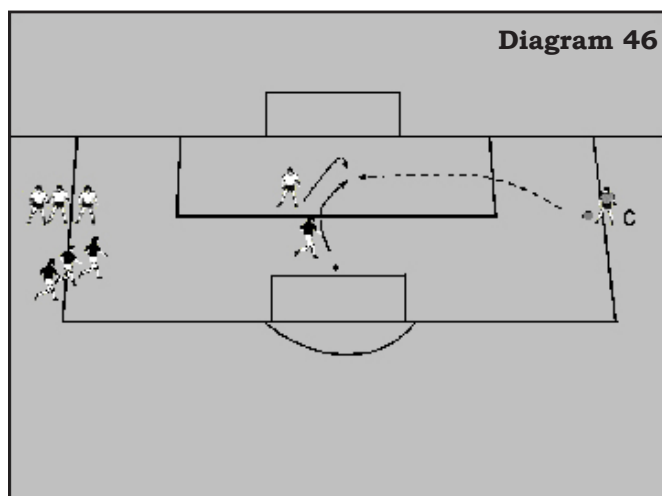
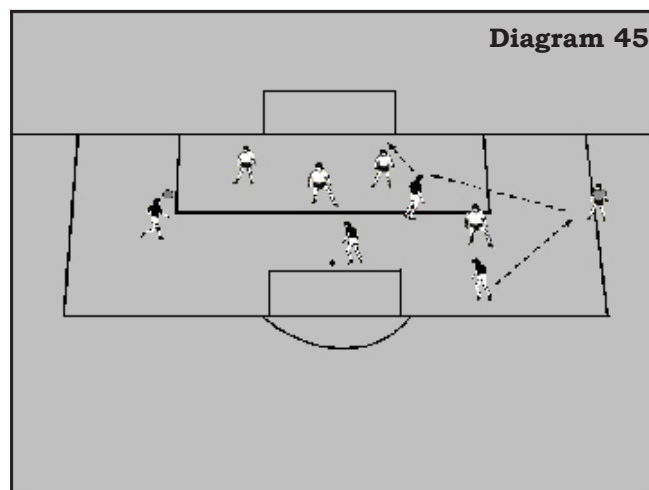
Eight defenders work in one penalty area with full size goals at each end.

## 4 v 4 Heading Game

Players cannot run with the ball but make progress toward the goal with a series of short hand passes leading to a headed goal. Defenders can only defend using their heads. Goals are only good if they go directly into the goal without bouncing. If the ball hits the ground, the first player must scoop it up with his feet to himself or a teammate for the game to continue.

## Variation

The players must now make an underhand pass to the coach who volleys the ball back for an attacking team player to head on goal.

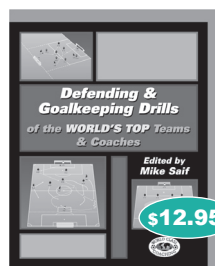
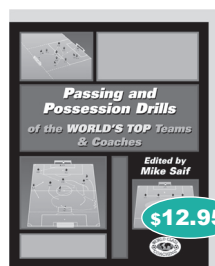
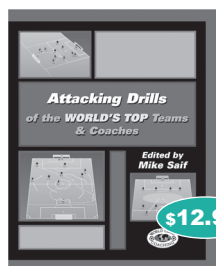
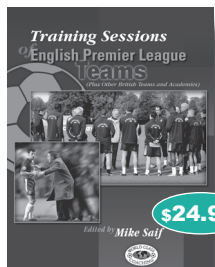
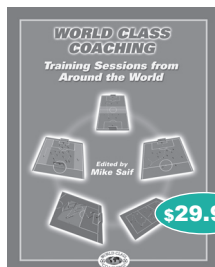
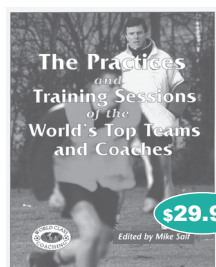
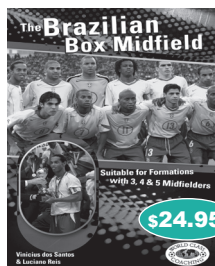
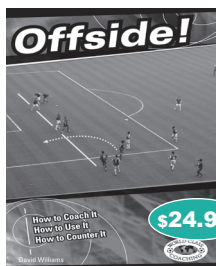


## One v One

Players from both teams take turns in attacking and defending crosses played into the penalty area by the coach. The coach first plays high volleys, focusing on jumping height and timing. In the second round, he plays short crosses from the ground, asking the players to focus on their movement so as to be first to the ball.



