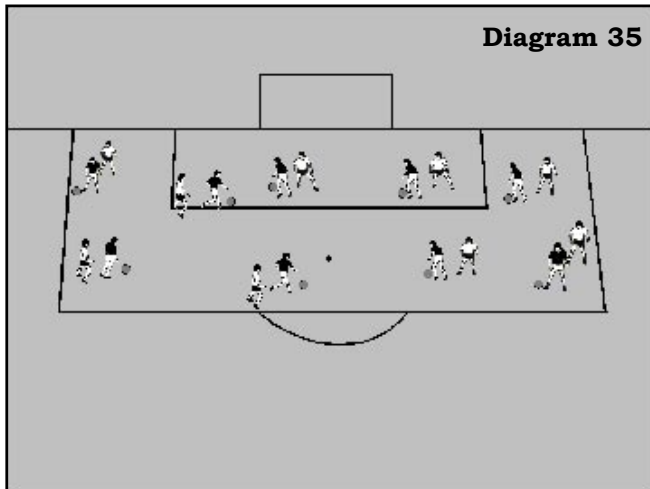


Juventus F.C.

This article is contributed by subscriber Dave Brown. Brown took part in an overseas coaching tour to the Juventus pre-season training village Sponsored by GoPlay Sports Tours. Visit their web site at www.goplaytours.com or see their ad inside the back page for more details of their overseas coaching tours. This is a session from the Juventus team that included all their well known players such as Conte, Davids, Del Pierro, Montero, Nedved, Thuram, Trezeguet and Zambrotta. SESSION PROVIDED BY www.worldclasscoaching.com



Technical Work In Pairs

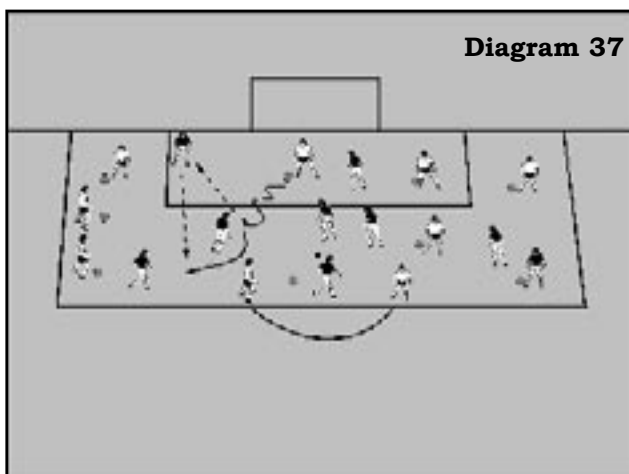
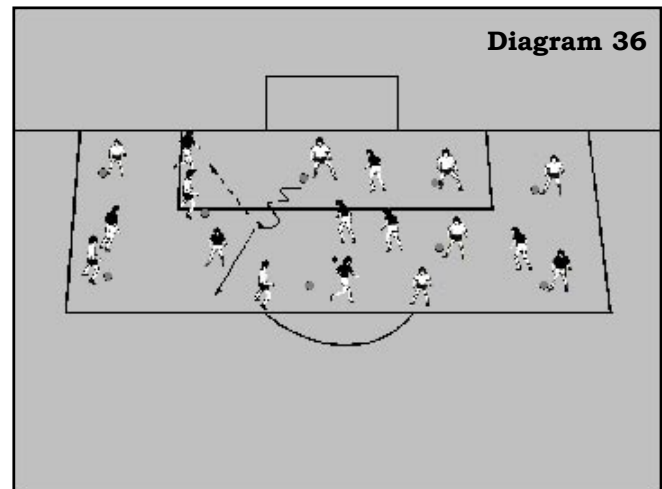
While three goalkeepers work at the opposite end of the field with their coach, 18 field players work in pairs in the penalty area. They do each of the following exercises for two minutes each, changing roles on the coaches signal every minute and doing light stretching in the 30-second rest period between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

- Players with the ball dribble while those without call for the ball to receive short passes. Upon receiving the ball, they move quickly away to a new position
- After receiving the ball from a dribbling player, they return it with one touch and immediately spin away calling for the next ball

