

2018/2019

# Academy Project



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Coach UEFA B  
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## Introduction

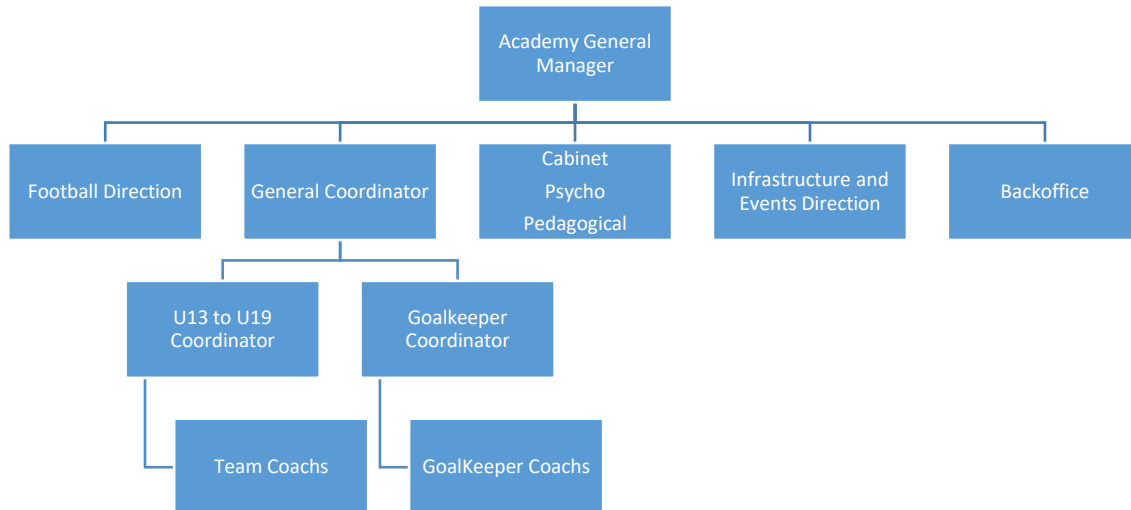
In the process of training football players it is fundamental to outline a direction to allow the sport, social and educational evolution of the players and their teams.

Thus, the development process of soccer players must be guided by well defined objectives and rules, based on a game model, with the aim of forming multifunctional and tactically educated players.

In this document I will describe some of my ideas for a soccer academy in a very objective and brief way.

## Mission and Organization

- Develop players able to integrate into Top Leagues.
- Promote the personal and social development of players.
- Teaching the football game through work habits and professional methods:
  - Didactic / pedagogical process;
  - Specialized technical training process
  - Teaching-learning / training process;
  - Process of increasing complexity;



- All team coach have at least 2 Coachs (Head Coach and Assistant Coach)
- Phisio Coachs and GoalKeeper Coachs work with all teams

## Recruitment for the academy

- Set the player profile
- Create a network of scouts
- Create a database of referenced players
- Make regular meetings where resident coaches and coordinator can observe referenced players - Trials



## Groups of Ages – Youth Teams

### U13 and U14

- Development of the Bases of Football
- Initiation and Pre-specialization
- Duels increase, spaces increase and greater requirement the individual qualities and the organization of the team
- Type of competition: GR+5x5+GR ; GR+7x7+GR ; GR+9x9+GR
- Training Volume: 4 times per week X 75 minutes = 300 minutes per week
- Competition Volume: at least 60/70 minutes per week
- Informal or Formal competition

#### Main features:

- Evidence of greater balance by accepting others
- You have more control of yourself
- It has a real sense of what is logical
- Sensitive period for coordinating capacities (rhythm, balance, spatial orientation, kinesthetic reaction and differentiation)
- Increased spatial orientation ability
- Huge taste for game / opposition

#### Main goals:

- Stimulate the passion for the game and for the victory
- Develop the different individual techniques
- Development of specific motor coordination (balance, body / ball relation, reaction speed)
- Initiate adaptation to specific positions
- Initiate the learning of individual and collective tactical behaviors

#### Functional Dimension:

- First notions of structural organization
- Learning the principles of game organization
- Development of cultural principles of the game (penetration, offensive coverage, mobility, amplitude, containment, defensive coverage and concentration, ...)
- Experience different positions recognizing the behaviors to adopt
- 5x5; 6x6; 7x7 workout structures remain fundamental in the development of individual and collective qualities
- Improve the different technical actions

## Some demonstrative exercises



Game principles

Game – 3x3+ 2 with 4 minigoals

Game principles

Game – Gk+3+2 x 2+3+Gk

Game principles

Gk+1+1+Gk progress to Gk+5x5+Gk

Game principles

Game – Gk+6x6+Gk + 6

## U15 to U19

- Start and Development of Income in Football
- Specialization
- Type of competition: GR+10x10+GR
- Training Volume: 5 times per week X 85 minutes = 425 minutes per week
- Competition Volume: at least 90 minutes per week
- Formal competition

## Main features:

- Emotional instability
- Sexual maturity / stabilization of growth
- Search for identity and independence
- Greater complicity with colleagues of the same age
- Desire for affirmation / power / physical value
- Adult values and behaviors emerge
- Stability of identity
- Social stability
- Definition of sport goals

## Main goals:

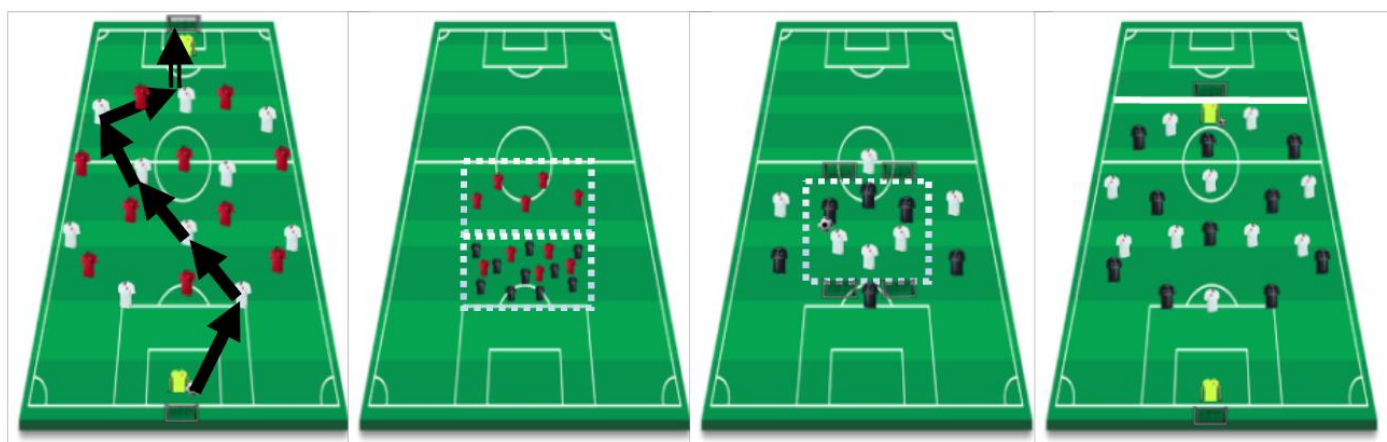
- Develop collective tactical behaviors in different moments of the game
- Start defining the specific position
- Developing individual tactical behaviors
- Building a solid mental structure
- Improve individual techniques
- Increase the complexity of training exercises



## Functional Dimension:

- Maturation of the cultural principles of the game (penetration, offensive, mobility, amplitude, containment, defensive coverage and concentration, ...)
- Progressive positional specialization
- Progression in complexity of behaviors defined for different moments of play
- Potentiation of specific physical skills
- Emotional control in context of pressure
- Development of specific positional technique
- Development of the tactical-strategic dimension

## Some demonstrative exercises



Offensive organization

Game – Gk+0x10

Offensive and Defensive  
phase transitions

10x5+5

Offensive and Defensive  
organization

3+3x3+3 with 4 minigoals

Offensive and Defensive  
organization with phase  
transitions

8x7+GR + GR+2x3

## Montly planification (4 entire weeks)

Team	Players	Head Coach	Assistant Coach	Fitness Coach	Gk Coach	Trainings	Games	Training Time (minutes)	Game Time (minutes)
U13	24	Head U13	Assistant 1	Fitness U13/U16	Gk Coach 1	16	4	1120	240
U14	24	Head U14	Assistant 2	Fitness U14/U17	Gk Coach 1	16	4	1120	280
U15	22	Head U15	Assistant 3	Fitness U15/U18	Gk Coach 1	16	4	1200	280
U16	24	Head U16	Assistant 1	Fitness U13/U16	Gk Coach 2	20	4	1600	320
U17	22	Head U17	Assistant 2	Fitness U14/U17	Gk Coach 2	20	4	1600	320
U18	24	Head U18	Assistant 3	Fitness U15/U18	Gk Coach 2	20	4	1700	360
U19	22	Head U19	Assistant 4	Fitness U19	Gk Coach U19	20	4	1700	360
<b>Totals</b>	<b>162</b>	<b>7</b>	<b>4</b>	<b>4</b>	<b>3</b>	<b>128</b>	<b>28</b>	<b>10040</b>	<b>2160</b>

## Training Methodology and Tactical Model

- Goal setting by team and player
- Definition of training methodology
- Definition of tactical game model (Principles and sub-principles tactical game)

- Creation of exercises types of training
- Written training plan registration by team
- Video Training Registration
- Periodic evaluation of the training
- Periodic evaluation of players

## Work methodology

Promote the teaching of the game of Football, through forms adapted to the playing skills and physical characteristics, and behavioral disorders of children and young people.