# BOOKS

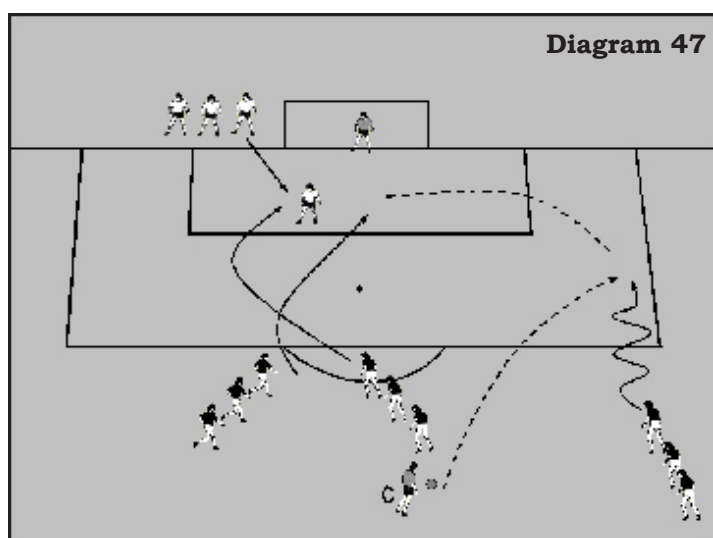


To Order Call  
888-342-6224

OR  
VISIT

WORLDCLASSCOACHING.COM

# Juventus Primavera - August 5th AM



## Progression

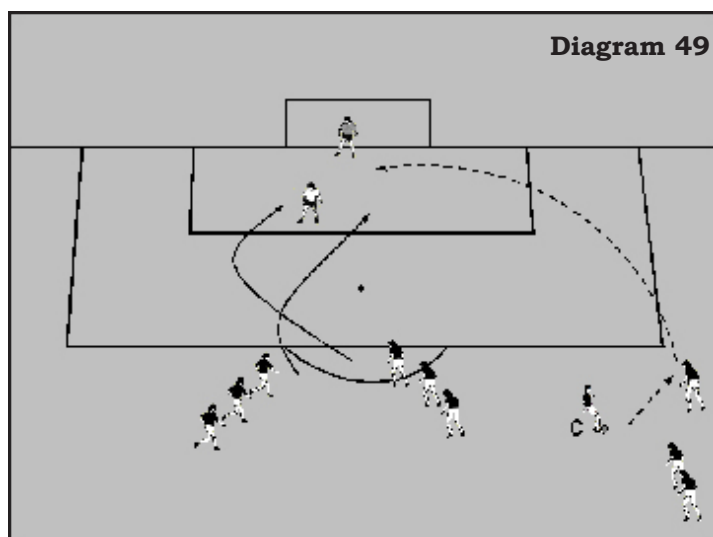
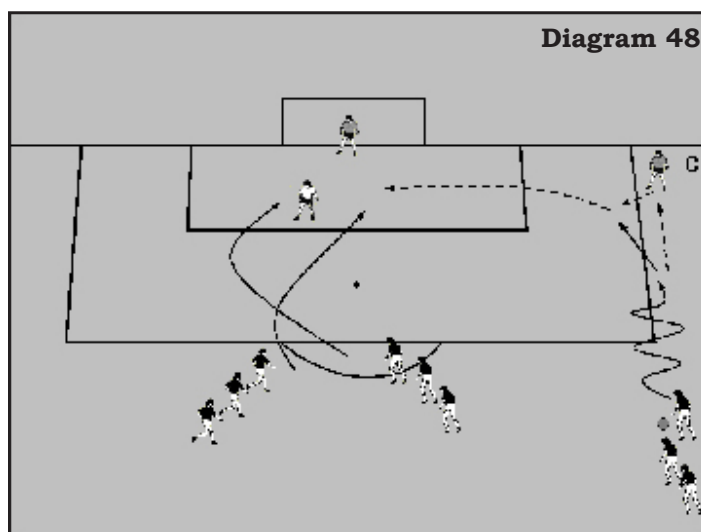
The coach, now positioned in the center of the field, serves balls to the wide players who cross with their second touch from near the edge of the penalty area. Two attackers cross their runs and attempt to score opposed by one defender and a goalkeeper.

## Variation

Two defenders are introduced to challenge for the ball. The emphasis changes to defensive headers and then to the type and quality of crosses being made by the wide players.

## Progressions

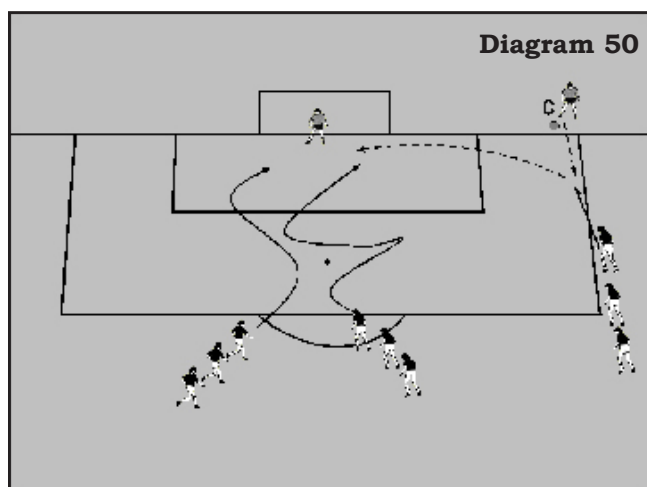
- Focusing on the variety and quality of crosses, the coach acts as a “wall” for a return lay-off before the cross is struck as shown in diagram 48. Crossers start with the ball, dribble towards the coach (standing near the end line) and play a ‘give-and-go’ before delivering a cross.
- The coach now positions himself 10 yards in from the end-line. The players run at the coach with the ball and do a fake inside before taking the ball outside of the coach and delivering a cross.



## Variation

The coach now takes up a position close to the crossing players and plays a short pass to the crosser who then crosses first time from a different angle.

# Juventus Primavera - August 5th AM



## Variation

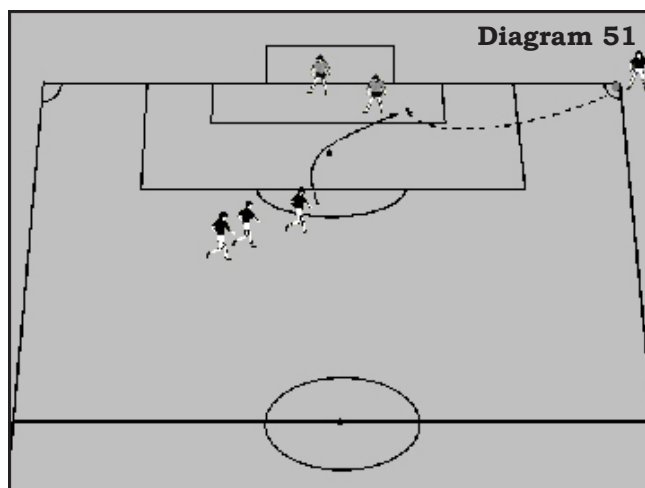
The coach, now standing behind the end-line facing the crosses, lays the ball back to the crossers to “whip” crosses in first time. Pace and swerve are the key ingredients, with the players being encouraged to deliver the crosses between knee and chest height. The players attacking the crosses must attempt diving headers and volleys to score.

## Final Variation

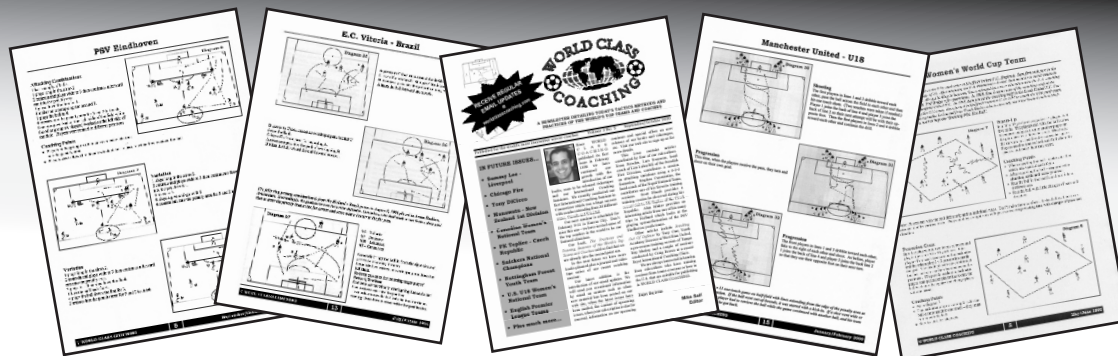
The coach now positions himself three yards in front of the near post and stays stationary. Players attacking the near post practice getting “across” the front of him and heading on goal from an acute angle.

## Observations

Each drill is repeated on the left hand side of the field with the crossers alternating with the players heading the ball.



**The World's Top Coaches And Clubs Read  
The WORLD CLASS COACHING Magazine.  
DO YOU?**



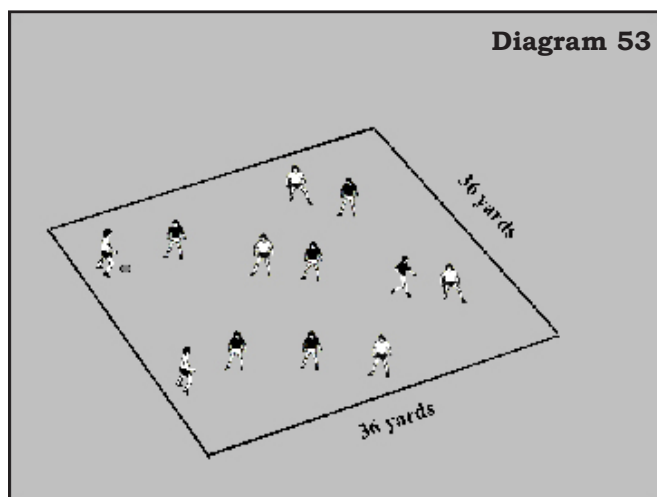
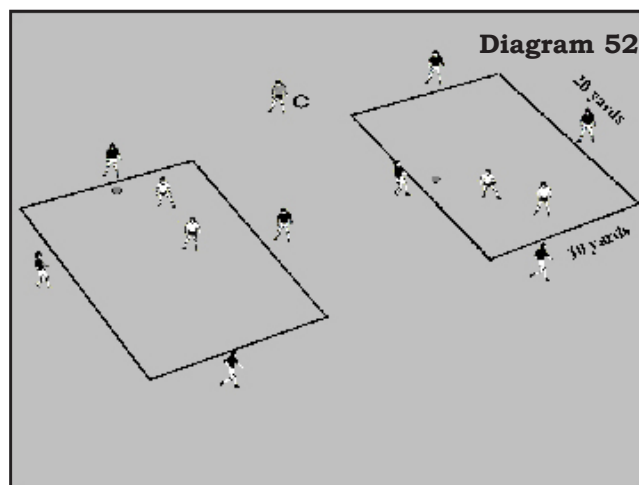


# Juventus Primavera - August 6th AM

*This was a tactical session on team formation; defensive pressing and possession; group fitness and running with and without the ball. The players warmed up by passing and juggling in small groups before splitting into two groups. Ten starting players joined Head Coach, Gasperini, while the remaining players practiced shooting from the edge of the penalty area. For the first part of the session, Gasperini arranged the players in their playing formation and then proceeded to walk through certain player movements that he would like. In particular, he focused on the movement of the defenders when another defender was in possession and passing and supporting options for midfielders.*

## Pressing and Possession

The players form two games of 4 v 2 in two areas of 20 x 10-yards with one-touch play only allowed. The primary objective of the two players in the middle is to not be “split” by a pass played between them. The defending players switch with the outside players every 45 seconds.

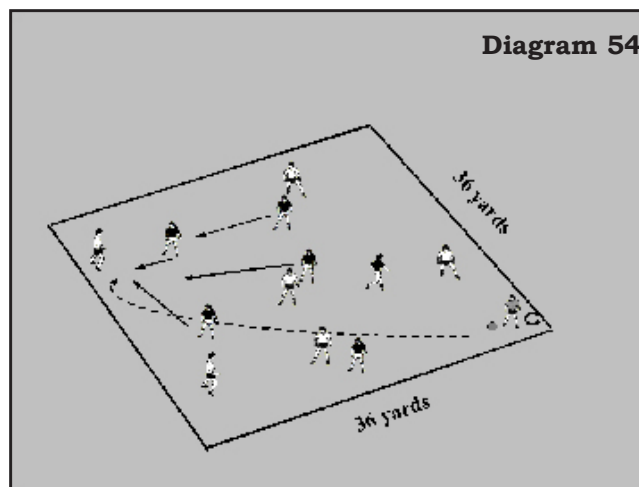


## Pressing

The players prepare for the next exercise by playing a 6 v 6 keep-away game in a 36 x 36-yard area with the condition that they can only defend against one designated player. Anyone can intercept a pass, but free kicks are awarded for tackling anyone other than one's direct opponent.

## Progression

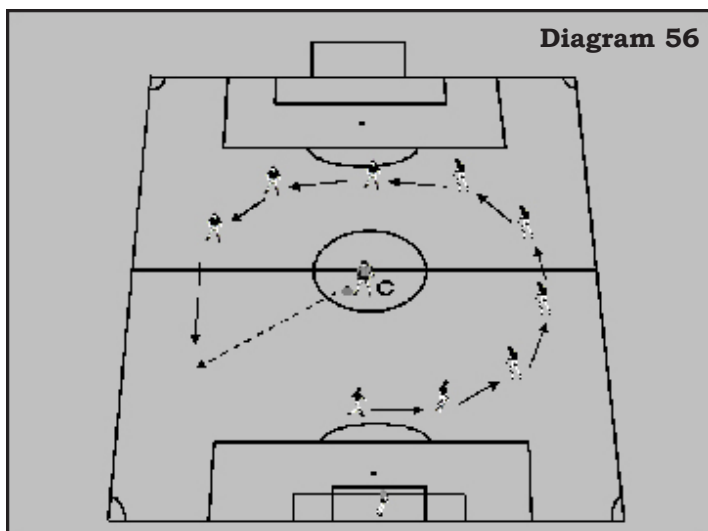
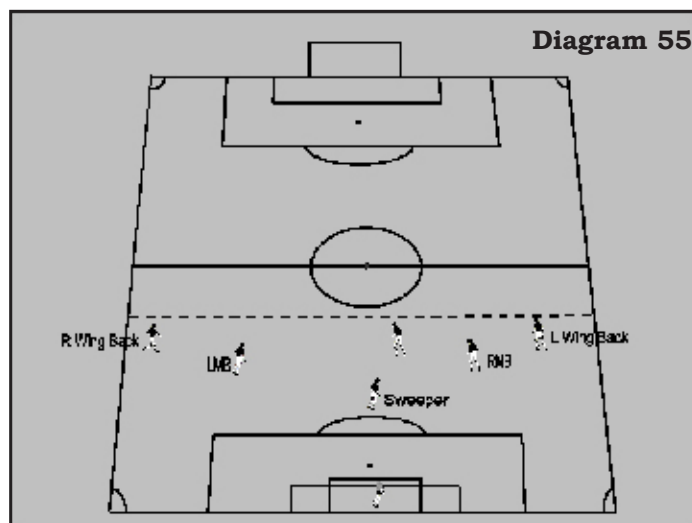
When the coach calls the name of one of the players in possession, all of the players on the defending team within the vicinity of the player chase and press the player with the ball. The player in possession tries to hold the ball against pressure and pass to a teammate if possible. When the ball goes out of play, the coach restarts the game with a new ball, playing either a long or short pass to players who do not have nearby support.



# Juventus Primavera - August 6th AM

## Pressing and Possession

Still playing 6 v 6, the players now take up the positions as shown in diagram 55. The attacking unit begins with the ball and attempts to score. Offside is introduced and upon gaining possession, the defending unit's objective is to hold the ball under heavy pressure from the attacking unit for eight consecutive passes (which counts as a goal). The goalkeeper is encouraged to offer himself as an outlet and to be comfortable "on the ball".



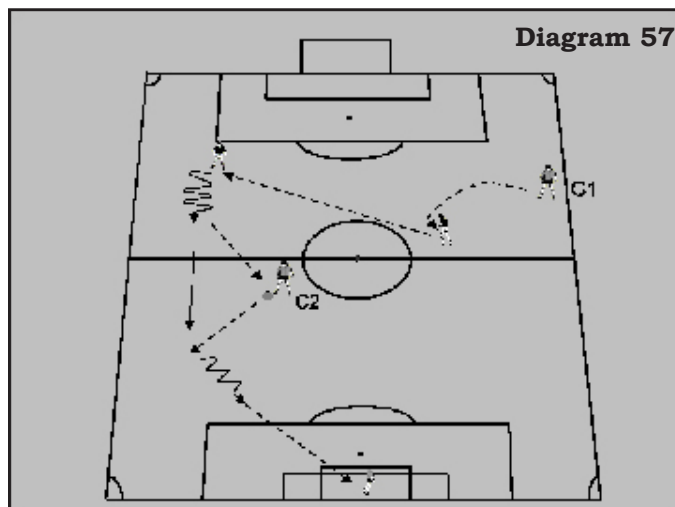
## Conditioning

Following a water break the players begin 12 minutes of running. Players jog at a medium tempo freely around the field for 30 seconds. Upon the signal from the coach, they all run faster in a counter clockwise direction for 30 seconds around the field in an 80-yard loop with about 15 to 20 yards distance between them. Initially, one coach plays different types of passes to the players to control on the run. A second coach serves up more balls to increase the pressure and force the players into a spring or high jump to meet the ball.

## Half-Field Game

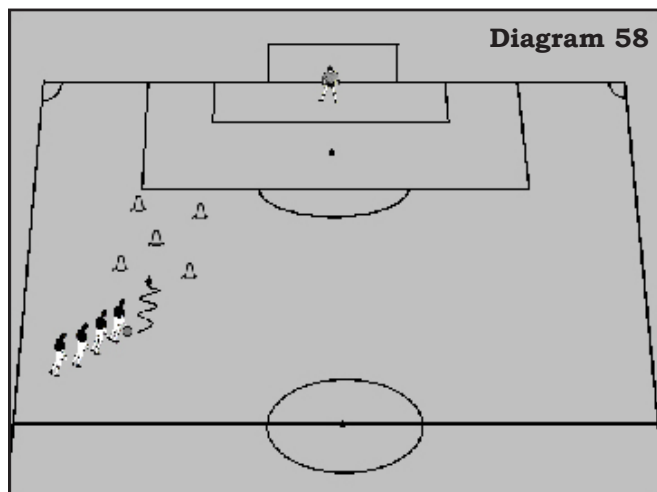
In the final work period, the players in turn receive a pass from one coach, before playing a pass/switch to another player. That player then carries the ball forward before playing a wall-pass with another coach before finishing with a shot on goal.

The session finishes with the players stretching on their own.



# Juventus Primavera - August 7th AM

*Under the direction of the fitness coach, the group begins with a lap of half a field followed by stretching. In addition to the more typical warm up activities, the players warm up jogging straight down the field and practicing quick cuts to the left and to the right as well as running backwards in a crouched defensive stance for a few yards before turning for short sprints.*

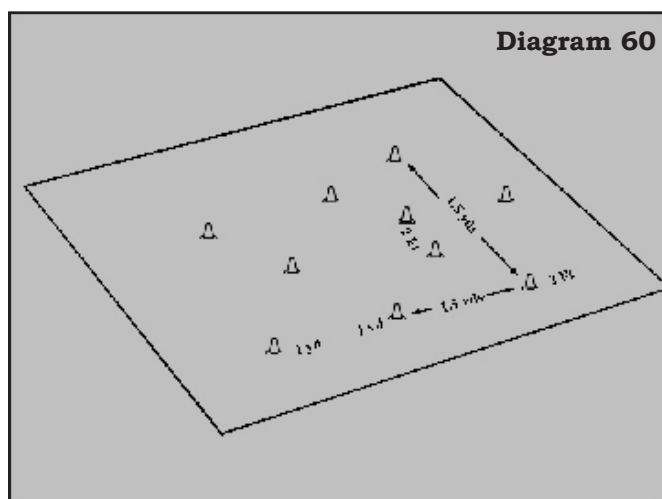
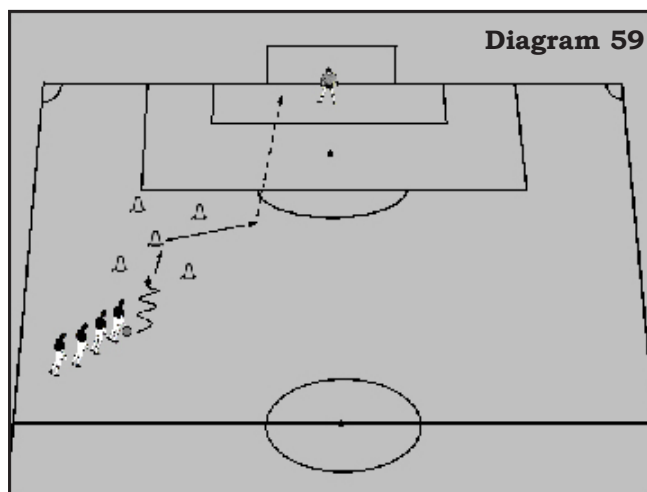


## Finishing Drills

The coach, using either free kick dummies, flag poles or cones creates a series of “mazes” for the players to dribble through before shooting on goal. In these drills the players are allowed to choose which direction they would enter the maze, the speed of the dribble and with which foot they will finish. In all cases, the players would shoot following the touch that took them out of the maze and following a look up to check on the goalkeeper’s position.

## Development

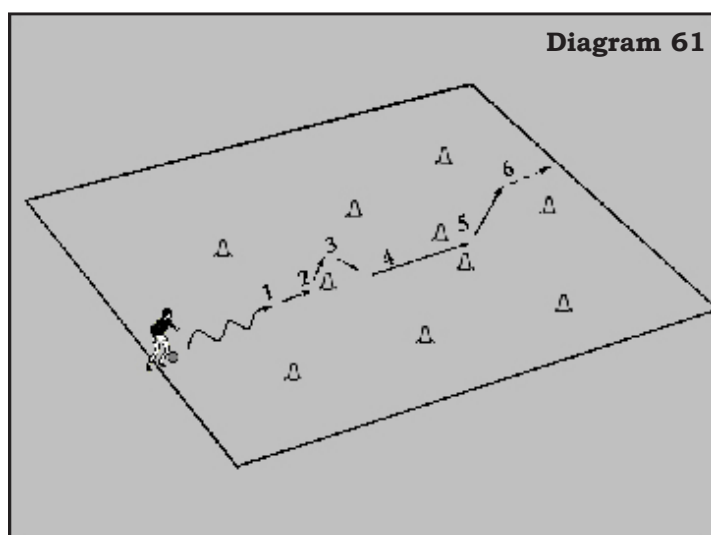
The players dribble toward the simple maze and with a quick change of pace, enter the maze with one touch, avoiding the “defender” in the middle and exit the maze with another touch before shooting. The players alternate the side they enter the maze and the foot that they finish with.



## Variation

With the addition of extra cones/poles/dummies the new set-up is shown in diagram 60.

