

Inter Milan - Jose Mourinho's First Session



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: