YOUTH FOOTBALL KNOWLEDGE EXCHANGE EVENT

ROMA 1927

ECA

EUROPEAN CLUB ASSOCIATION

18-19 OCTOBER 2022 **STADIO OLIMPICO**

ECA KNOWLEDGE EXCHANGE EVENT
DEVELOPMENT OF YOUTH COACHES

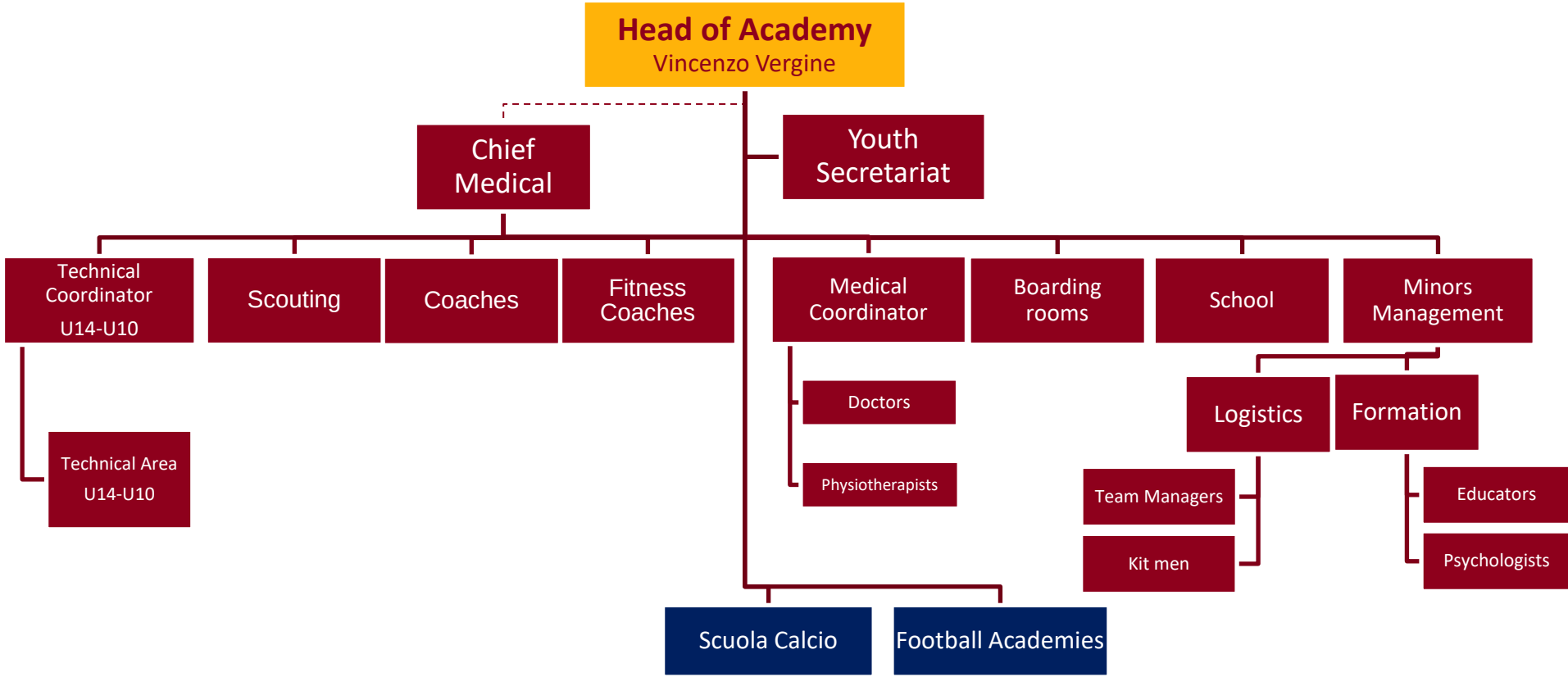
Vincenzo Vergine - Head of Academy

18 October 2022

01.

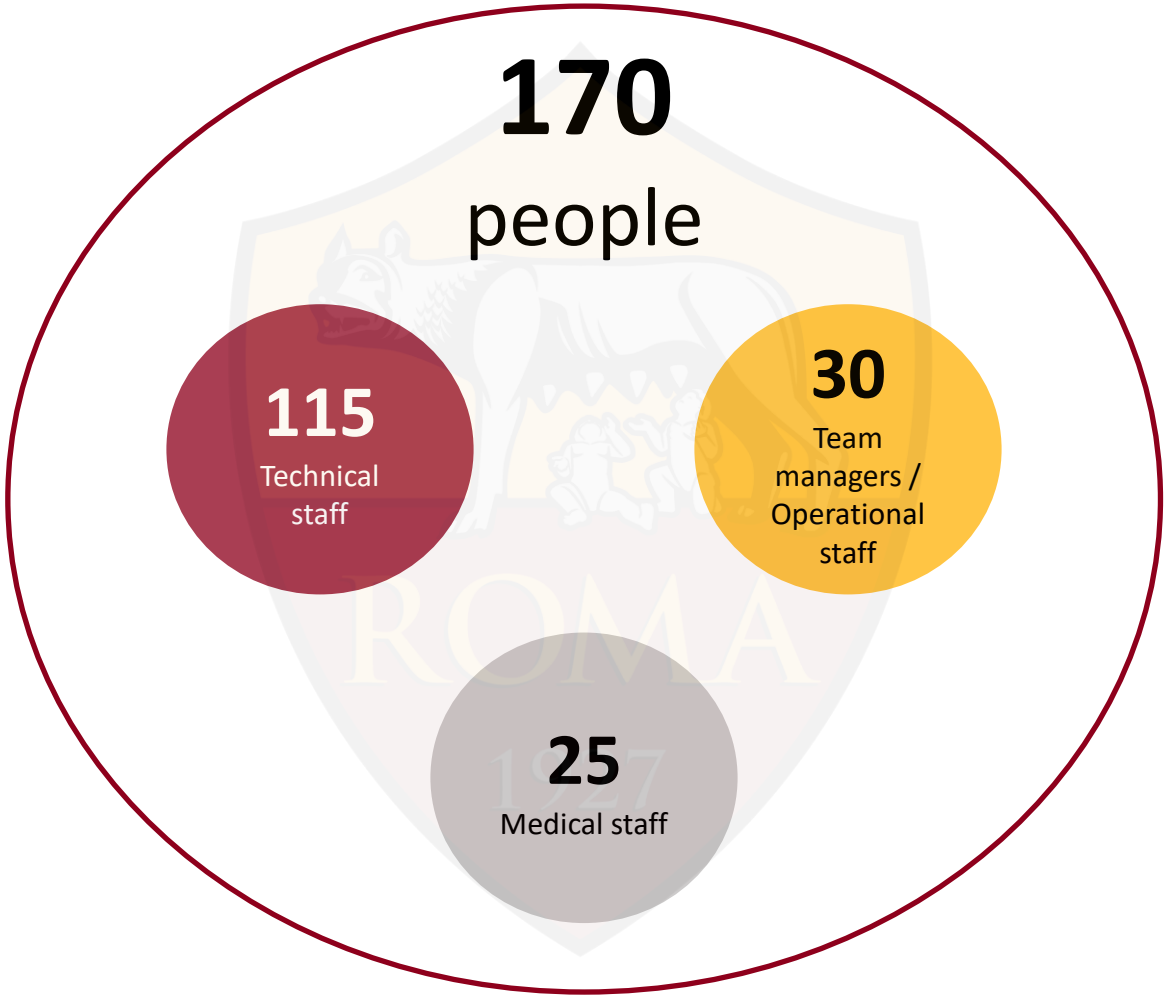
ORGANIZATIONAL CHART AND ACADEMY NUMBERS

