



Presentation

AC Milan



Agenda

- Club History
- Club Honours
- Academy Structure
- Facilities
- Technical & Games Programmes
 - Primavera
 - Youth
- Products of the Youth System
- Overall Analysis (SWOT)

San Siro – Home of AC Milan





AC Milan Club History

- Year Founded: 1899
- Stadium: San Siro
- President: Silvio Berlusconi
- Manager: Carlo Ancelotti
- Club AKA: Rossoneri (meaning red & black)



WINNER

UEFA CHAMPIONS LEAGUE 2007





AC Milan Club Honours

14 League titles

5 Italian Cup titles

7 European Cup titles

2 Cup Winners Cup titles

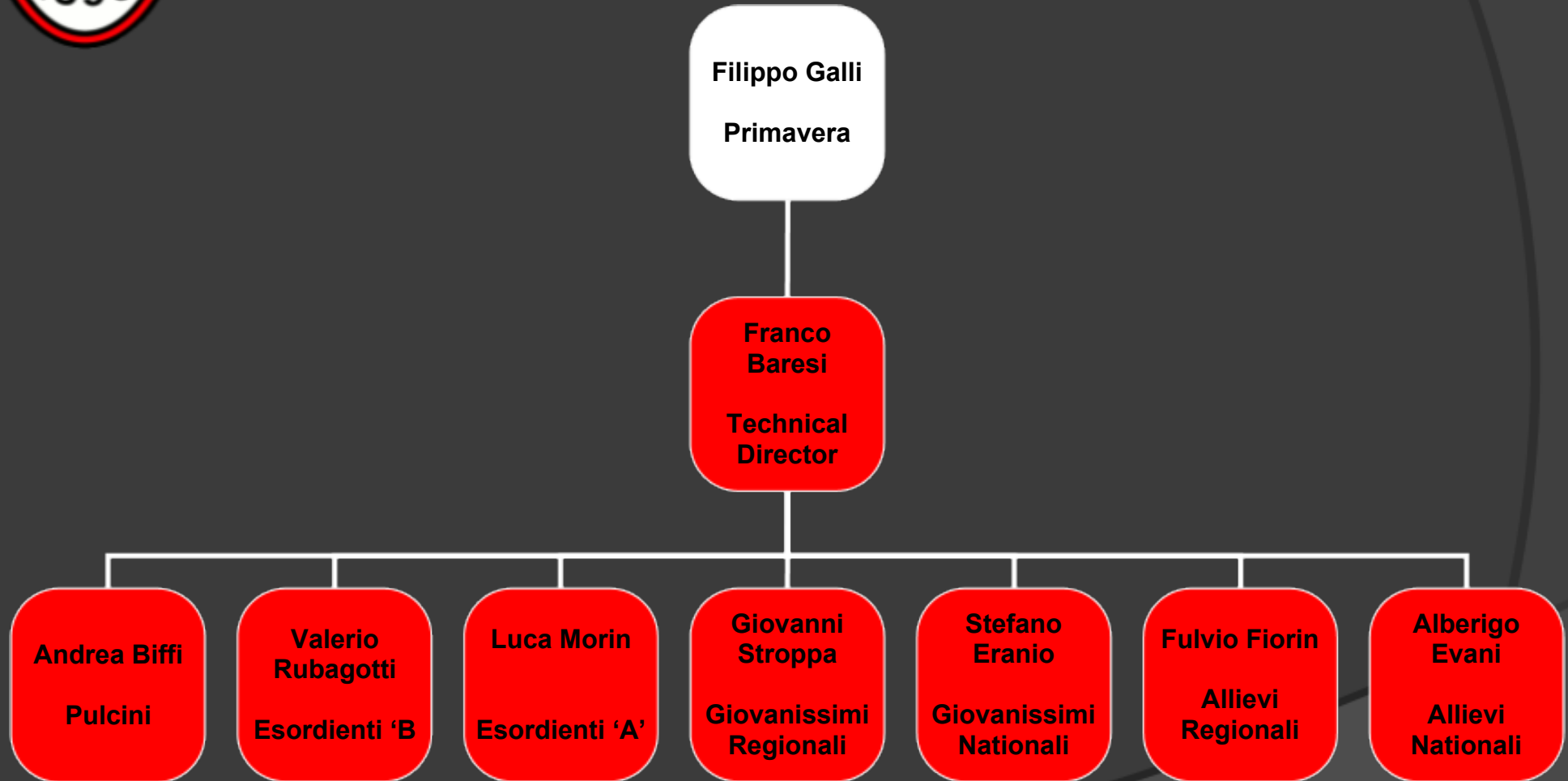
5 European Super Cup titles

5 League Super Cup titles

3 Intercontinental Cup titles



Academy Structure





Facilities

Milanello – home of the
1st Team & Primavera





Milanello

- Built in 1963
- 50km from Central Milan
- 6 full size pitches (2 floodlit)
- 1 indoor facility (42m x 24m)
- 1 outdoor grass small sided pitch (“The Cage”)
- 1200m running track through the pine woods (various altitudes)
- 2 changing rooms
- Home of the ‘Milan Lab’



Facilities

Centro Sportivo "Peppino Vismara"





Centro Sportivo

- Home of the Academy
 - Situated 5 miles from City Centre
- 5 full size floodlit pitches (2 x grass, 3 x 3G)
- 2 60yd x 40yd floodlit pitches (1 x grass, 1 x 3G)
- 1 pitch with main stand & athletics track
 - Main stand contains 22 changing rooms
- 1 hydro pool
- Main complex shared with the community



Primavera

Training Programme

- Implement same playing system as 1st Team, as instructed by Ancelotti
- Training mirrors that of the 1st Team
- 6 x 2 hour sessions per week
- Start every session with 20 minutes flexibility & coordination work
- Core work: 480 sit ups, 60 press ups
- GK's warm up separately with GK Coach
- Possession work: 2 touch, 1 touch
- Work heavily on tactics
- Split group work i.e. Attackers / defenders



Primavera Training Programme

“...big shift in our philosophy since August 2007 when we played Arsenal in a tournament. They were bigger & stronger than us. As a result greater emphasis has now been placed on strength & conditioning – we now have an aerobic day in the cage.”

(Filippo Galli, Primavera Coach)

“The Cage”

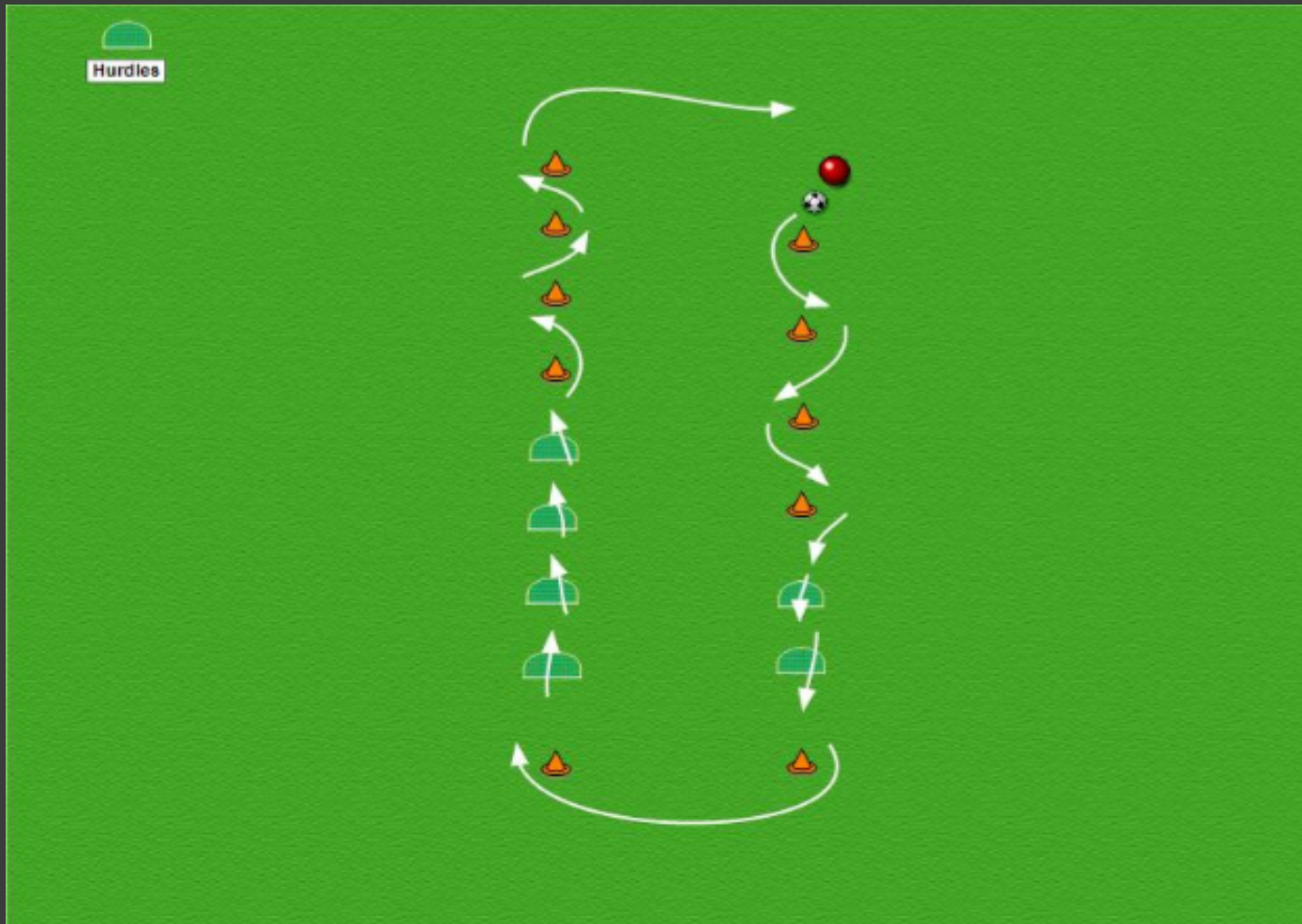




Primavera Coaching Sessions

Day One

Warm Up:



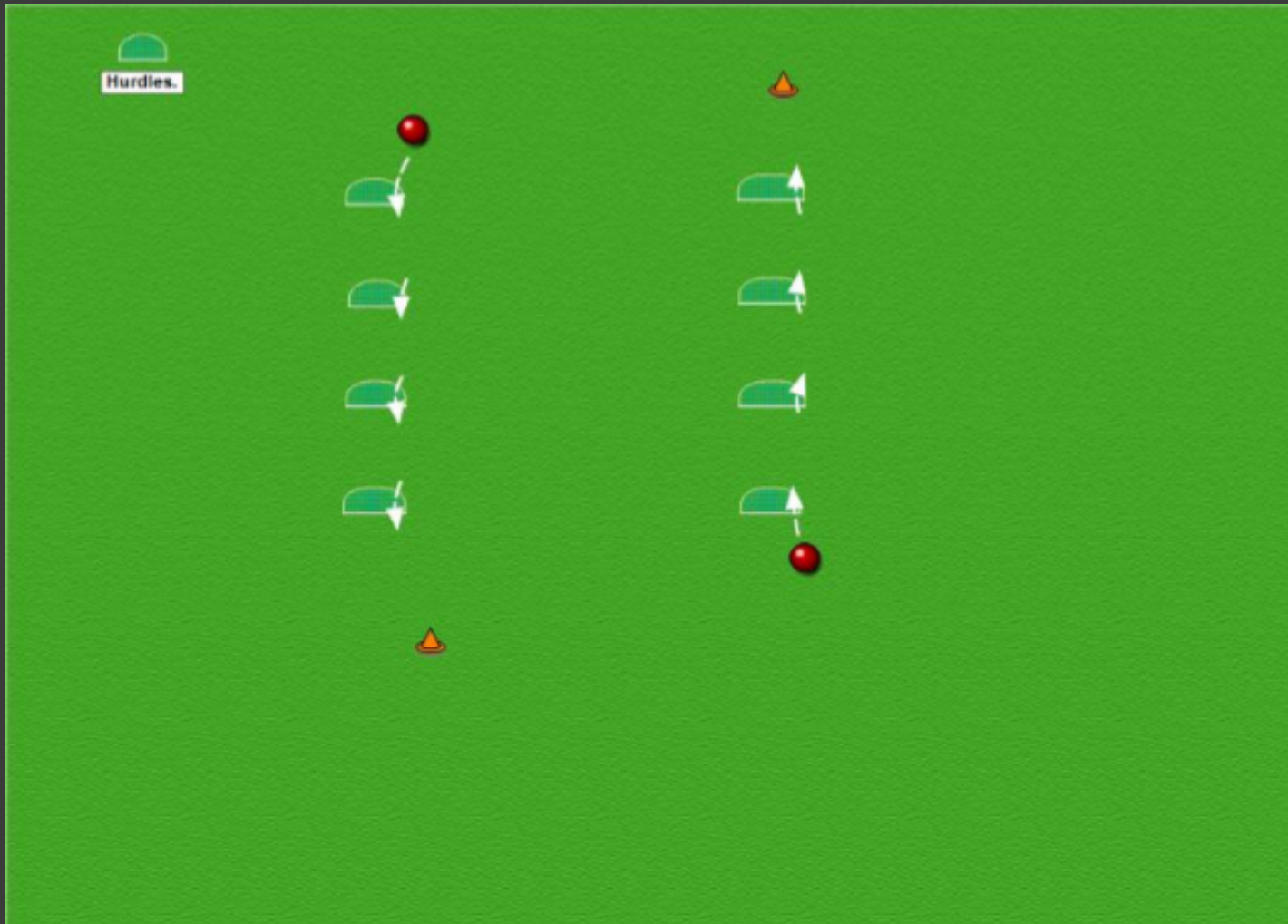
- Players dribbled in and out of cones using:
 - Left foot only
 - Right foot only
 - Left and Right foot.
- Players keep ball up over hurdles.
- Progress by shooting into goal.



Primavera Coaching Sessions

Day One

Flexibility:



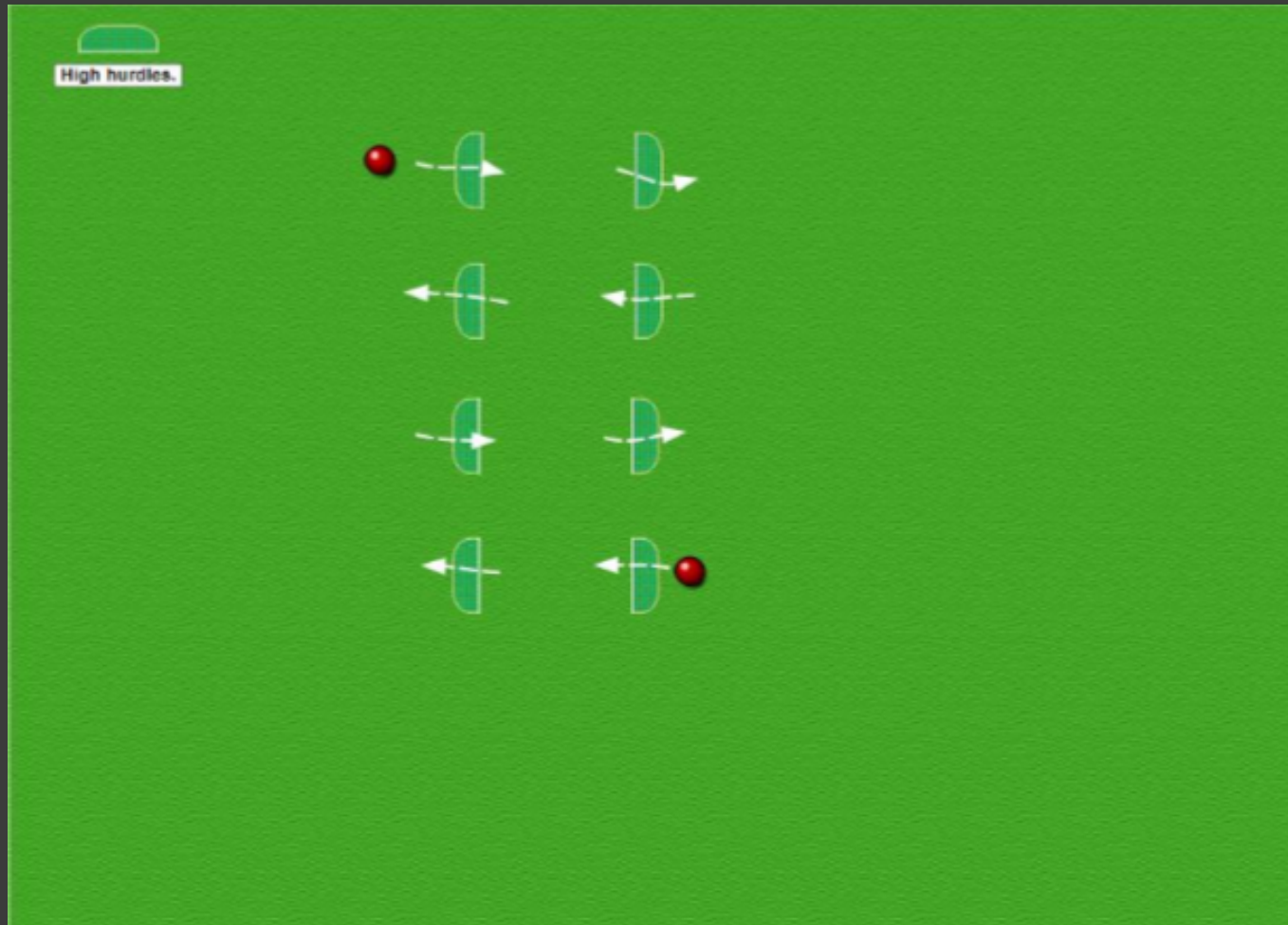
- Single leg-overs x4.



Primavera Coaching Sessions

Day One

Flexibility continued....



- Players squat under high hurdles at a slow walking pace x4.
- In addition players also perform 240 sit-ups and 60 press-ups every day.



Primavera Coaching Sessions

Day One

Main Session:



Group split in two:
- Attackers & Defenders

Defending Group:

- Played a small-sided game.
- Working on being compact as a back four:
 - When to go tight and stop attacker turning.
 - Passing on players.
 - Pressure on the ball and the knock on effect = reaction.
- Defending group would then swap over and attack with the other coach.



Primavera Coaching Sessions

Day One

Main Session continued...



Roles

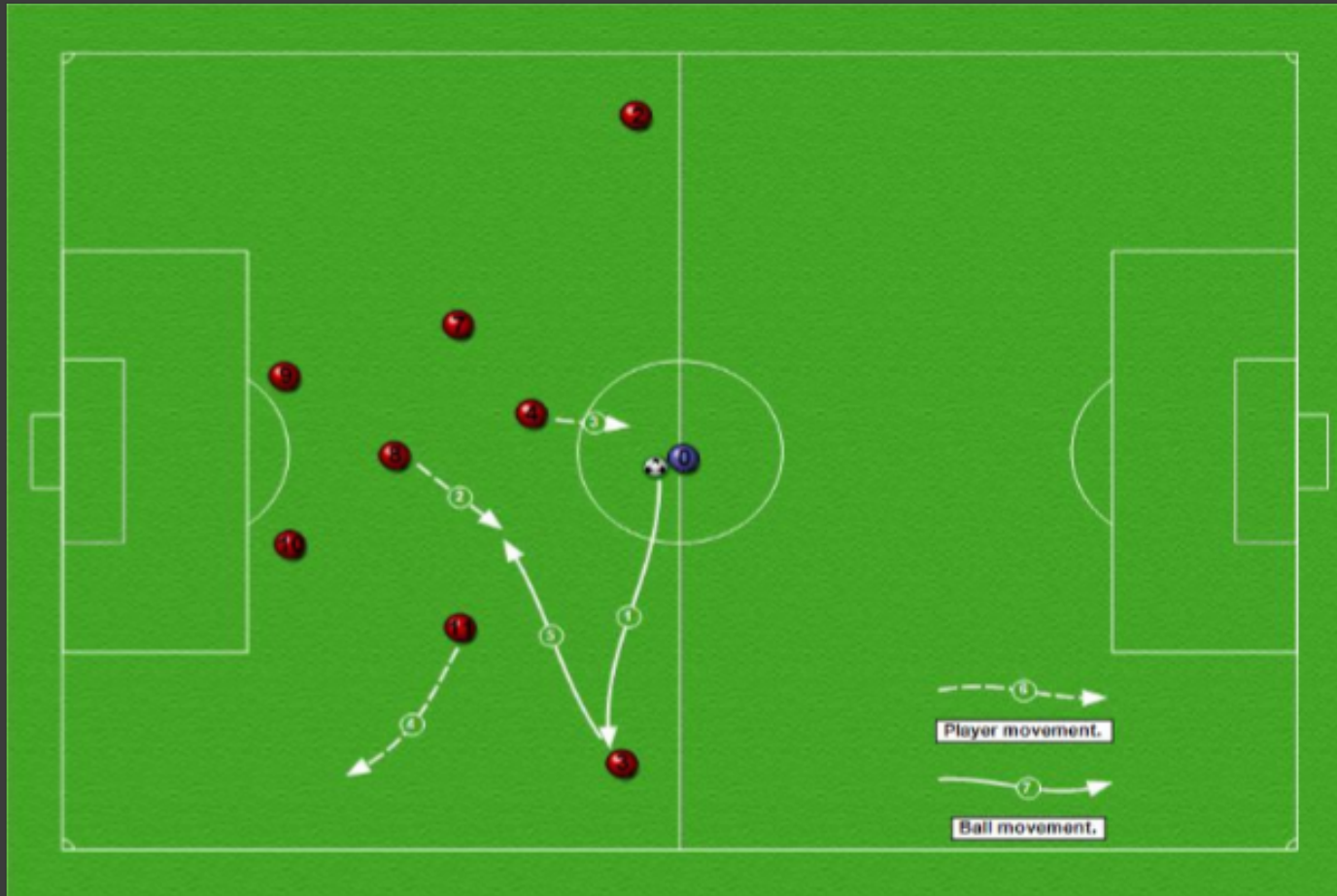
- O9 shows X5 inside.
- O10 screens X4.
- O8 balances off.
- O11 positions right.
- O7 closes in onto X8.
- O4 screens X10.
- Also worked on ball at X2:
- O11 closes X2 down on O4's shout.
- O10 screens X4.
- O7 closes into X8.
- O4 screens X10.
- O3 closes into X7.



Primavera Coaching Sessions

Day One

Main Session continued...



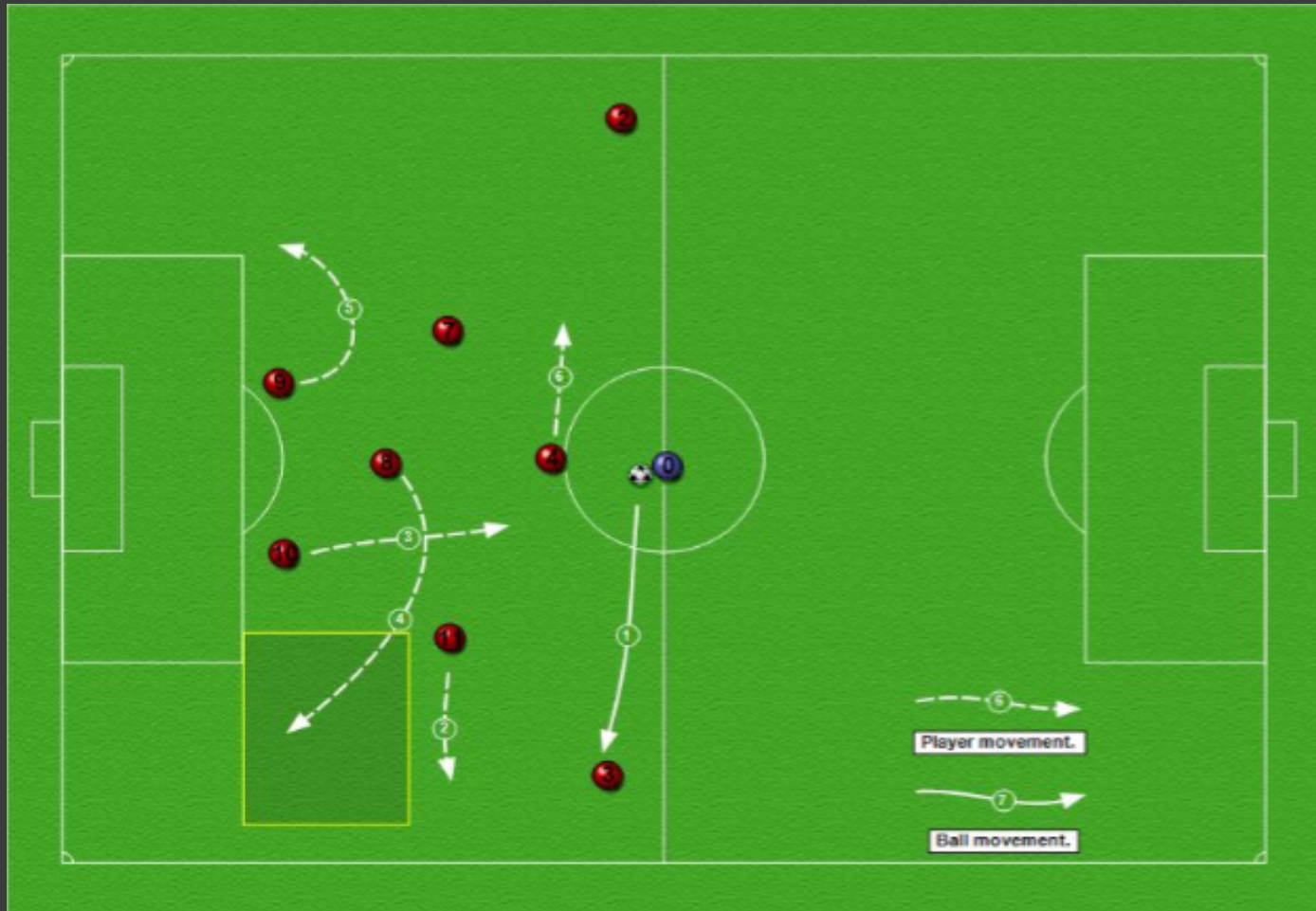
1. Rotation of LM (11) out wide.
 - CM1 (4) drops deep.
 - CM2 (8) finds space.
 - This was worked from both sides.



Primavera Coaching Sessions

Day One

Main Session continued...



2. Rotation between CM1 (4) and CM2 (8)
- CM2 (8) runs into shaded area.
 - CF1 (10) drops into the space vacated by CM2 (8).



Primavera Coaching Sessions

Day One

Main Session continued...



3. Rotation between
LM (11) and Left full-
back (3)



Primavera Coaching Sessions

Day One

Main Session continued...



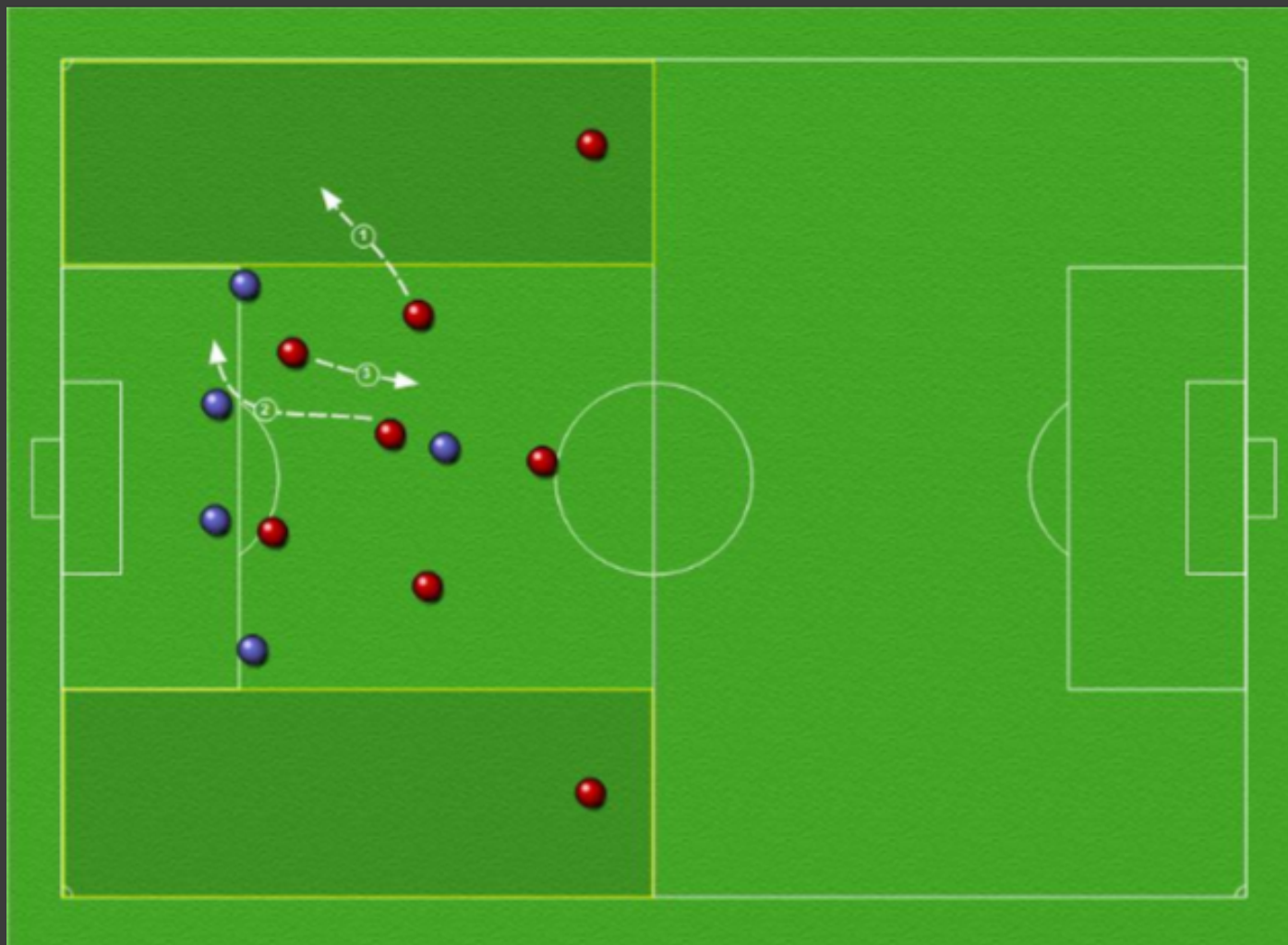
4. Switching of the two centre forwards (9 and 10)



Primavera Coaching Sessions

Day One

Main Session continued...



- Played attack v defence.
- Worked on applying the forward patterns practised earlier.
- Worked on rotations.
- Defenders (Blue dots) were not allowed in the shaded area.

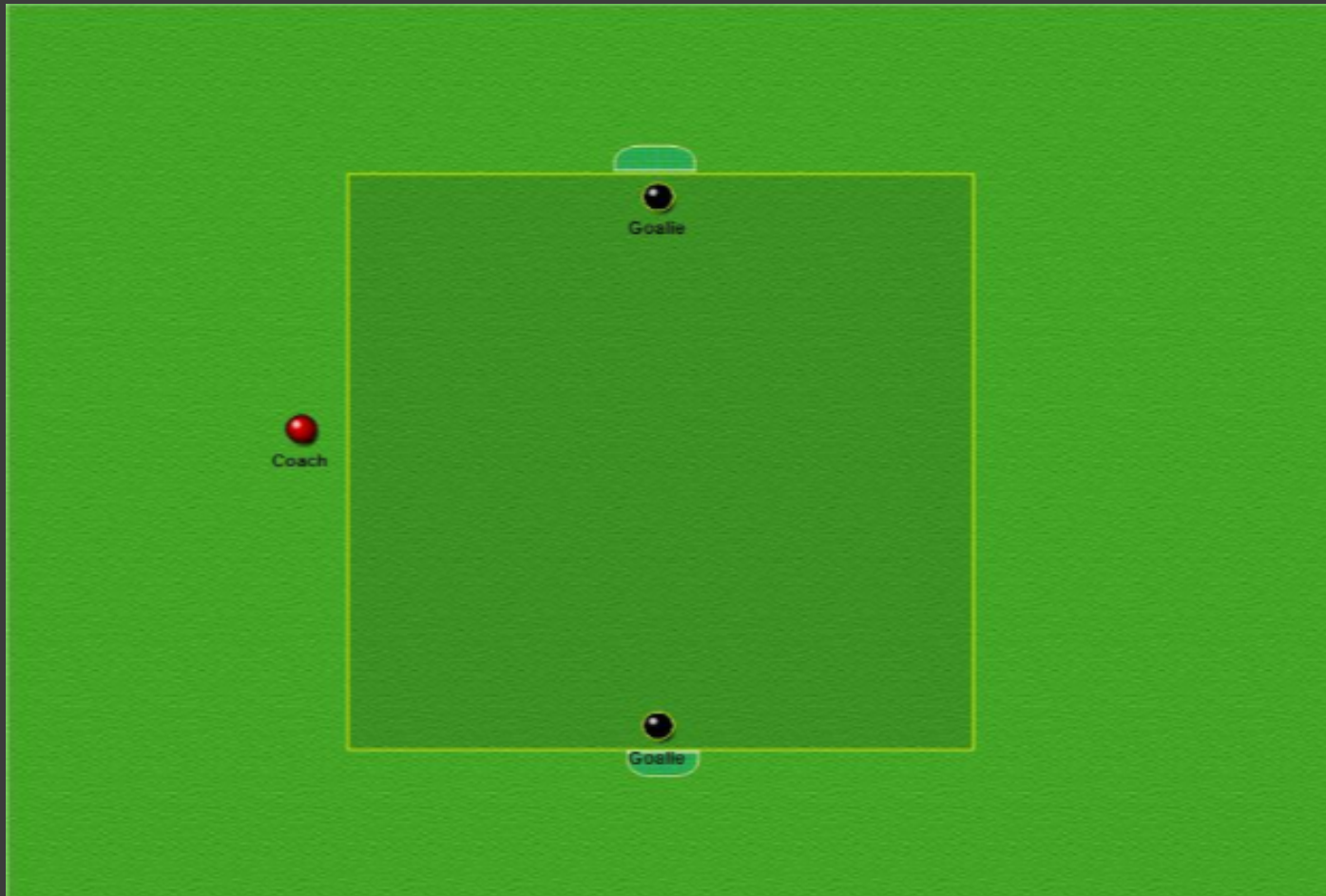


Primavera Coaching Sessions

Day Two- High Intensity Day

“The Cage”

Same warm up as Day One:

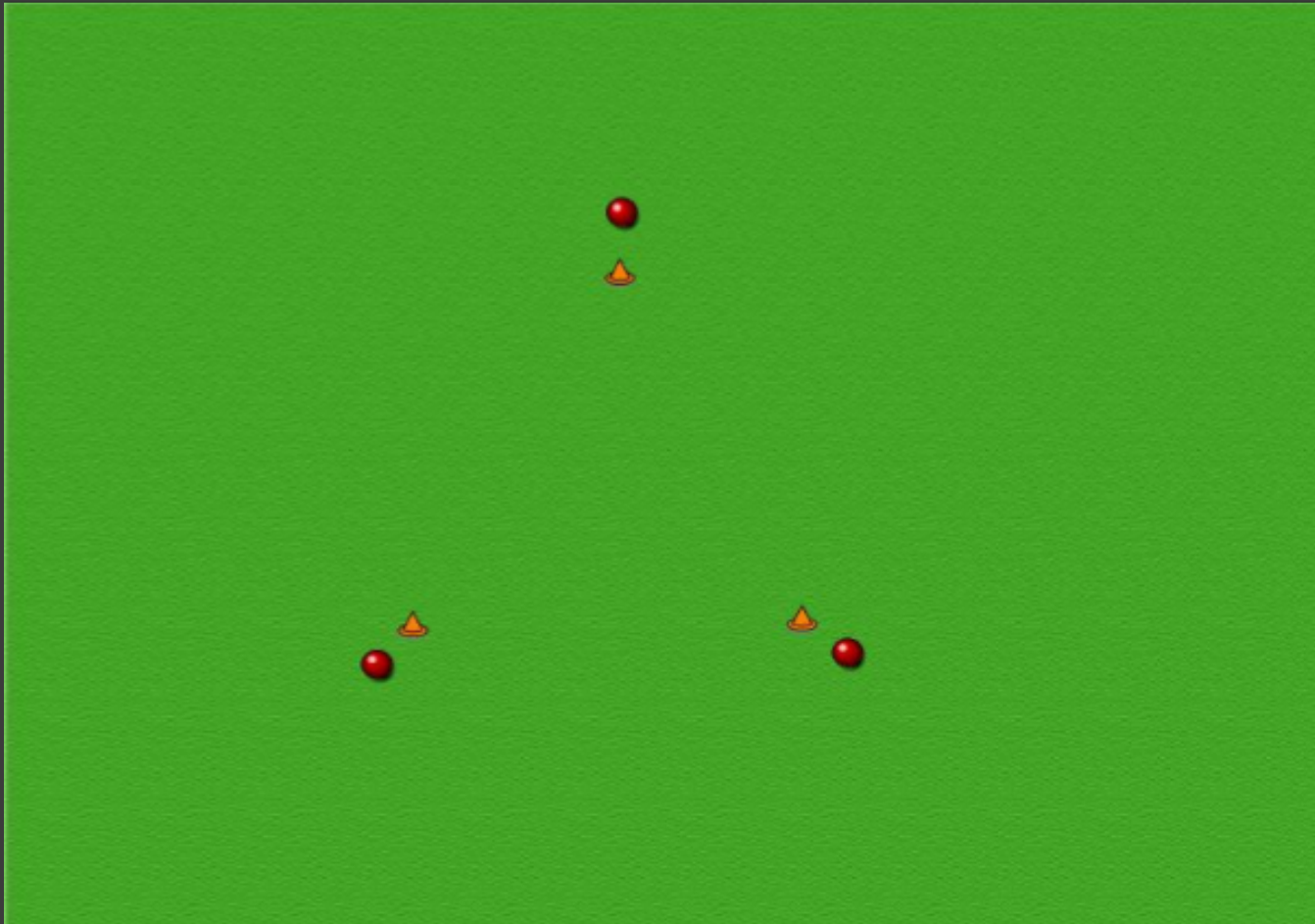


- Padded walls on inside.
- Grass pitch.
- Warm-up identical to previous day.
- 2 mins on six 4v4 games.
- 2 ½ mins on six 5v5 games.
- Very competitive-English style seemed to be encouraged more.



Primavera Coaching Sessions

Day Three



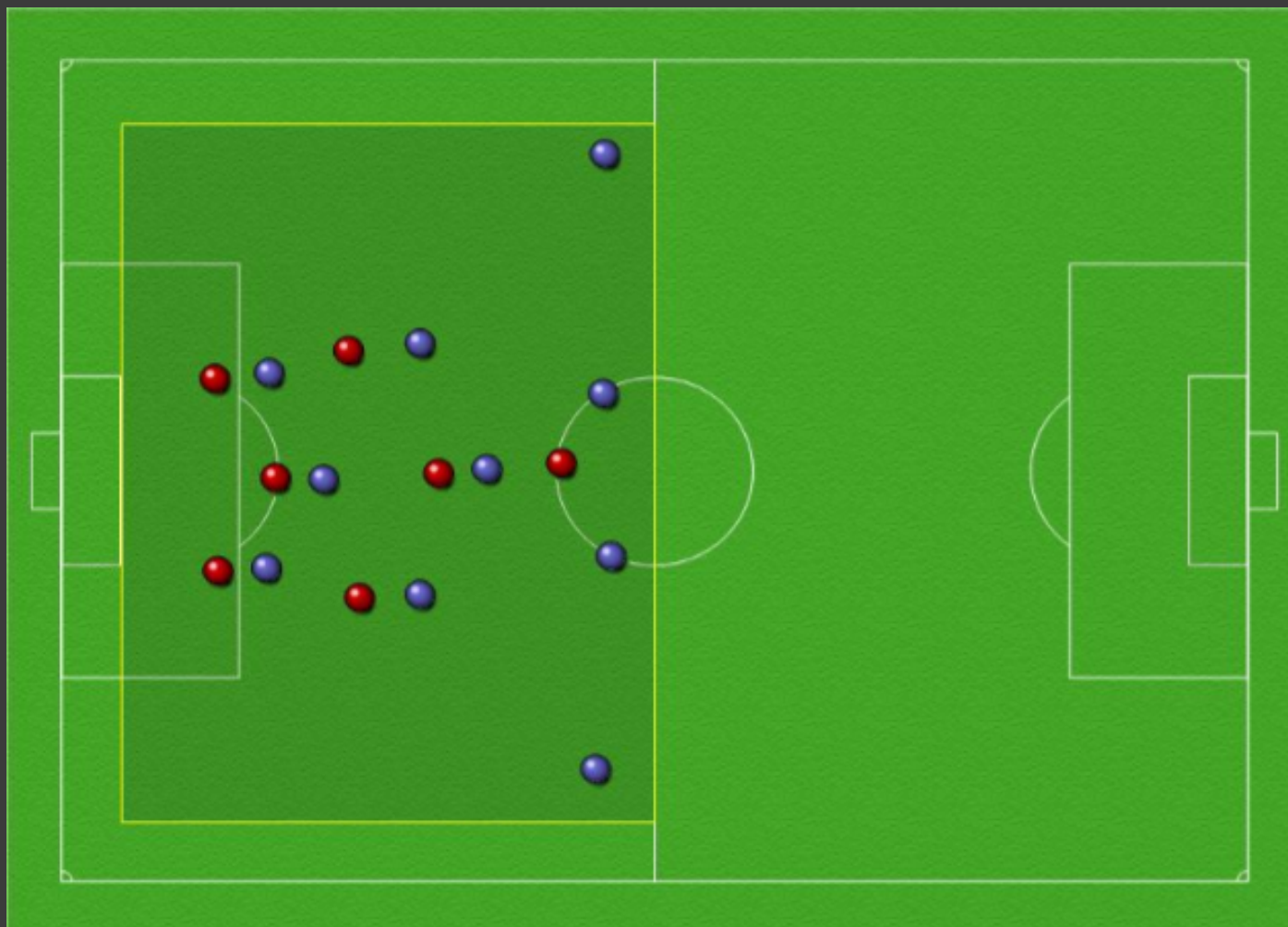
Passing:

- Pass round the triangle and follow.
- All right foot followed by all left foot, both one and two touch.
- Progress onto a give and go.
- Progress onto sets of 'Miss A Man Out.'



Primavera Coaching Sessions

Day Three

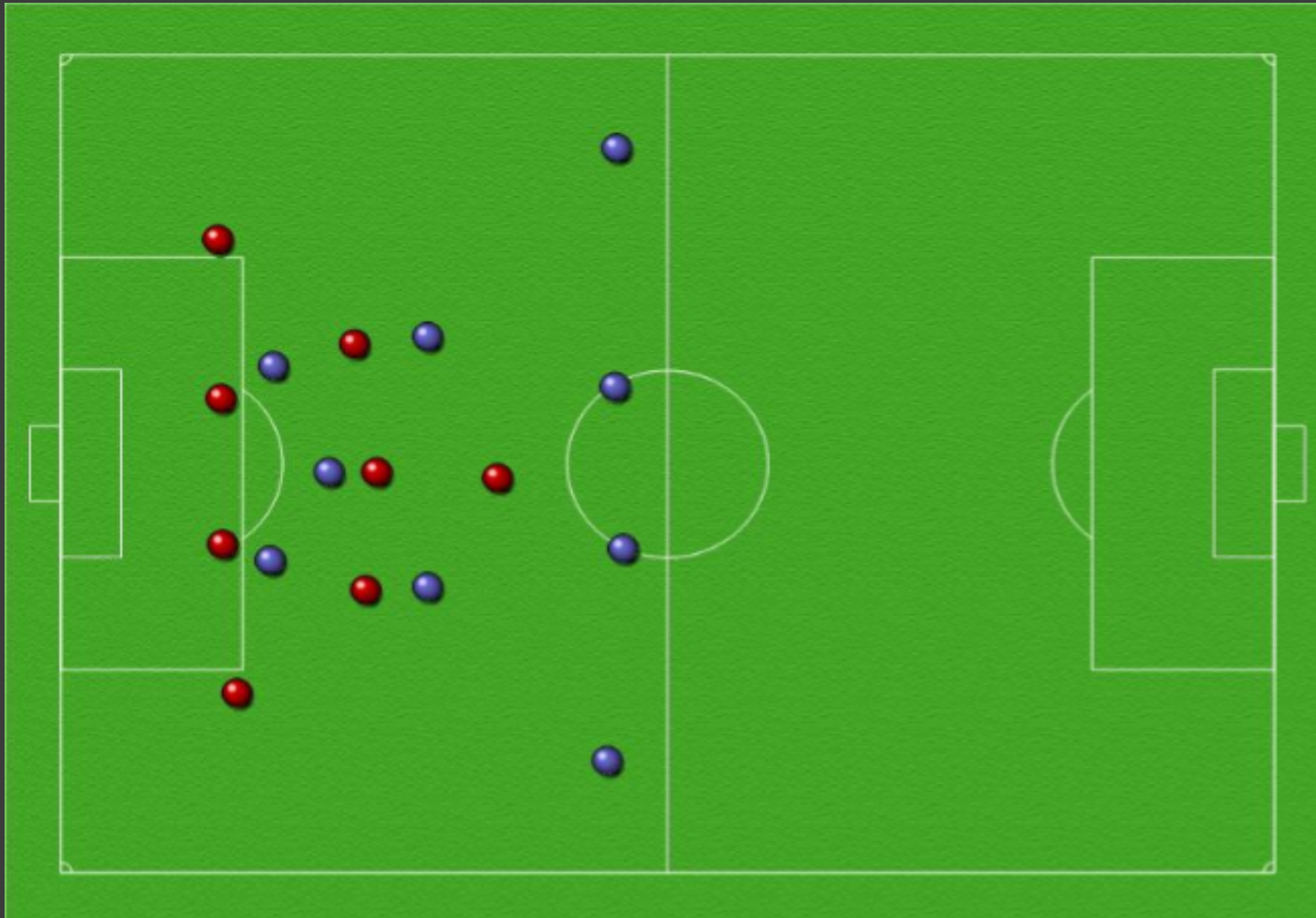


- 10 v 7 in team shape.
- 10 play possession- get ball up to 6 yard box and then play back to back four.
- 2 minute game, rotate players.
- Worked on player rotation and full-back joining in.



Primavera Coaching Sessions

Day Three



Then defence v attack

Attacking:

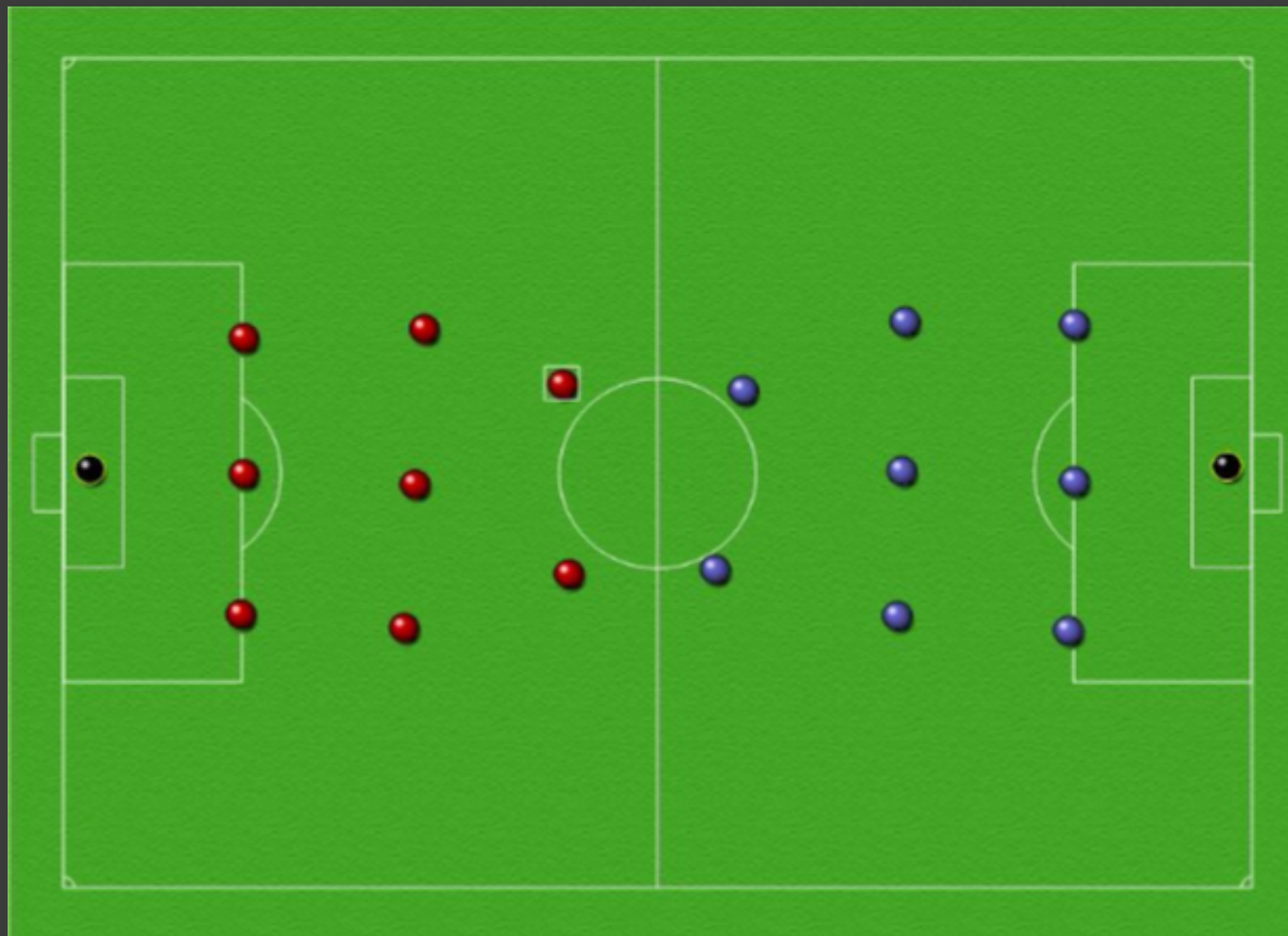
- Rotation of midfielders when back four had possession.
- 3rd man runs.
- Defending:
 - Being solid-compact.
 - Worked on when to press.
 - Breaking quickly on counter.

Players swapped over after 10 minutes.



Primavera Coaching Sessions

Day Three



Played a 9v9 game to finish.

Rules:

- All over the halfway line to finish.
- Double goal scored if opposition forwards are not back over as well.
- Worked on back fours pushing up
- Finished with running. Various laps for each individual group.



Primavera Games Programme

- Compete in the Campionato Primavera
- Teams from Serie A, B & C Leagues compete
- 1st stage: regional
 - Top 4 teams advance from each group
- Play 26 games per season, plus play-offs
- Play each team home & away
- Also play friendly fixtures against amateur sides



League Tables

Squadre	GIRONE A		
	Punti		Giocate
JUVENTUS	12		4
SAMPDORIA	12		4
MODENA	8		4
BOLOGNA	7		4
SASSUOLO	7		4
GENOA	6		4
EMPOLI	5		4
SIENA	5		4
PARMA	4		4
TORINO	4		4
PIACENZA	3		4
PISA	3		4
LIVORNO	1		4
GROSSETO	0		4



League Tables

GIRONE B		
Squadre	Punti	Giocate
CHIEVO	9	4
RIMINI	9	4
ALBINOLEFFE	8	4
ATALANTA	7	4
INTER	7	4
TREVISO	7	4
UDINESE	7	4
MILAN	6	4
BRESCIA	4	4
MANTOVA	4	4
VICENZA	4	4
CAGLIARI	1	4
CITTADELLA	1	4
TRIESTINA	0	4



League Tables

GIRONE C			
Squadre	Punti		Giocate
LAZIO	10		4
ROMA	10		4
ASCOLI	7		4
BARI	7		4
CATANIA	7		4
REGGINA	6		4
FIorentina*	5		3
LECCE	5		4
PALERMO	5		4
FROSINONE	4		4
NAPOLI	3		4
SALERNITANA	3		4
ANCONA*	1		3
AVELLINO	0		4



Primavera Games Programme

- Compete in the Coppa Italia Primavera
- Teams divided into 13 groups of 4
- Group winners + top 2 2nd rank teams join Cup holders in final knock out stages
- All games played on home & away basis including the Final



Youth Training & Games Programme

Pulcini (8 – 10 year olds)

- 2/3 sessions per week x 1 ½ hours
- Small sided games (6 v 6, 7 v 7)
- Friendlies v local opposition



Youth Training & Games Programme

Esordienti (11 – 12 year olds)

11 year olds:

- 2/3 sessions per week x 1 ½ hours
- Small sided games (9 v 9) – leading up to 11 v 11
- Friendlies v local & regional opposition

12 year olds:

- 3 sessions per week x 2 hours
- 11 v 11 games
- Friendlies v local & regional opposition



Youth Training & Games Programme

Giovanissimi (13 – 14 year olds)

13 year olds:

- 3 sessions per week x 2 hours
- 11 v 11
- Regional opposition + some local friendlies

14 year olds:

- 3 sessions per week x 2 hours
- 11 v 11 games
- National opposition + some local friendlies



Youth Training & Games Programme

Allievi (15 – 16 year olds)

15 year olds:

- 3 sessions per week x 2 hours
- 11 v 11
- Regional opposition + some local friendlies

16 year olds:

- 4 sessions per week x 2 hours
- 11 v 11
- National opposition + some local friendlies



Youth Technical Programme

- Heavy emphasis on performing the basics correctly
- Perform a lot of drills unopposed
- Focus on contact time with the ball
- No set syllabus – coaches empowered
- Repetition of drills
- Lots of small sided games – 1 v 1, 2 v 2 etc...
- Tactical work starts at Under 14



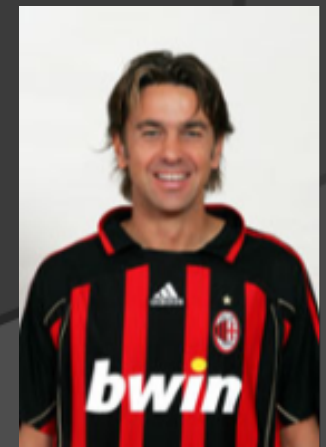
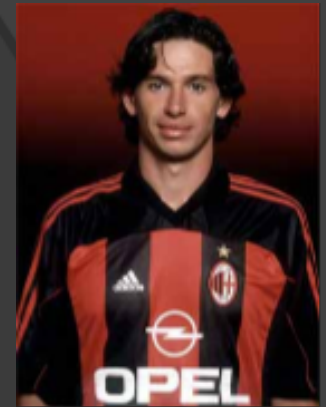
Weekly Youth Games Programme Format

- Age groups can play different opposition
- Games are played on Saturday & Sunday
- Teams can play in different regions of Italy, dependent on age



Products of the Milan Youth System

- Demetrio Albertini 385 games, 26 goals
- Franco Baresi 719 games, 33 goals
- Alessandro Costacurta 663 games, 3 goals
- Alberigo Evani 393 games, 19 goals
- Filippo Galli 325 games, 4 goals
- Paolo Maldini 622 games, 29 goals





Overall Analysis

Strengths

1. The history and tradition of AC Milan
2. Financial backing
3. Recruit nationally and overseas
4. Attract some of the best players in the world
5. Facilities- both at Senior and Youth level
6. Participation in top Tournaments abroad for youth teams
7. Ex- Players coach within the club-culture

Weaknesses

1. Inter are ahead in their Youth set up
2. Games Programme is weak at the younger age groups
3. Unwillingness to spend on Youth players
4. No Reserve football
5. Training sites situated miles apart

Opportunities

1. To recruit from further afield – both in Italy & abroad
2. Players go out on loan to Serie B and C clubs for experience

Threats

1. Competition from Inter
2. Longevity of Senior players