# Juventus Primavera - August 7th AM

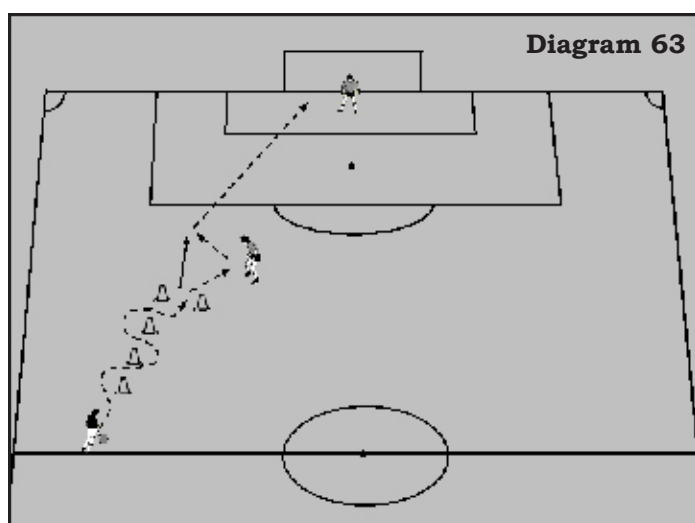
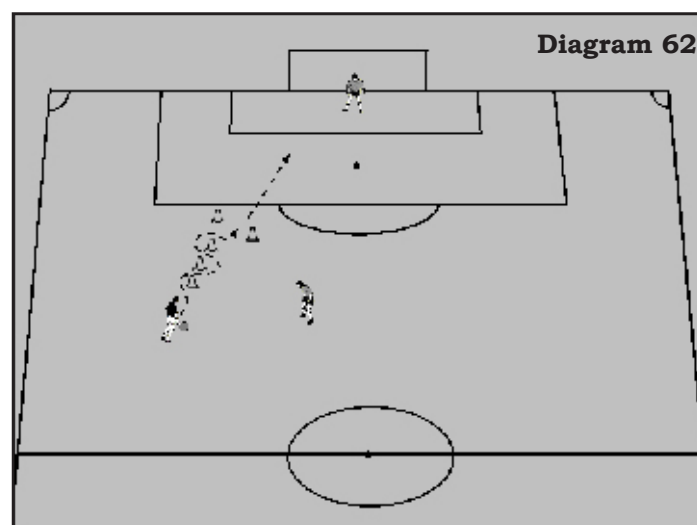


## Progression

A typical run through the maze is: A player dribbles toward the maze and through the first “gate”. He then uses the outside of his left foot to push the ball around the left side of the pole, before using another one or two small touches with his left foot to get through the second gate. This is followed by another large touch to either the left or right of the last pole before finishing with his left or right foot, depending on the direction he had gone.

## Continuation

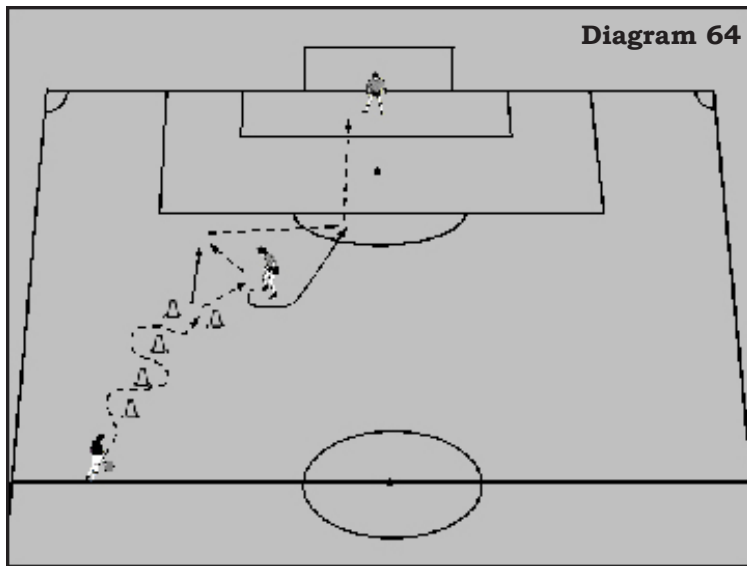
The next exercise moves closer to the edge of the penalty area to give the players a chance to “cut in” on goal. A straight line of cones mean the player’s weave in and out, starting on the outside to finish with a right footed shot or on the inside to finish on the left foot. The extra cone/gate at the end of the maze is placed to restrict the angle for the shot.



## Progression

This exercise begins a little farther out and adds a wall-pass with a teammate or coach at the end of the maze. After first practicing the wall-pass from a stationary position, the coach or players then practice checking away first before showing for the ball. In addition, the players practice back heeling or “Cruyff” turn passes into the path of the shooter.

# Juventus Primavera - August 7th AM



## Progression

The receiving players now lay the ball back or square before “circling back” or “spinning out” to face the goal. The dribblers delay their through ball slightly by taking a second touch if necessary to allow their teammate to position himself. All of these combination plays take off sides into account, using a final cone or pole as the last “defender”.