Inter Milan - Jose Mourinho's First Session

TWO SMALL SIDED GAMES

The group of 24 players is divided into four teams of six. The teams play two matches on two small fields. There are four goals on each field. The players are numbered from one to six.

When Mourinho called three numbers (i.e. one, four and five), the players with these numbers have to leave their match to join the other match.

Date: 16 Apr 09  Measurement: 70 x 50 yds
Time:  .  Players: 12 (3v3) - 24 (6v6)
Duration:  .  Level/Age Group: Intermediate / U10+

Description: Players are divided into 4 teams and play 2 matches. Players are numbered 1 to 6. When Mourinho called 3 numbers (i.e. 1, 4 and 5), players with these numbers leave their match to join the other match.

Objective: Mourinho uses Global Training approach to coaching his players. Training within a game environment he can develop the players technically, tactically and physically at the same time.

Coaching Points: 1] Create space and movement on and off the ball.
2] Switch the play and support.

Progression: 2 touch on the ball restriction.

Notes: