



Pre-Season: workloads and programmes for athletic fitness, principles and pathways towards training in technique and tactics.

DESCRIPTION

The seminar aims to give coaches all those indications necessary for programming work on fitness and on technical and tactical aspects of the game during pre-season preparations so that the team will be able to achieve the targets that have been fixed.

The seminar is specifically directed towards the study of those principles governing the way to structure good pre-championship preparations, from the point of view of technique and tactics as well as of athletic condition and fitness.

It is vital to be able to prepare your group correctly if you want to achieve the targets you have fixed for the season. Statistical data in relation to the last 10 championships in Serie A, Italy, have clearly shown how important it is to set off on the right foot (in 100% of cases the team that won the championship also won their first match, and in 90% of cases the team that won the championship gained 6 points in the first two matches).

The experts will put forward integrated proposals with the aim of developing an all inclusive project which will give the participants the chance of picking up principles for the organization of a good plan of operations, the aims of which are in line with the available space, timing and the targets of the clubs in which they are working.

The seminar will last two days and offers both technical lessons in the Multimedia Hall of the Football Museum as well as work sessions on the fields in the Technical Centre of Coverciano. The overall length of the seminar is 15 hours.

The seminar is integrated to perfection with another taking place on the 21 and 22 June, with the theme 'Team organization: teaching Systems 4-4-2, 4-2-3-1 and 4-3-3'.



PROGRAMME

The aim is to give coaches an integrated method which will allow them to draw up the best possible work programme and to develop training sessions on the field. The seminar evolves through six main topics which will all be fully dealt with by the experts:

- Workloads, methods and tests for training in stamina.
- Workloads, programmes and tests for training in strength.
- Programmes and circuits for training in speed.
- Principles and technical tactical exercises for training the defence phase.
- Principles and technical tactical exercises for training the attacking phase.
- Principles and developments for organizing and training set ball situations.

The lessons will be held in the hall, where the principles and the rules for organizing this kind of work will be laid down, as well as on the fields of the technical centre, giving first hand experience of the exercises.

Saturday 12 July 2008

09:30 – 10:00	Meeting at the Museum of Soccer
10:00 – 13:00	Theoretical lessons in the hall
13:00 – 15:00	Lunch at the Technical Centre
15:00 – 16:00	Theoretical lessons in the hall
16:00 – 19:00	Practical session on the field

Sunday 13 July 2008

09:00 – 11:00	Practical session on the field
11:00 – 13:00	Theoretical lessons in the hall
13:00 – 14:30	Lunch at the technical centre
14:30 – 16:30	Theoretical lessons in the hall
16:30 – 18:30	Practical session on the field

THERE MIGHT BE CHANGES IN THE PROGRAMME

During the two days of the seminar it will be possible to visit the Museum of football and have a look at the important exhibits illustrating the history of football (balls, jerseys, boots, cups and medals) that are on show there and to understand and re-live the deeds of the great champions of this sport.



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TEACHING MATERIAL AND CERTIFICATES

All participants will receive a CD-Rom containing the exclusive teaching material contained in the course, a technical kit and a certificate of personal participation, as well as a work folder and a book of discount coupons for the material and publication in our stand.

- ALLENATORE.NET FOLDER
- **EXCLUSIVE TEACHING MATERIAL (CD Rom)**
- CERTIFICATE OF PARTICIPATION
- TECHNICAL KIT
- BOOK OF DISCOUNT COUPONS FOR PUBLICATIONS

LOCATION

The seminar will be held in the famous, highly operational Multimedia Hall of the Football Museum and on the fields of the Technical Centre in Coverciano, Saturday 12/07 and Sunday 13/07.

The participants will be staying in the four star Hotel and Restaurant inside the Technical Centre of Coverciano, where the Italian international team prepares matches and competitions.

The hotel in Coverciano offers double rooms which have recently been redecorated in preparation for welcoming the Italian team before the last World Cup. The rooms are styled for intimacy and cordiality with luxury furnishings, and they all contain bathrooms of the first order and electronic locks. Sleeping accommodation is for a total of 100 people.

All rooms are en suite, with shower, hair dryer, satellite TV with free viewing of SKY channels, direct phone, mini bar, air conditioning and central heating.

The Museum is situated inside the Federation's Technical Centre in Coverciano. There is also, however, an independent entrance at Viale Aldo Palazzeschi, No. 20 (a continuation of Viale Verga).

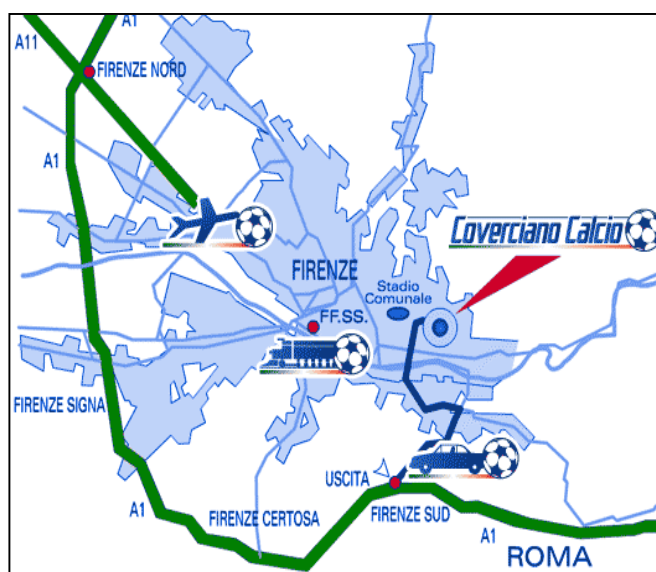
BY CAR: going either south or north along the A1 motorway, exit at the toll gate Firenze Sud and follow indications for the Centro Tecnico Federale (CTF), Museo del Calcio (about 4 km. from the motorway exit).

BY TRAIN: from the station of Firenze Santa Maria Novella the museum can be reached by taxi (about 20 minutes) or by bus (Line 17 going towards Campo di Marte), in which case you get off at the second last stop before the ride finishes in Viale Verga.

BY PLANE: from Amerigo Vespucci Airport the Technical Centre can be reached by taxi (30 mins) or by taking Line 23 bus, then changing to Line 10 or 17.



The Technical Centre of Coverciano has a limited number of places for participants on full board in double rooms (100 beds overall).





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PARTECIPATION AND REGISTRATION COSTS

There is a **closed number of participants** and registration will be accepted until all the free places have been filled.

The seminar is **open to all** (it is not necessary to be in possession of Trainer's diplomas in order to participate). Those registered in the soccersolutions.net web site will receive special conditions, as well as in the case of advance or multiple (group) registrations.

- ⇒ SINGLE PARTICIPATION INCLUDING FULL BOARD €340,00
- ⇒ SINGLE PARTICIPATION AT THE SEMINAR ONLY €240,00

In order to take part your place must be reserved (code of participation). You can do this by contacting by e-mail: team@soccersolutions.net and completing registration by faxing off (00390584977273) the following form.

SPECIAL PRICE FOR ADVANCE BOOKINGS

REGISTERED USER: PARTICIPATION AND FULL BOARD ~~€280,00~~ – AT THE SEMINAR ALONE €190,00

NON-REGISTERED USER: PARTICIP. AND FULL BOARD €320,00 – AT THE SEMINAR ALONE €200,00

FORMS AND FEES FOR COMPLETE PARTICIPATION

REGISTRATION AT A SINGLE 2 DAY SEMINAR WITH FULL BOARD

Registration fee per seminar: €340,00

SPECIAL PRICE FOR ADVANCED BOOKINGS FOR BOOKINGS REGISTERED BY 31/05

- Advanced registration fee €320,00
- Advanced registration fee for subscribers* €280,00

SPECIAL PRICE FOR GROUPS OF 3 OR MORE PEOPLE

- Groups of 2 or 3 people: registration fee per seminar €290,00
- Groups of 4 or 5 people: registration fee per seminar €260,00
- Groups of 6 or more people: registration fee per seminar €240,00

REGISTRATION AT BOTH 2 DAY SEMINARS WITH FULL BOARD

Registration fee for both seminars: €600,00

SPECIAL PRICE FOR ADVANCED BOOKINGS FOR BOOKINGS REGISTERED BY 31/05

- Advanced registration fee €550,00
- Advanced registration fee for subscribers* €490,00

SPECIAL PRICE FOR GROUPS OF 3 OR MORE PEOPLE

- Groups of 2 or 3 people: registration fee per seminar €550,00
- Groups of 4 or 5 people: registration fee per seminar €490,00
- Groups of 6 or more people: registration fee per seminar €450,00

REGISTRATION AT A SINGLE 2 DAY SEMINAR WITHOUT BOARD

Registration fee per seminar: €240,00

SPECIAL PRICE FOR ADVANCED BOOKINGS FOR BOOKINGS REGISTERED BY 31/05

- Advanced registration fee €200,00
- Advanced registration fee for subscribers* €190,00

SPECIAL PRICE FOR GROUPS OF 3 OR MORE PEOPLE

- Groups of 2 or 3 people: registration fee per seminar €190,00
- Groups of 4 or 5 people: registration fee per seminar €180,00
- Groups of 6 or more people: registration fee per seminar €170,00

REGISTRATION AT BOTH 2 DAY SEMINARS WITHOUT BOARD

Registration fee for both seminars: €450,00

SPECIAL PRICE FOR ADVANCED BOOKINGS FOR BOOKINGS REGISTERED BY 31/05

- Advanced registration fee €380,00
- Advanced registration fee for subscribers* €350,00

SPECIAL PRICE FOR GROUPS OF 3 OR MORE PEOPLE

- Groups of 2 or 3 people: registration fee per seminar €350,00
- Groups of 4 or 5 people: registration fee per seminar €330,00
- Groups of 6 or more people: registration fee per seminar €310,00

* A 'subscriber' is a user who has taken out a subscription to the e-courses SoccerSolutions.net, which is still valid when he/she applies for enrolment in the seminar.