



# 1° COACHING COURSE ISM - AIAC



**NOVEMBER 6-13, 2017**

## TECHNICAL GOALS

- Update coaches the Italian Football Coaches Association (AIAC) and ISM Academy philosophy
- Introduction to the training methodology used at football schools and youth academies
- Basic notions on on training planning, physical tests and youth scouting
- Visit to the Italian FA Training Sports Centre in Coverciano (Florence)
- Training observation of a Italian Professional Club as A.C. Perugia Calcio (Serie B)
- Observation live of a Italian Serie A or Serie B championship match (according to the calendar)

Day / Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
09:00 am	Opening Ceremony Program Presentation	Youth Development Specialization vs General development	Physical Capabilities: Power and anatomic basics	Periodization - Basic concepts	Game Model - What is it and who sets it?	Match Analysis – What to look for?	Serie A or Serie B Live Match
5'	Coffee Break	Coffee Break		Coffee Break	Coffee Break	Coffee Break	
10:00 am	Warm up – Our way. High Intensity from the beginning	Defensive Organization – Line and movements	Physical Capabilities: Stamina and methabolic basics	Periodization– It's all about the plan	Game Model – Its impact on the training exercise	Video Analysis	
5'	Break	Break		Break	Break	Break	
11:00 am	Young Soccer Player Development - Age of Specialization	The training session – The exercises and its impact	Physical Capabilities: How to work it? Isolated vs integrated way	ISM Academy way	ISM Academy way Typical Microcycle, Mesocycle and Annual Plan	Video Analysis	
01:00 pm	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	
03:00 pm	ISM Academy Training Session	Paolo Rossi Academy Trainig Session	Practical – Phisical Capabilities		Practical Training Session – Game Model	Practical – Video Analysis Workshop	
05:00 pm	Perugia U19 Training Session	Practical – Defensive and Offensive Organization	Practical – Phisical Capabilities		Practical Training Session – Game Model	Perugia Tour	

## INFORMATION

**Price: 1.700 €\* \*Limited n° of 30 places**

**Our website: [www.soccertalentidentification.com](http://www.soccertalentidentification.com)**

**E-mail: [international@sportgest.org](mailto:international@sportgest.org)**

**Phone: +39 075 517 3779**

At the end of the Program the Coaches will get a Certificate of Attendance from the Associazione Italiana Allenatori Calcio (Italian Football Coaches Association) and CSEN-CONI.