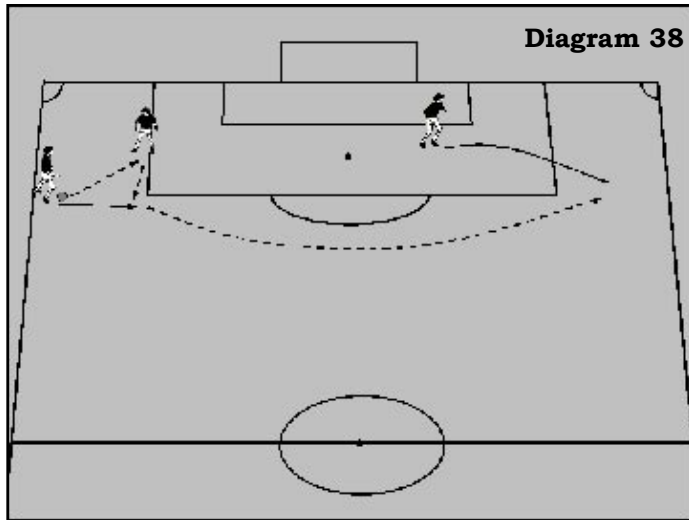


Progressions

Similar, but now the dribbling player approaches a player slowly and then plays a quick wall pass and accelerates onto the return pass.

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 F.C.



Progression - Third Man Runs

The size of the work area is expanded to use the full width of the pitch. This last exercise in the series is similar to the previous, except that the final ball is 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.)

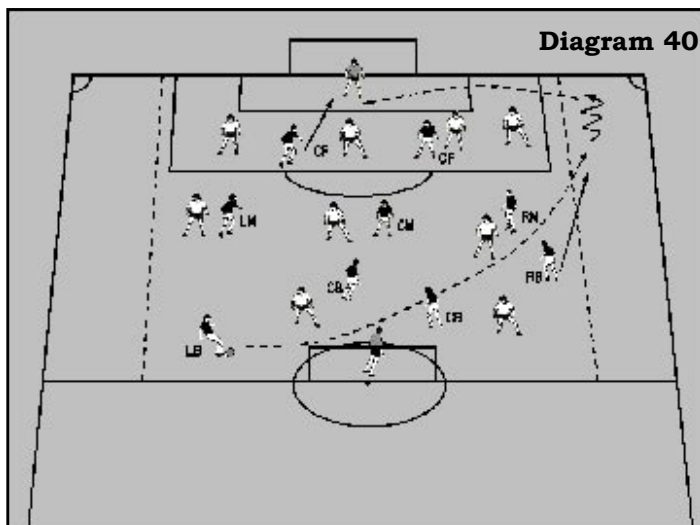
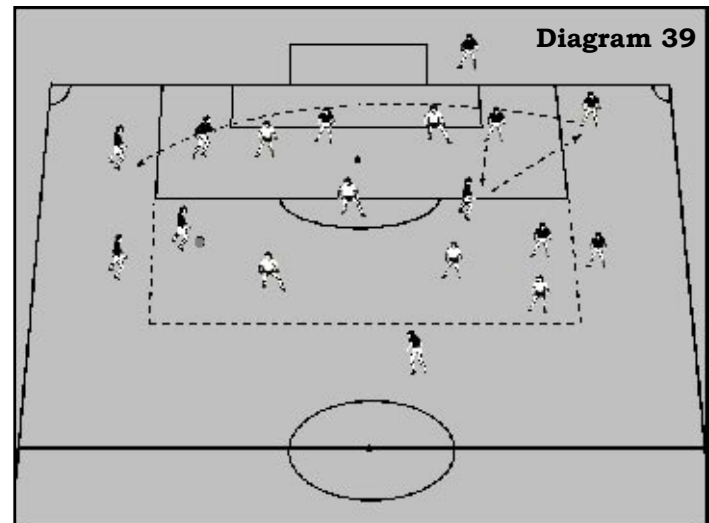
Possession Exercises 6 v 6 + 6

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’s 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.

The drill ends with a one-touch 6 v 6 v 6 game.



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.