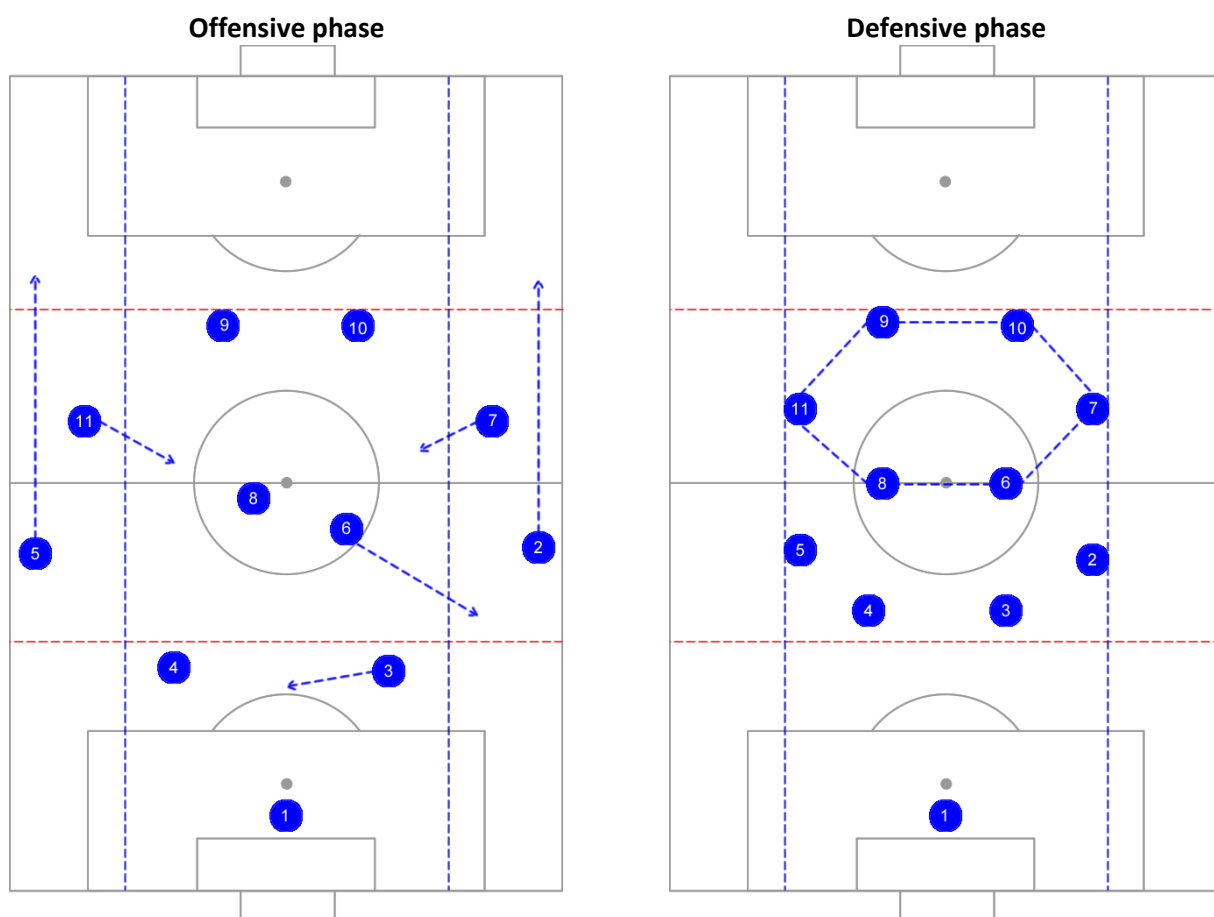
The game model is fundamental and must be present throughout the player development process.

### Tactical model – *just an example*

It is important to create the conditions that allow the efficiency and effectiveness of a project that is desired collective and cooperation between all.

The team / athletes must play to win, thanks to an aggressive competitive attitude, without any kind of inhibition, regardless of the opponent. Your athletes must love to have the ball, be creative and imaginative, with a high tactical culture.

### Tactical organization





#### Offensive organization

- The team must be organized in 1-4-4-2 in the offensive moment, taking advantage of the width and depth for the movement of its elements and the creation of spaces for finalization.
- The team must favor the recovery of the side defenses (2 and 5) which must be fast, good in the 1x1 and with ease of crossing the ball.
- The 7 and 11 should look for more interior spaces, between the lines to receive the ball in front of the goal or to turn with the ball
- The team must play close enough, possession and circulation game with supported football (favor middle and advanced support);

#### Attack-defense transition

- At the time of the loss of the ball, the team must be aggressive and pressing (collective pressure on the ball carrier) to prevent the progression of the opposing team and recover possession of the ball as quickly as possible.
- The team must organize defensively as quickly as possible.

#### Defensive organization

- In the defensive moment, the team should take a 1-4-4-2 position
- The midfielders (7 and 11) are getting closer to the inside with the midfielders (8 and 6), the two advanced midfielders (9 and 10) are ready to condition the ball out of the opposing team (hexagon ).
- The team must remain together and compact to remove space from the opposing team in the center lane and between the lines and swing according to the position of the ball.
- Prevent the ball from entering the center aisle and guide the opposing team to throw the ball into the side aisles where our pressure will be most effective and efficient.

#### Defense-attack transition

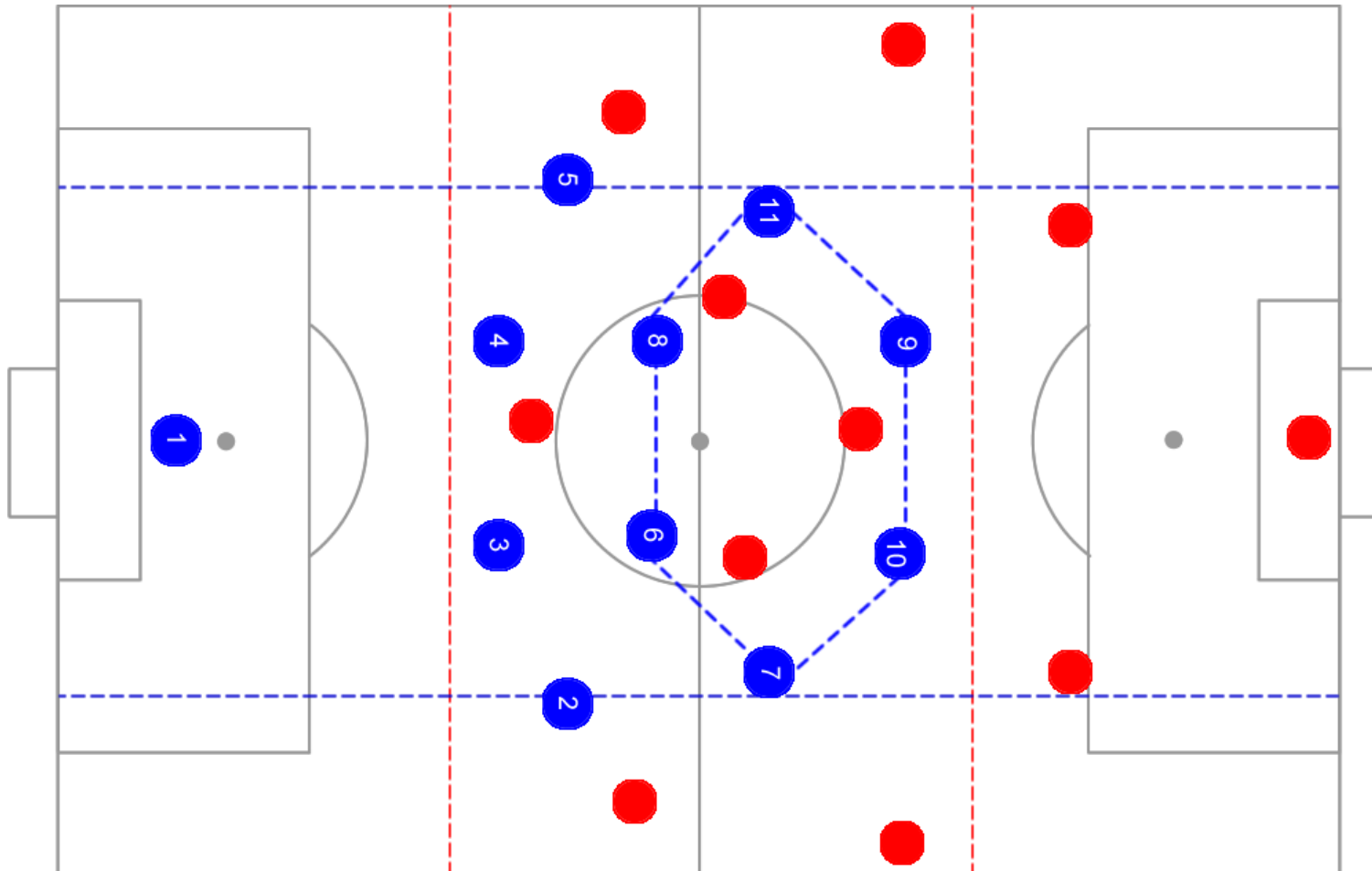
- At the moment when the team recovers the ball, it is necessary to seek a support to take the ball of the pressure then a deep pass to take advantage of the imbalances of the opposing team.
- If we do not give a quick transition, we must keep possession of the ball and enter an offensive organization.
- The player recovering the ball must try to get it out of the pressure zone.



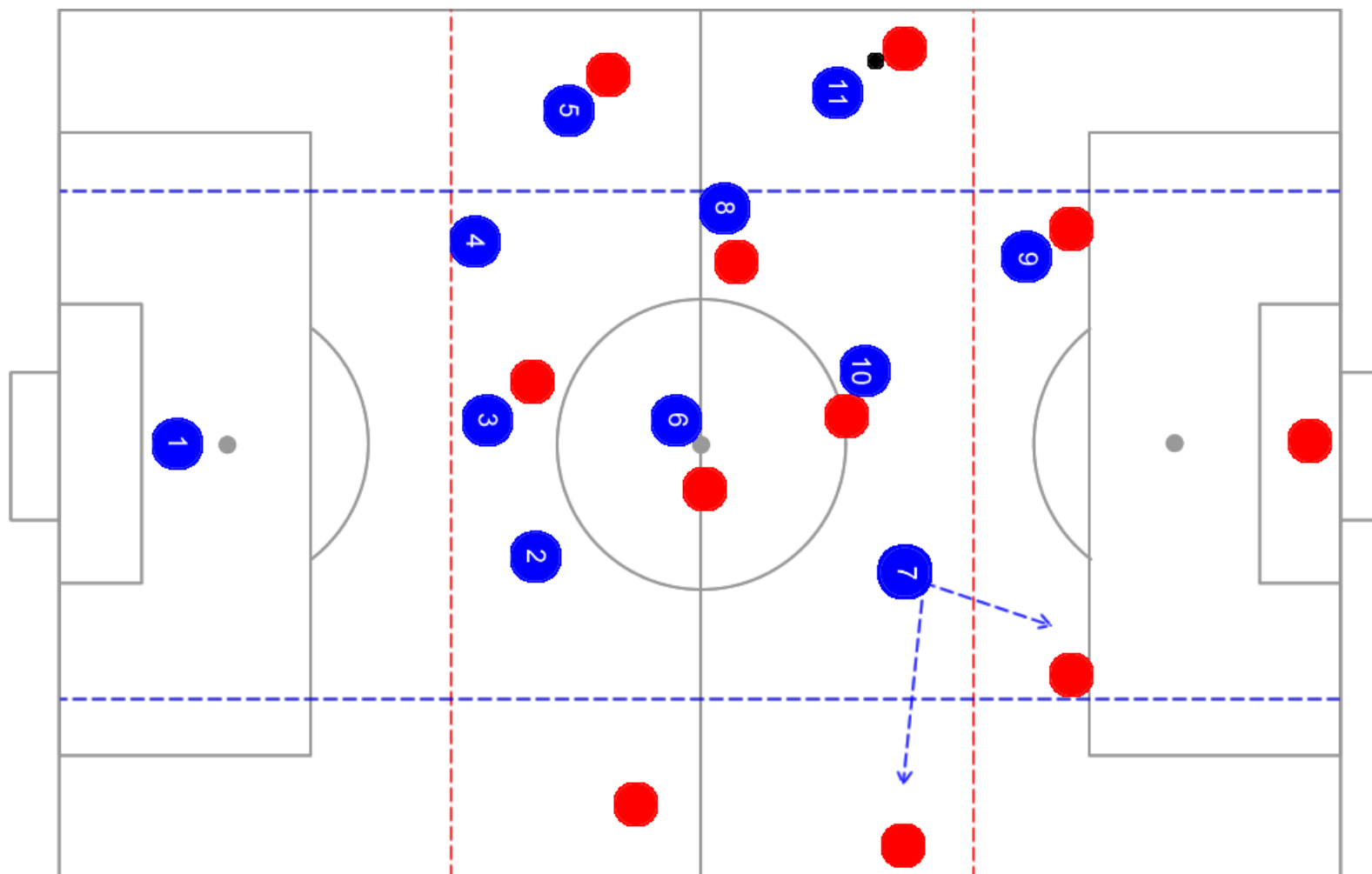


Specific situations

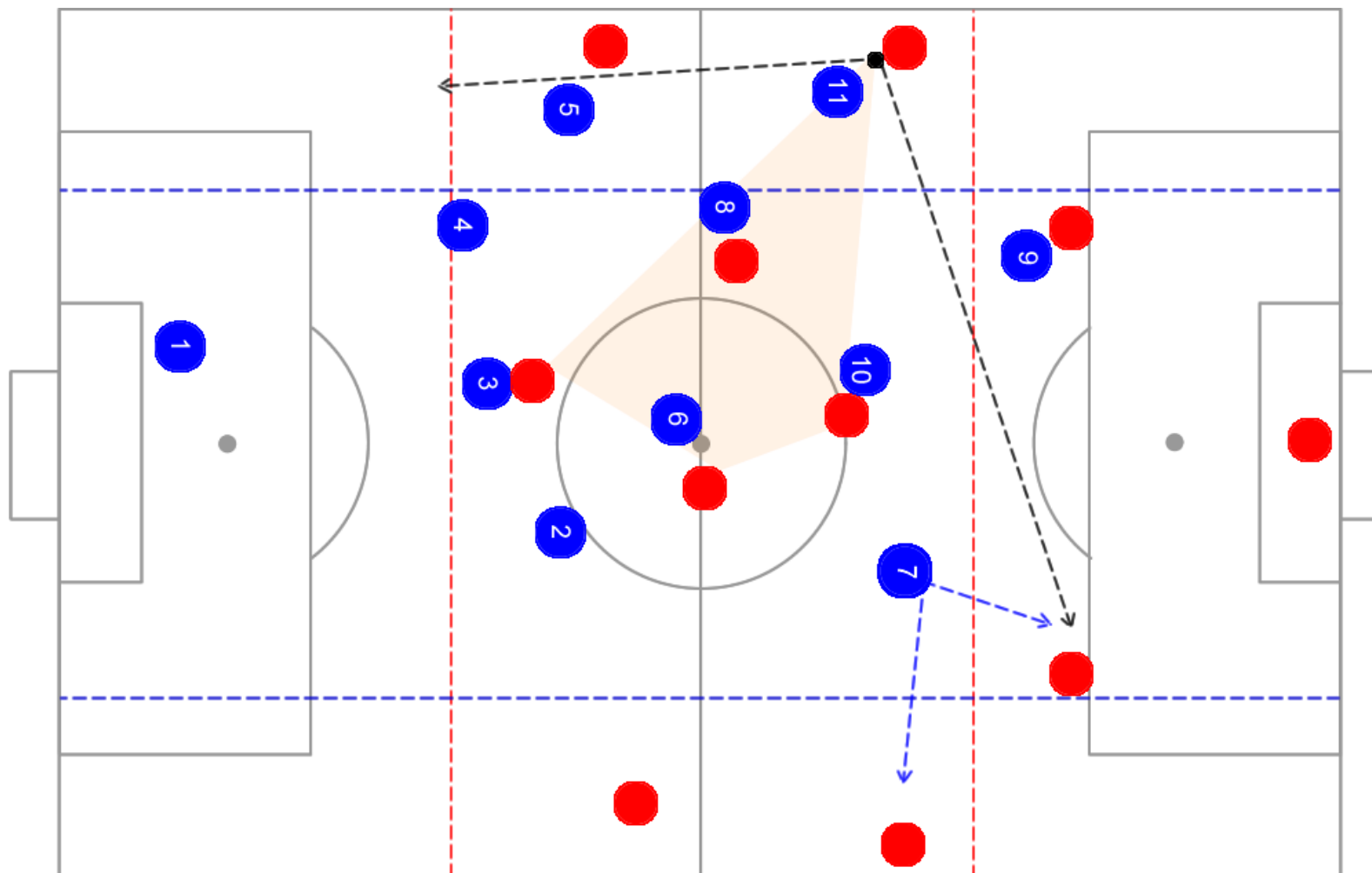
Defensive organization



Initial positioning with the ball in the opposing goalkeeper.



**Ball in opposing lateral defense, collective pressure moment**

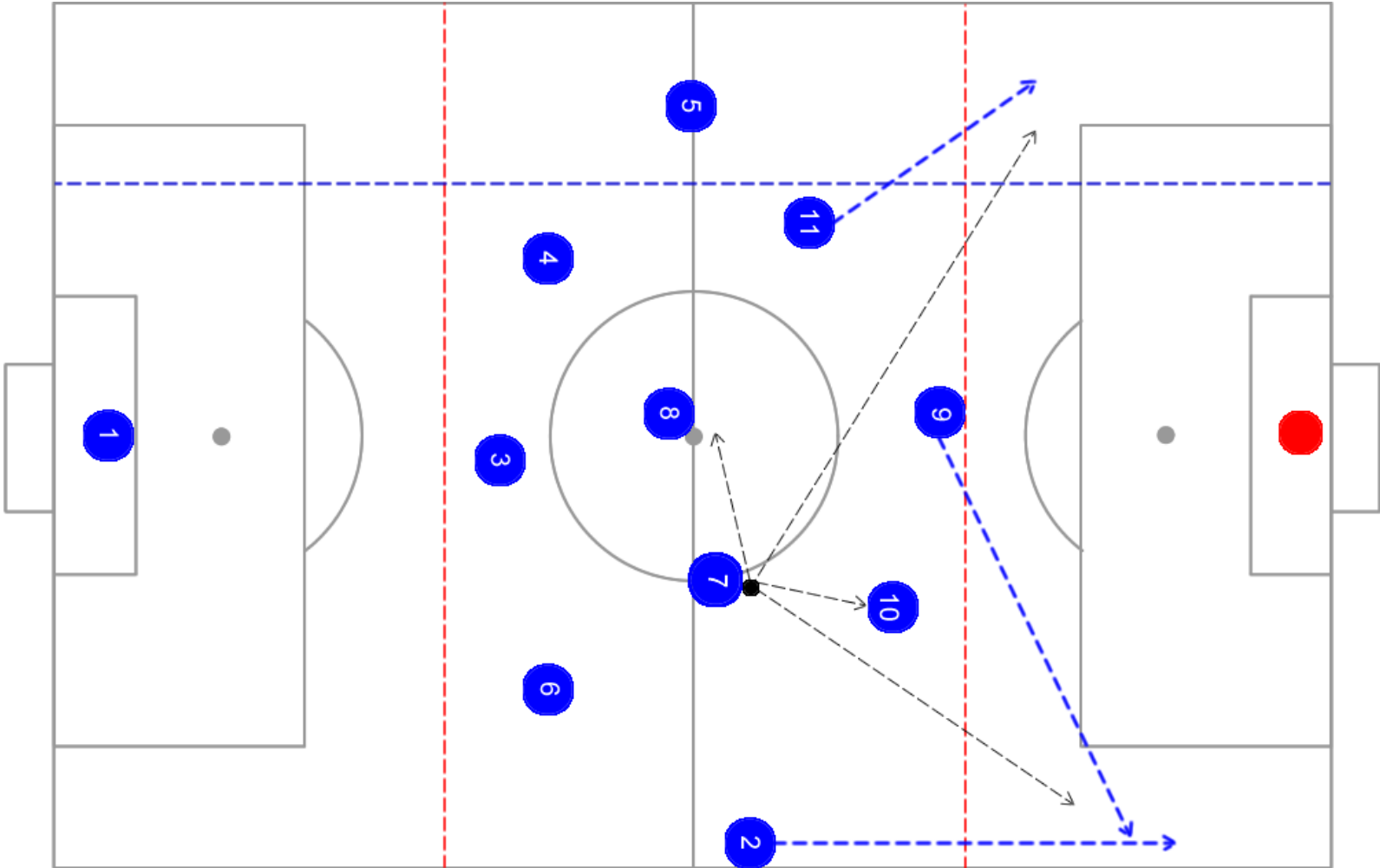


Prevent the ball from entering in the center

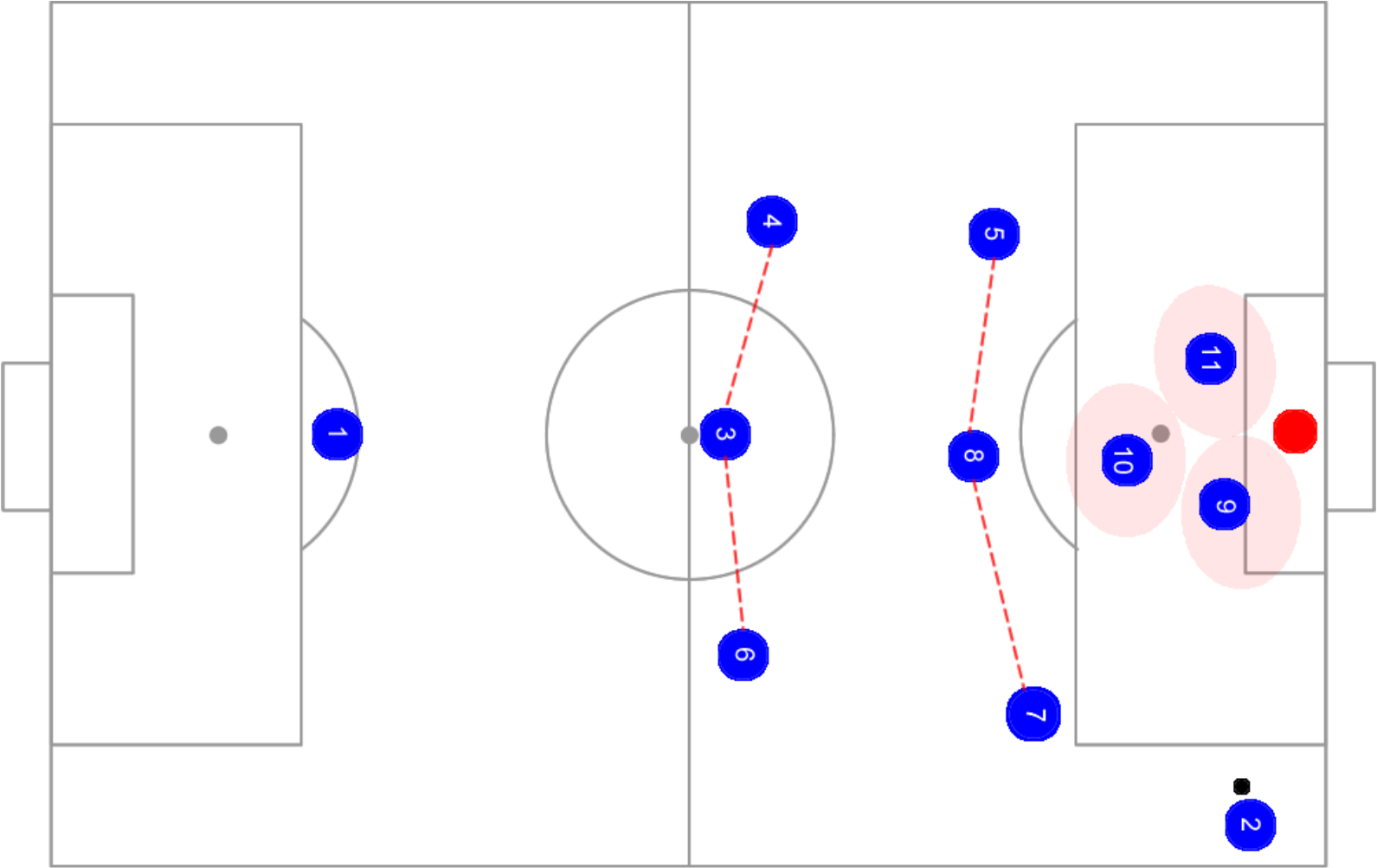
The diagram illustrates a soccer field with various elements:

- Goalkeepers:** Represented by red dots in the goal areas.
- Players:** Represented by blue circles numbered 1 through 11.
- Center Circle:** A gray circle in the center of the field.
- Field Boundaries:** Solid gray lines for the field edges and dashed blue lines for the center line and half-way line.
- Player Positions:**
  - Player 1: Left half, near the center line.
  - Player 2: Right half, near the center line.
  - Player 3: Left half, near the center line.
  - Player 4: Left half, near the center line.
  - Player 5: Left half, near the center line.
  - Player 6: Left half, near the center line.
  - Player 7: Center circle.
  - Player 8: Center circle.
  - Player 9: Right half, near the center line.
  - Player 10: Right half, near the center line.
  - Player 11: Right half, near the center line.
- Movement Vectors:** Dashed black arrows originating from Player 6, pointing towards Player 2, Player 7, Player 8, and Player 10.

### 1st phase of construction of our team



Offensive movements



Shooting zones





## The training process

The training process is key to the evolution of the team (collectively) and the players (individually), our coaching philosophy goes through the following steps:

- Definition of the game model (tactical model);
- Constant presentation of the game model, using video and other audiovisual media;
- Creation and constant improvement of a set of training exercises oriented towards the idea of team and game;
- Definition of the training methodology that corresponds to the specificities of the players;
- Training session:
  - Development of the training plan;
  - Creation of a training presentation (PowerPoint) to show players 30 minutes before training.
  - Filming all training for observation and analysis;
  - Perform a training report;
- Creation and update of the training record with all training plans and reports;

## Coach presentation

I, coach Pedro Monteiro, am available to work in your club academy and bring a whole new dimension to the game if our application is accepted. I believe that I have the necessary qualification to make a positive contribution and a new dimension different to the success of your club academy.

My experience working with different academies and professional teams in Portugal has allowed us to develop strongly.

I'm dedicated, motivated and strive constantly to achieve a level of excellence.

## Pedro Monteiro Coach



### Head/Youth Coach / Academy coordinator









**Pedro Monteiro** (39 years old) – UEFA B Coach

<https://www.transfermarkt.com/pedro-monteiro/profil/trainer/53628>

<https://www.thefinalball.com/coach.php?id=12767>

- **Professional experience as coach, training methodologist, training analyst and team scout**, in clubs of Portuguese professional leagues.
- Course **Methodologist Workout** - High Yield
- Course **Fitness Coach** - High Yield
- Course **Soccer Strength Training** - High Yield
- Course of Games in tight spaces - High Yield
- Course of **Scouting in Football**
- Course **Observation and Tactical Analysis** in Football
- Course Coaching and **Sports Mental Training**
- Course **Goalkeeper Coach**

### Clubs in which we work

	<b>Aliados de Lordelo – Assistant Coach</b>	<b>2018/2019</b>
<a href="https://www.facebook.com/AliadosFCLordelo/">https://www.facebook.com/AliadosFCLordelo/</a>		
	<b>FC Penafiel - Head Coach</b>	<b>2017/2018</b>
<a href="https://www.facebook.com/fcpenafiel.pt/">https://www.facebook.com/fcpenafiel.pt/</a>		
	<b>GD Bragança - Scout and analyst</b>	<b>2017</b>
<a href="https://www.facebook.com/grupodesportivobraganca/">https://www.facebook.com/grupodesportivobraganca/</a>		
	<b>Pedras Salgadas – Assistant Coach</b>	<b>2016/2017</b>
<a href="https://www.facebook.com/juventudepedrassalgadas/">https://www.facebook.com/juventudepedrassalgadas/</a>		
	<b>União da Madeira - Scout and analyst</b>	<b>2015/2016</b>
<a href="http://clubefuteboluniaodamadeira.com/">http://clubefuteboluniaodamadeira.com/</a>		
	<b>SC Freamunde - Head Coach</b>	<b>2015/2016</b>
<a href="http://www.scfreamunde.pt/">http://www.scfreamunde.pt/</a>		
	<b>GD Chaves - Scout and analyst</b>	<b>2014/2015</b>
<a href="http://www.gdchaves.pt">http://www.gdchaves.pt</a>		
	<b>ARC S. Lourenço do Douro – Head Coach / Youth Teams Coordinator</b>	<b>2011/2015</b>

Photos





## Videos

FC Penafiel – U15 Team



<https://www.youtube.com/watch?v=PUAr8TNegAU>

Pedras Salgadas – Senior Team



<https://www.youtube.com/watch?v=FVQlAdrl4ql>

SC Freamunde – U19 Team



[https://www.youtube.com/watch?v=389l0\\_hPvms](https://www.youtube.com/watch?v=389l0_hPvms)

S. Lourenço do Douro – U17 Team



<https://www.youtube.com/watch?v=NOK50lZhT2Q>