ORGANIZATIONAL CHART



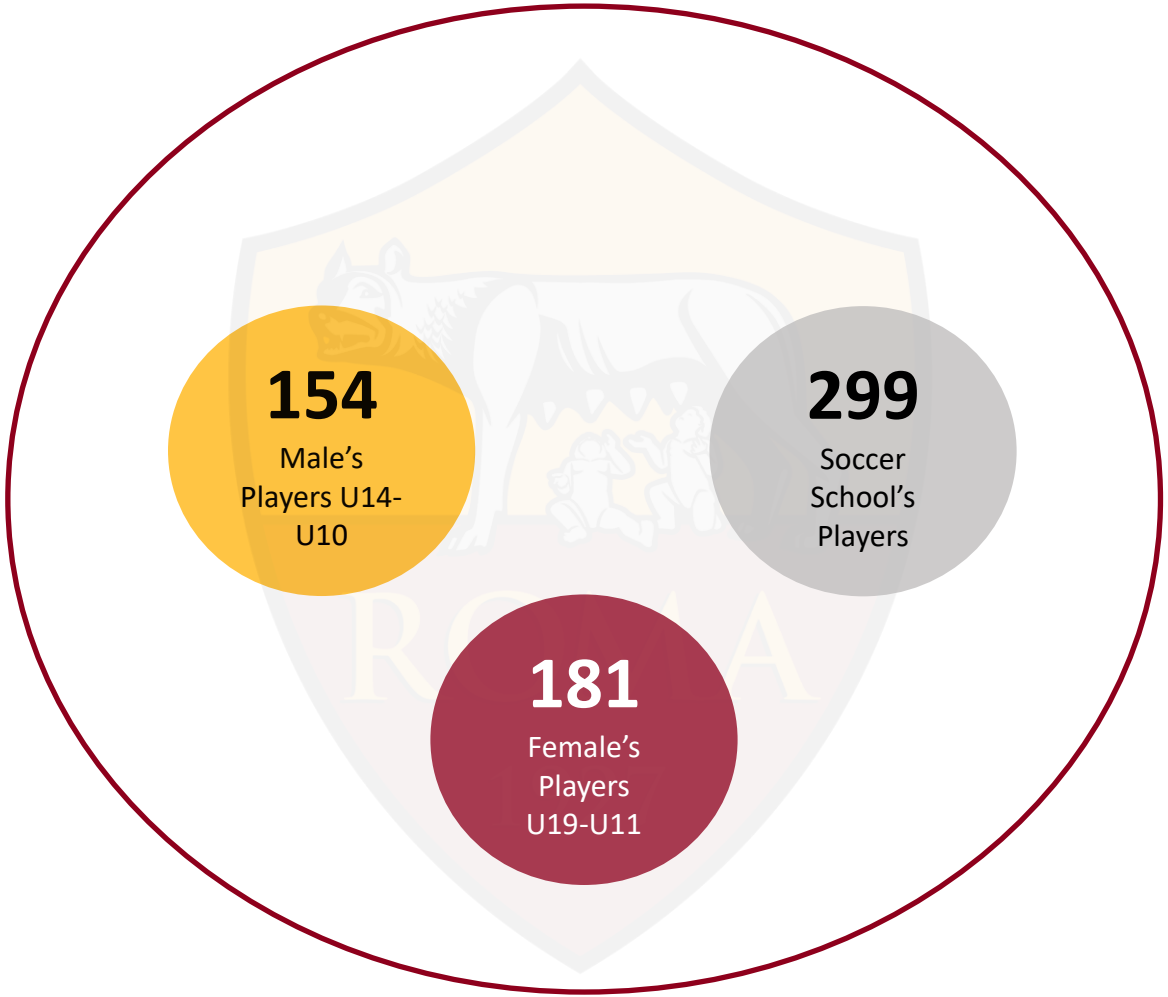
THE ACADEMY

Numbers - Staff



THE ACADEMY

Numbers - Players



734
Players

02.

OUR MODEL

PROCESSES, PROTOCOLS & BENCHMARKS

Why they are important

A WORK MODEL

We established **protocols** for **all departments** of the Academy. These will allow us to govern all **processes** in an efficient manner and will remove energy dispersion.

Everybody is oriented towards the same objective.

Similar to the return to play procedure, we have ones for:

- Sport secretary (player registrations, contracts etc.)
- **Technical area**
- **Fitness area**
- Scouting
- Psychological department

BENCHMARKS

For every activity that we are able to **measure**, we established data banks that are constantly updated in order to **benchmark** our players according to the following:

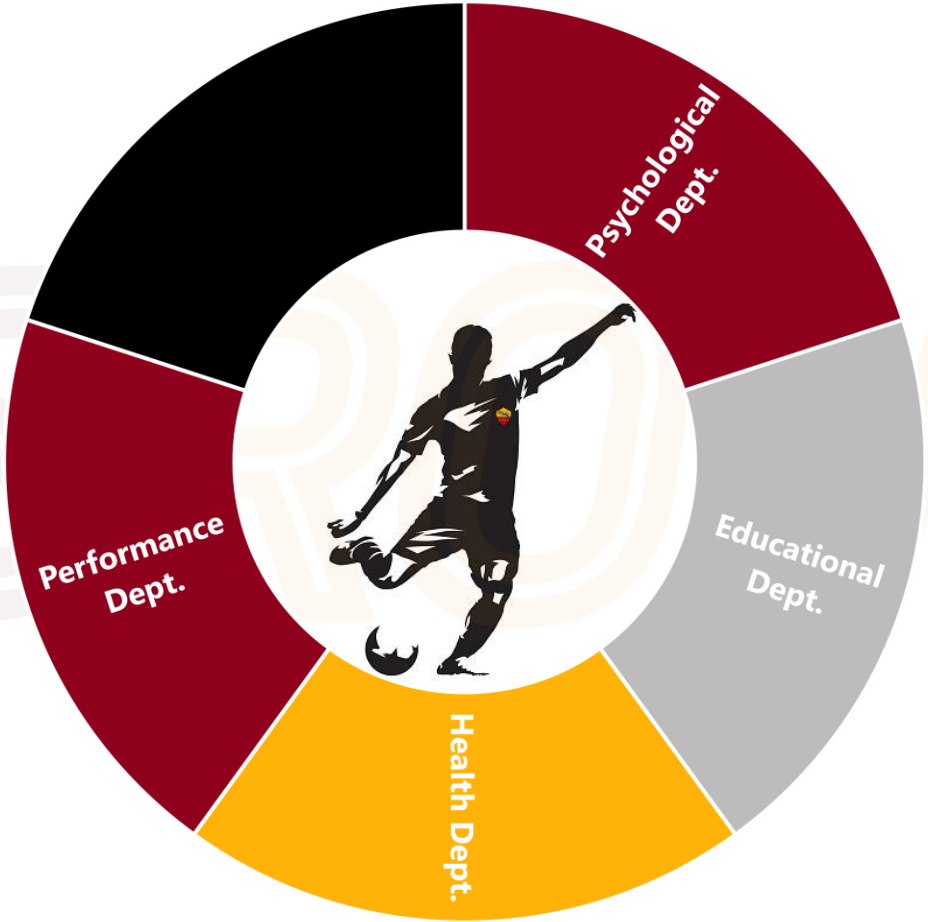
1. Age category
2. Position
3. Skills (physical, technical, psychological)

This is fundamental in order to compare a player to the First Team requirements.

It is an evaluation system for all areas, for which they can be measured in their efficiency and production.

OUR MODEL

Player-oriented

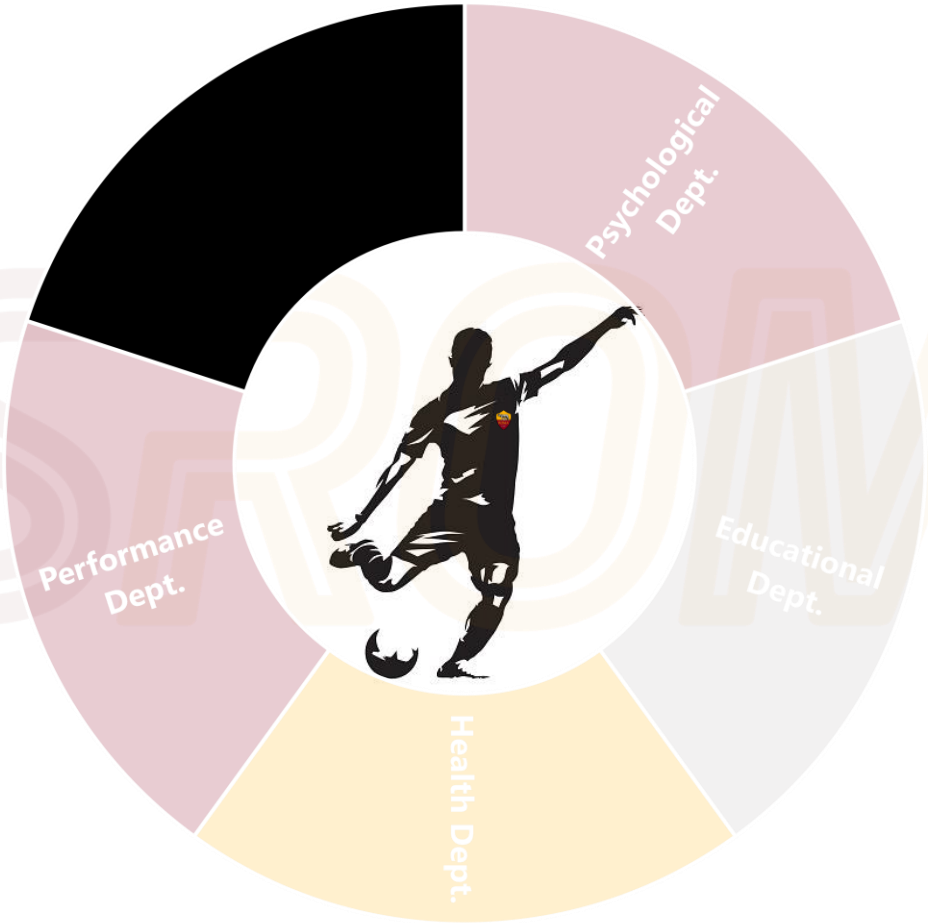


02.1

OUR MODEL
TECHNICAL AND PERFORMANCE DEPARTMENT

OUR MODEL

Player-oriented



TECHNICAL DEPARTMENT

Our Coaches

All **Coaches** are accustomed to an overview that considers all areas of interest of the player.
Continuous and constant training is implemented

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MONTHLY TECHNICAL ALIGNMENT MEETINGS

TECHNICAL DEPARTMENT

Our Coaches

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Continuous and constant training is implemented

MONTHLY TECHNICAL ALIGNMENT MEETINGS

MONTHLY UPDATE MEETING WITH ALL DEPARTMENTS

TECHNICAL DEPARTMENT

Our Coaches

All Coaches are accustomed to an overview that considers all areas of interest of the player.
Continuous and constant training is implemented

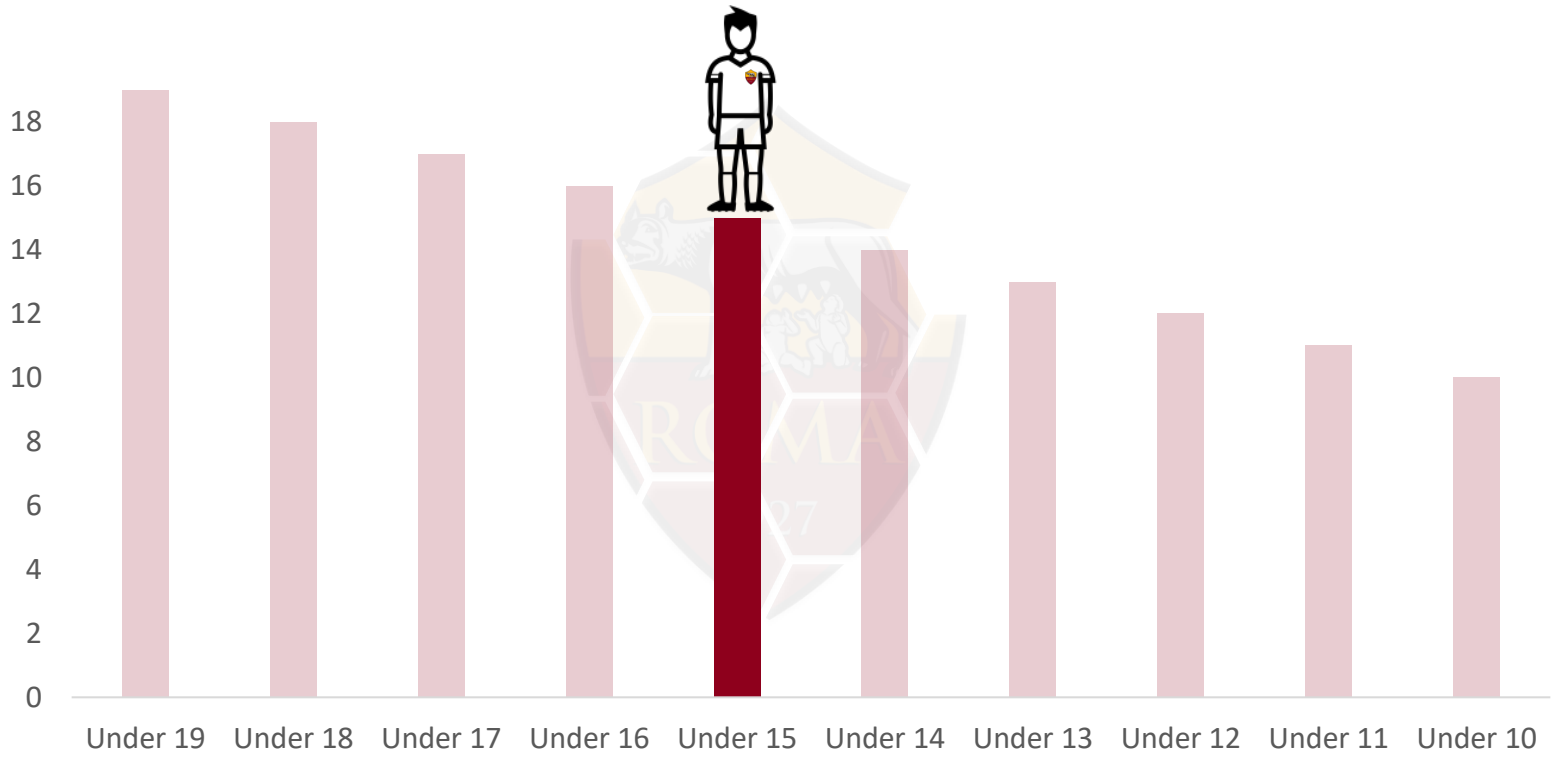
MONTHLY TECHNICAL ALIGNMENT MEETINGS

MONTHLY UPDATE MEETING WITH ALL DEPARTMENTS

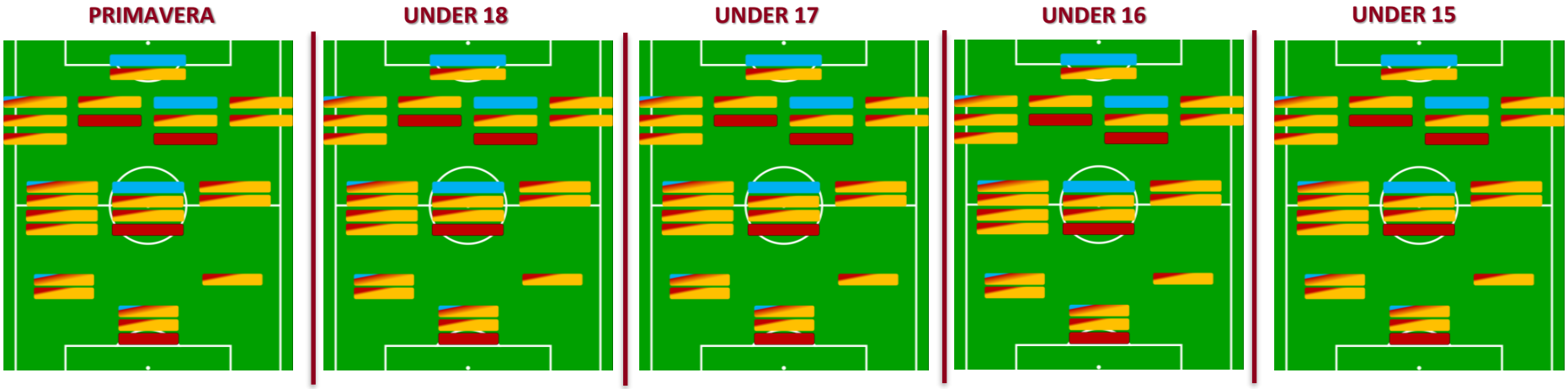
UPDATING COURSES (EX. English course)

THE IMPORTANCE OF OUR COACHES

THE IMPORTANCE OF OUR COACHES



ONLY ONE ROMA



The sense of belonging to a team is no longer based on demographic age but on perpective/potential of Players .
This will allow Players to get used to moving up the ladder without losing their humility.

ASROMA

FUNDAMENTAL PRINCIPLES OF THE TECHNICAL MODEL

1	Intensity and Fluidity	Every training session must be built and oriented towards the principles of intensity and fluidity, which are key elements of the technical model.
2	Development Progression	Beginning with the easy and progressing towards the more difficult. Beginning with the simple and progressing towards the more complex.
3	Training Optimization	Optimization of the training times, making the most of every minute available and rendering them functional for the growth of the team and the individual player.
4	Organization	All sessions must be organized, using weekly micro cycles which are part of a monthly and annual programming. At the beginning of the week the entire staff must know the objectives.
5	Integrated and Individual training	Through exercises where there are multiple objectives at the same time integrating other tools such as GPS.
6	Cognitive Load	We are convinced that the modern player is evermore one who can think and respond to situations extremely quickly, the training sessions must carry a high cognitive load by incorporating multiple objectives, verbal and nonverbal communication and tactics.

THE TECHNICAL MODEL

Differentiated work models

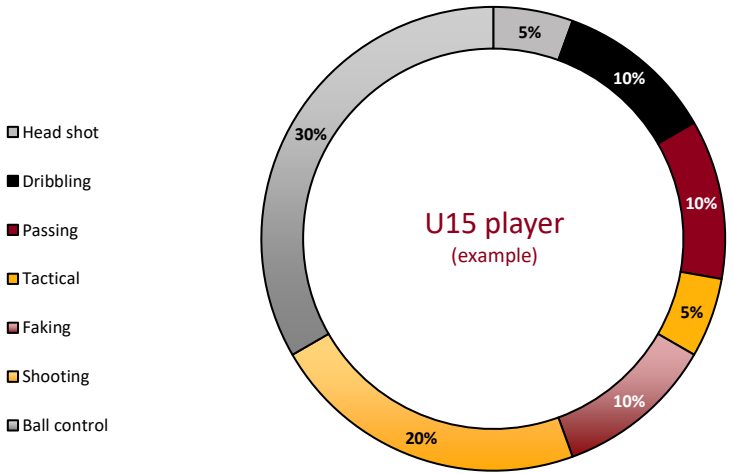
We must differentiate the work loads and percentages of focus on **different areas** for each age group.

Every category must have its own work percentages which are based on the natural development process of the player.

Academy players typically undergo **400 – 500 hours** of training. Our mission is to make sure that in these hours we are focusing the right amount of time on the key aspects that each age group needs to work on.

We will always **benchmark** against top level players, clubs and academies.

Macrocycle technical work percentages
U15 player (example)



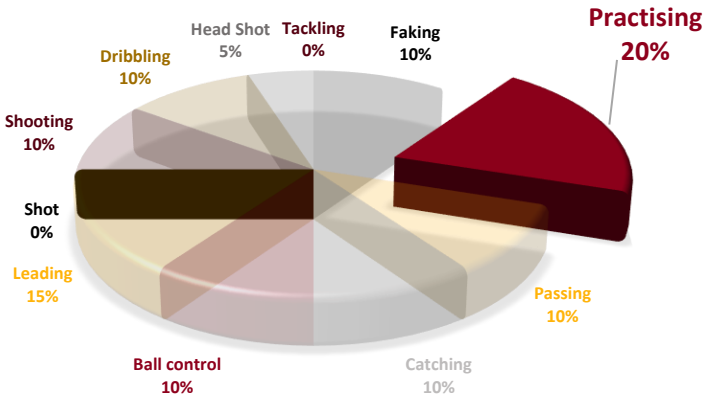
WORKLOAD PERCENTAGES PER CATEGORY

	U10/U11	U12/U13	U14/U15	U16/U17	U18	U19 (Primavera)
Psychomotor education	45%	25%	0%	0%	0%	0%
Articular mobility	2,5%	2,5%	2,5%	2,5%	2,5%	2,5%
Proprioception	2,5%	2,5%	2,5%	2,5%	2,5%	2,5%
Coordination	25%	35%	25%	10%	10%	10%
Conditional abilities	10%	15%	30%	35%	40%	40%
Technical abilities	10%	15%	25%	30%	20%	20%
Tactical: Individual	3%	3%	5%	5%	5%	5%
Tactical: Group	2%	2%	10%	15%	20%	20%
Total	**100%**	**100%**	**100%**	**100%**	**100%**	**100%**

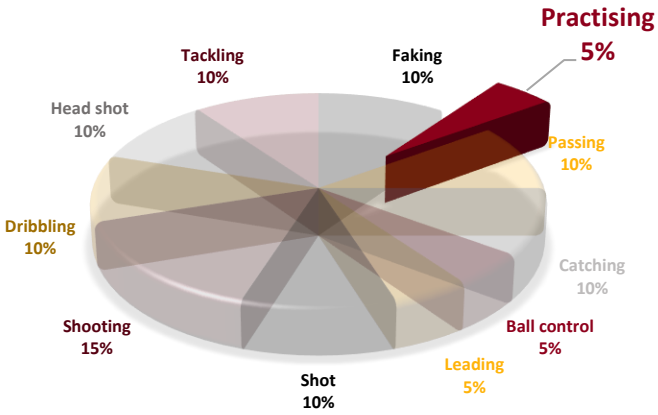
MACROCYCLE TECHNICAL WORK PERCENTAGES PER CATEGORY

Example: comparison between U10 – U19

Under 10/11



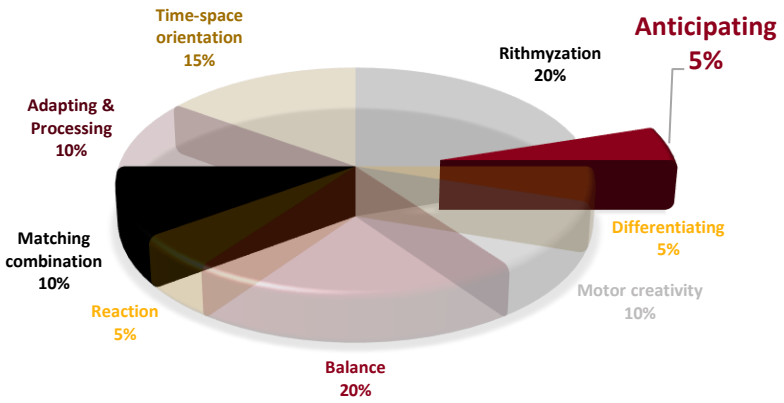
Under 19



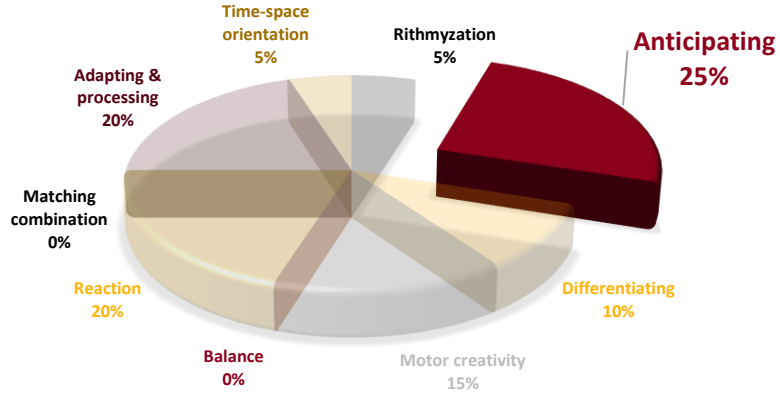
COORDINATION SKILLS PERCENTAGES PER CATEGORY

Example: comparison between U10 – U19

Under 10/11



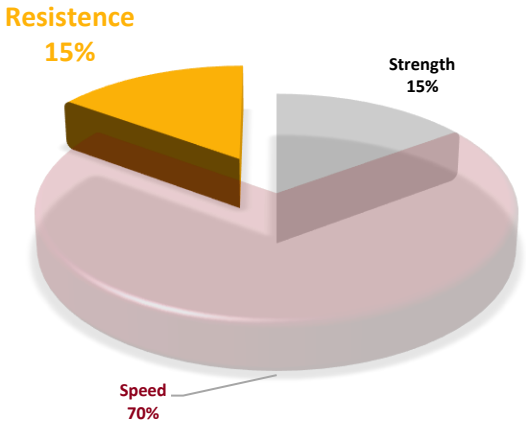
Under 19



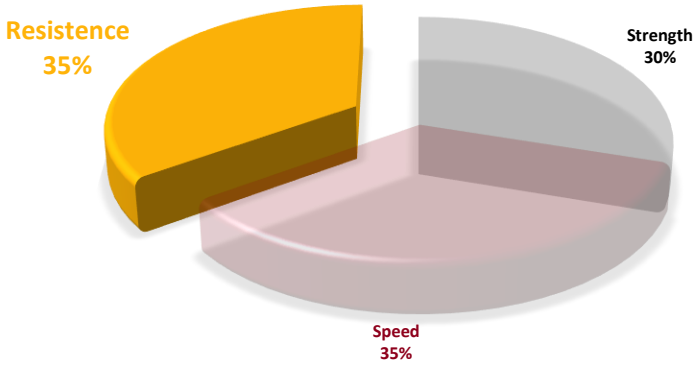
CONDITIONAL SKILLS PERCENTAGES PER CATEGORY

Example: comparison between U10 – U19

Under 10/11



Under 19



TECHNICAL DEPARTMENT

Mapping Teams

	Height/Height estimated/Lean Mass	Mental Abilities Emot./Cognitive factors	Conditional Abilities Power/Speed/Resilience	Playing time (N°matches)
P	191 / 198			0 (10)
P	184 / 189			0 (10)
D	182 / 187			469 (10)
	178 / 183			37 (10)
	185 / 190			0 (10)
	178 / 183			0 (10)
	186 / 193			189 (10)
	165 / 169			38 (10)
D	184 / 191			815 (10)
D	192 / 199			635 (10)
D	187 / 193			0 (10)
	173 / 177			305 (10)
	183 / 190			192 (10)
	181 / 186			508 (10)
	180 / 191			-
A	193 / 200			777 (10)
A	183 / 190			99 (10)
D	185 / 192			95 (10)
D	189 / 196			365 (10)
	188 / 195			530 (10)
	187 / 192			712 (10)
	183 / 190			545 (10)
P	187 / 188			815 (10)
	178 / 178			690 (10)
	182 / 184			799 (10)
	181 / 182			379 (10)

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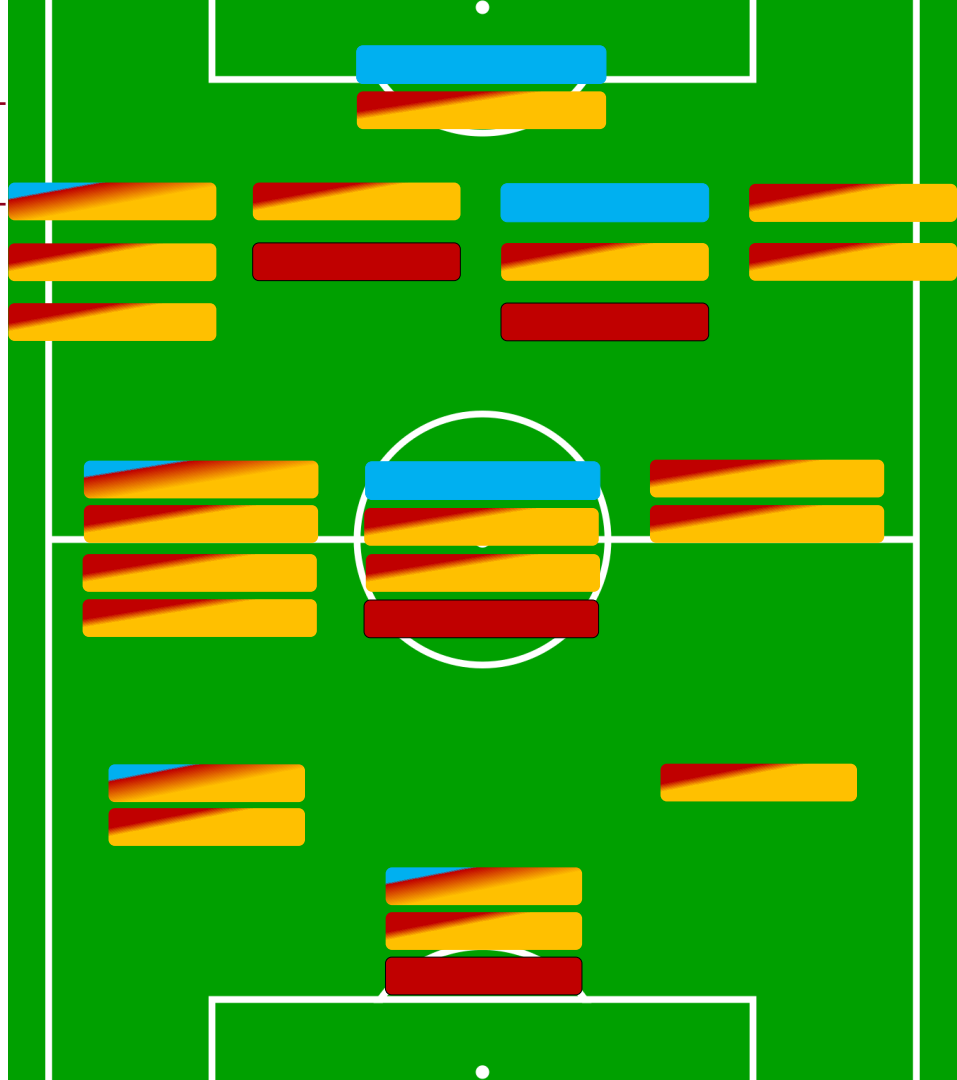
= Calciatore in Convitto

P/D/A = Por/Dif/Att



TECHNICAL DEPARTMENT

Additional work

In addition to working with their teams, players carry out an individual additional program

TECHNICAL DEPARTMENT

Additional work

In addition to working with teams, the players carry out an individual additional program

ADDITIONAL TECHNICAL WORK

TECHNICAL DEPARTMENT

Additional work

In addition to working with teams, the players carry out an individual additional program

TARGET:

+100h

OF INDIVIDUAL TRAINING

ADDITIONAL TECHNICAL WORK

TECHNICAL DEPARTMENT

Additional Work

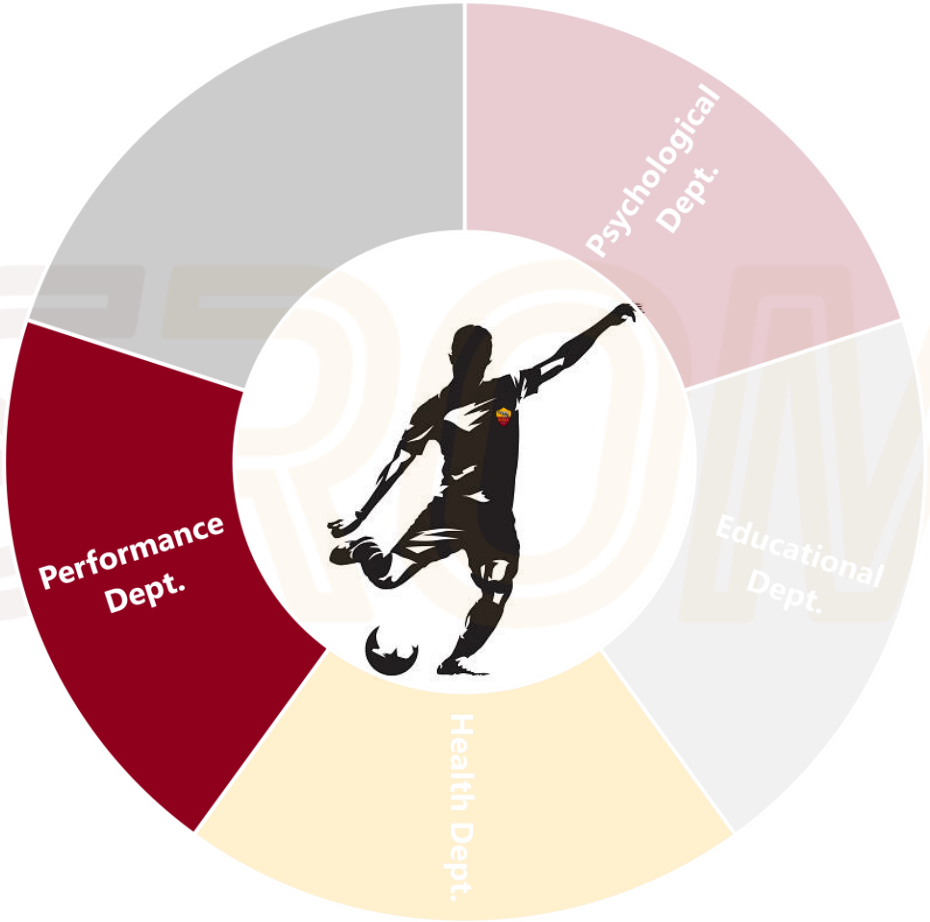
In addition to working with teams, the players carry out an individual additional program

ADDITIONAL TECHNICAL WORK

ADDITIONAL PERFORMANCE WORK

OUR MODEL

Player-oriented



PERFORMANCE DEPARTMENT

Additional Work

In addition to working with teams, the players carry out an individual additional program

ADDITIONAL PERFORMANCE WORK

PERFORMANCE DEPARTMENT

Lavoro integrative Tecnico

In addition to working with teams, the players carry out an individual additional program

All Players from U15 to U19 have to undergo several TESTS

ADDITIONAL PERFORMANCE WORK

PERFORMANCE DEPARTMENT

What we are doing

Type of test performed:

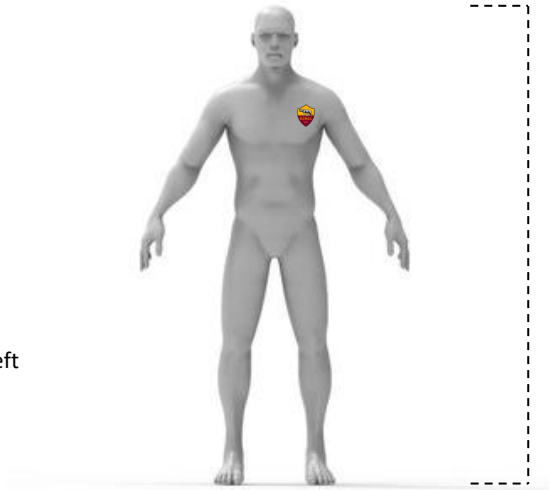
POWER: Jump Test (with free arms - squat jump)

ENDURANCE: Test yo-yo intermittent recovery test

SPEED: 5-10-30 linear meters

0-5-0 meters changing direction right and changing direction left

= Player with best values compared to the group
= Player with values similar to the group
= Player with worst values compared to the group
= Missing value



HEIGHT

ESTIMATED HEIGHT**

**According to PHV study might vary +/- 3 cm, players still in the growth phase

DEXA: calculates lean mass – fat mass - bone mass

MENTAL ABILITIES:

: 48-80 Very low value
: 81-120 Low value
: 121-160 Average value
: 161-200 Good value
: 201-240 Excellent value

ASROMA

PERFORMANCE DEPARTMENT

What we are doing

NAME: Mario

FAMILY NAME: Rossi

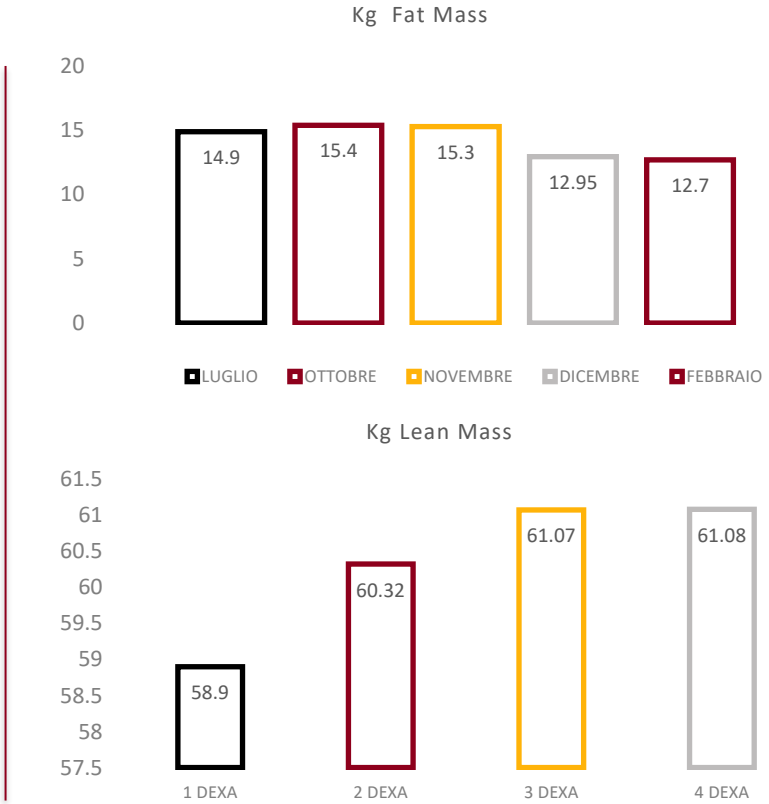
DATE OF BIRTH: XX-YY-ZZZ

DOMINANT FOOT: Right

WEIGHT: 75.4kg

HEIGHT: 185cm

HEIGHT WHILE SEATED: 89cm



EXAMPLE OF PERFORMANCE REPORT

sEASON 2022-2023

- STRUCTURAL TESTING (DEXA)

Reference period:

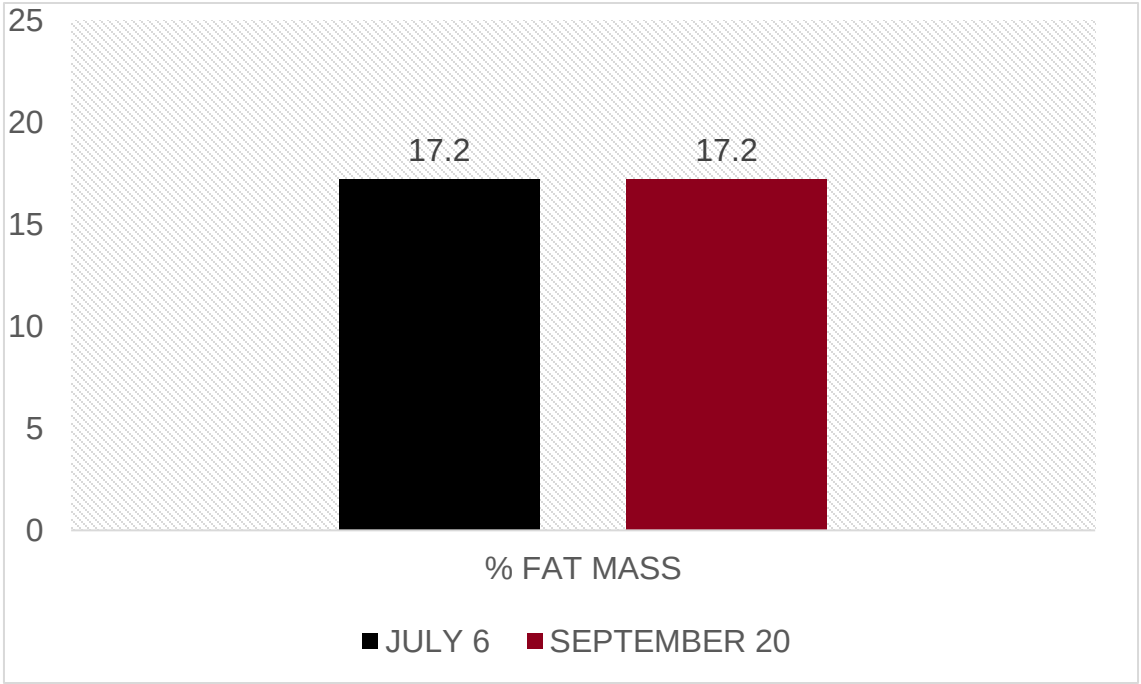
July 6 - September 20 2022

PROFILE

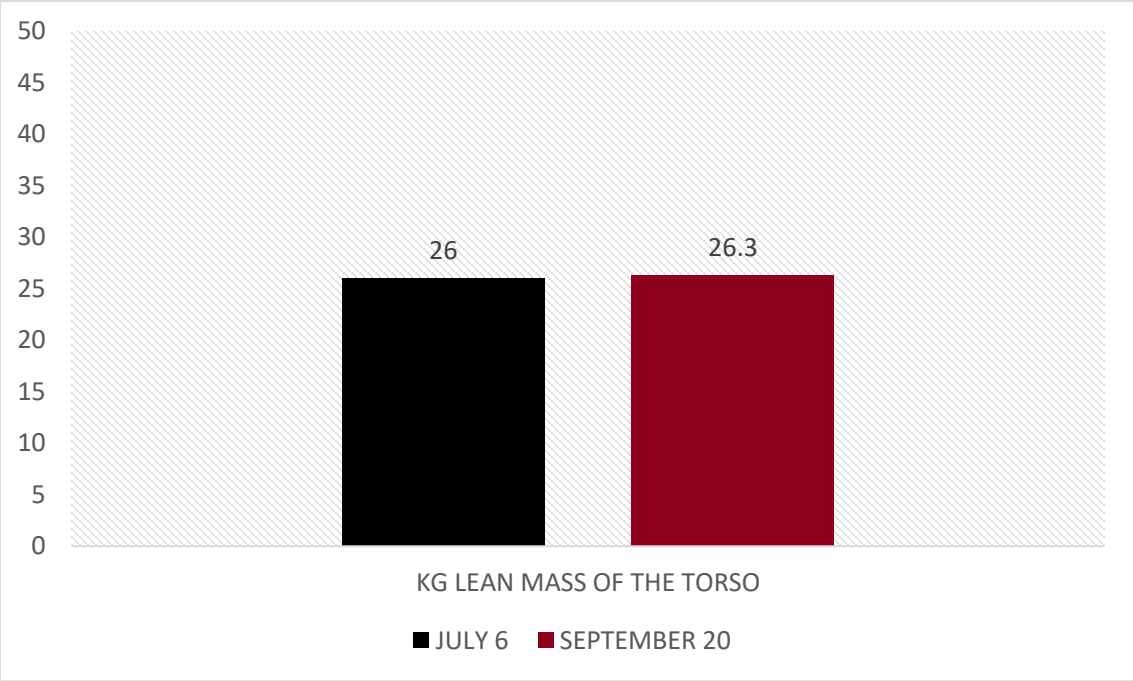
- Name: ----
- Family Name : ----
- Country: **Italy**
- Date of birth: **XX/YY/ZZZZ**

- Dominant Foot: **Left**
- Weight: **76 Kg**
- Height: **188,2 cm**
- Height while seated: **101 cm**

