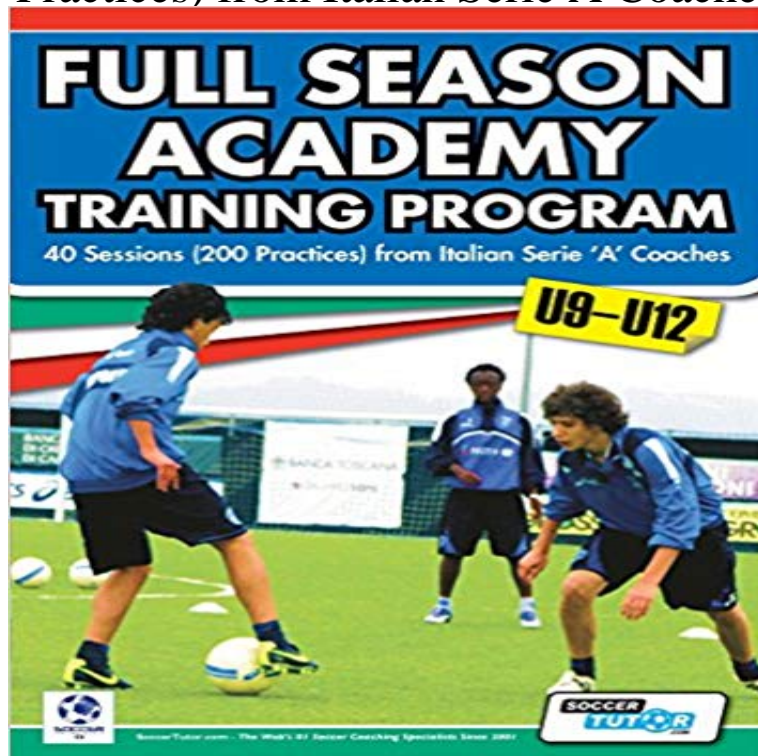


Full Season Academy Training Program u9-12 - 40 Sessions (200 Practices) from Italian Serie A Coaches



Soccer Italian Style coaches Mirko Mazzantini (AFC Fiorentina) and Simone Bombardieri (Empoli FC) are both professional academy coaches and in this book provide a new full season training program for U9-12 year olds. This book includes 40 sessions (200 practices) with warm ups, conditioning, coordination and agility exercises, technical practices, game situations and small sided games. This is the same full season training program that top Italian Academy coaches use to develop their professional academies in the Serie A. Have you got the other part of this Book Set? - Includes 245 new practices for U13-15 - Buy now from all good Football Coaching Specialists

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