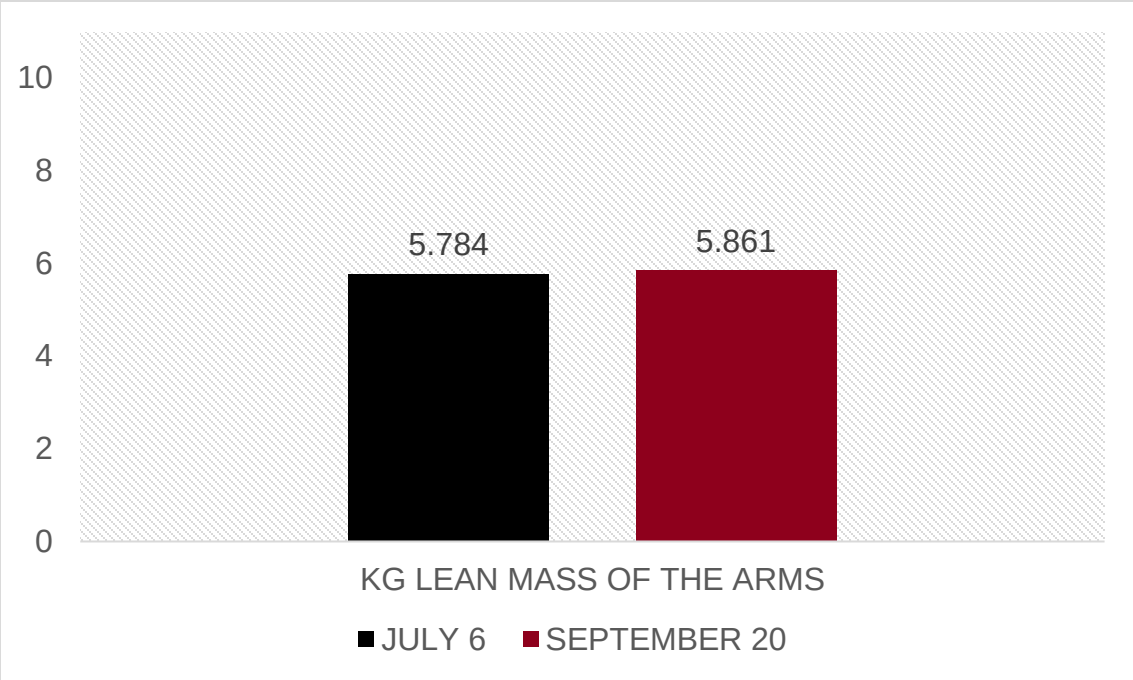
% BODY FAT MASS



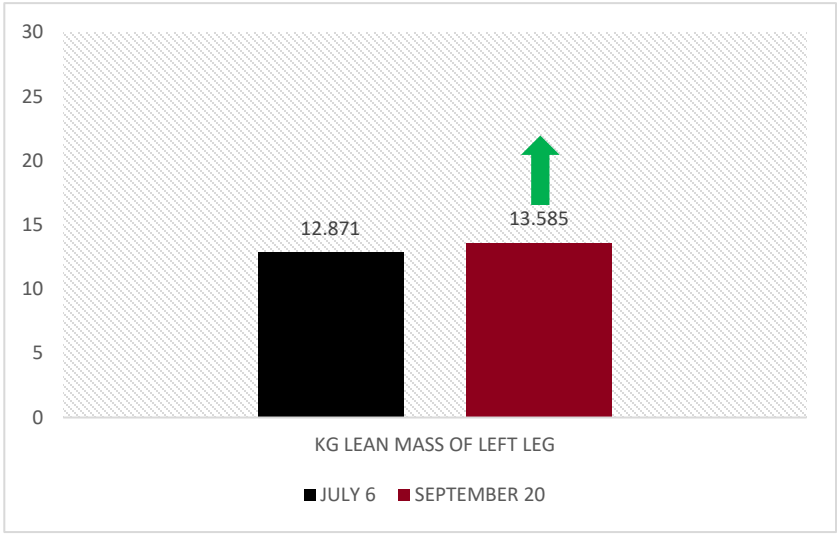
KG LEAN MASS OF THE TORSO

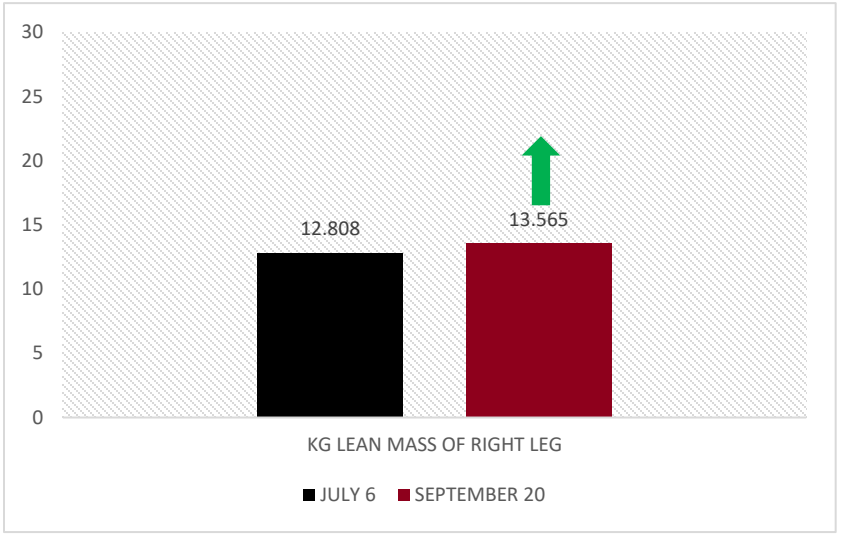


KG LEAN MASS OF THE ARMS

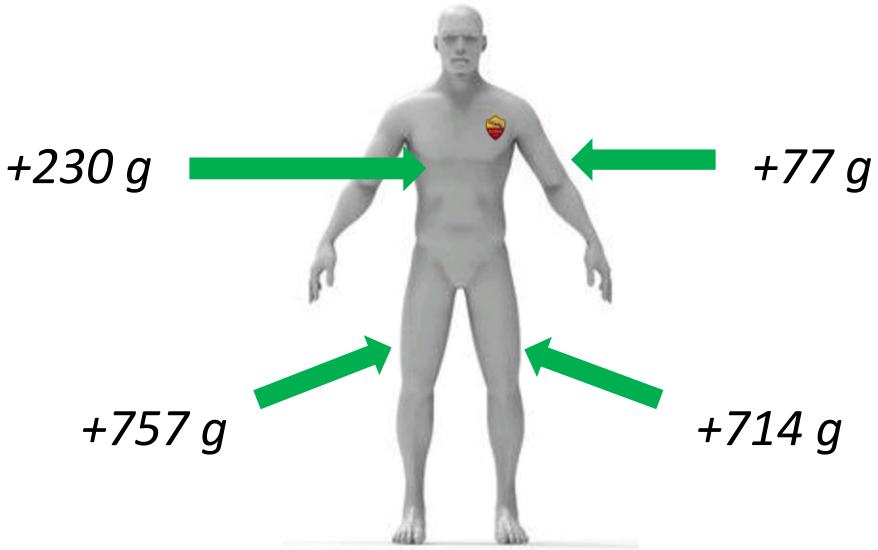


KG LEAN MASS OF LEFT/RIGHT LEGS





RESULTS– STRUCTURAL TESTS (DXA)



- Torso +230g
- Arms: +77g
- Right Leg: +757g
- Left Leg: +714g

Reference period

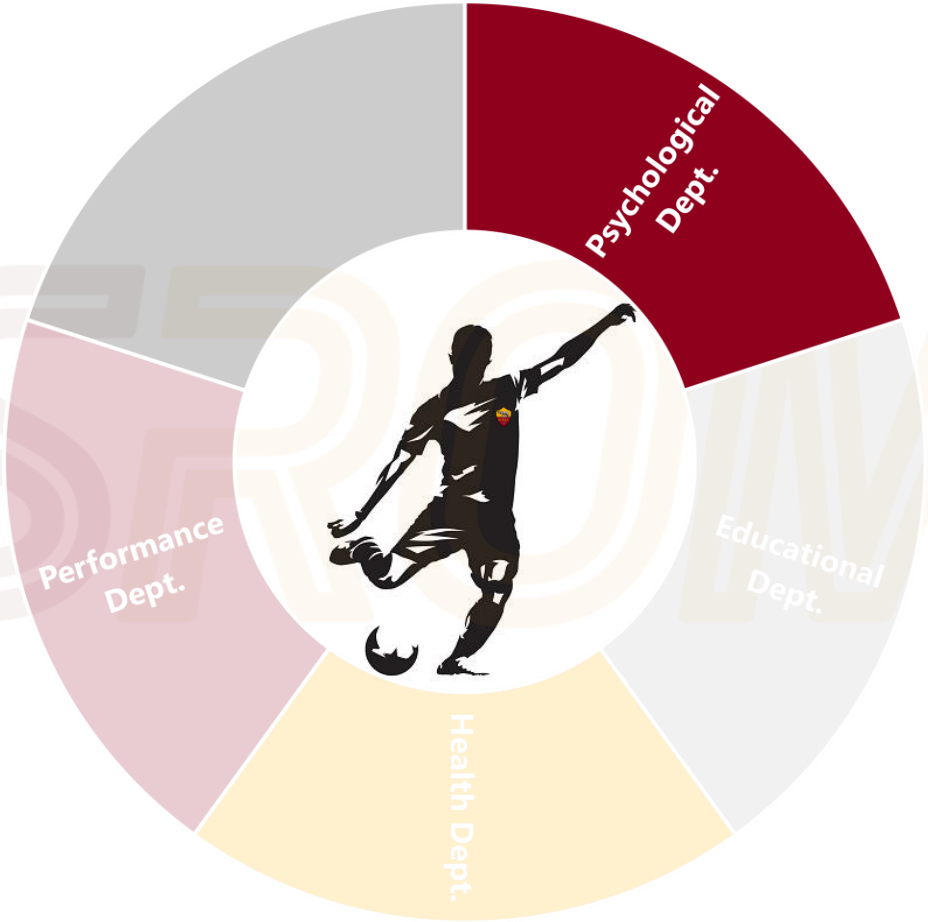
July 6 – September 20 2022

02.2

OUR MODEL
PSYCHOLOGICAL, HEALTH AND EDUCATIONAL DEPARTMENT

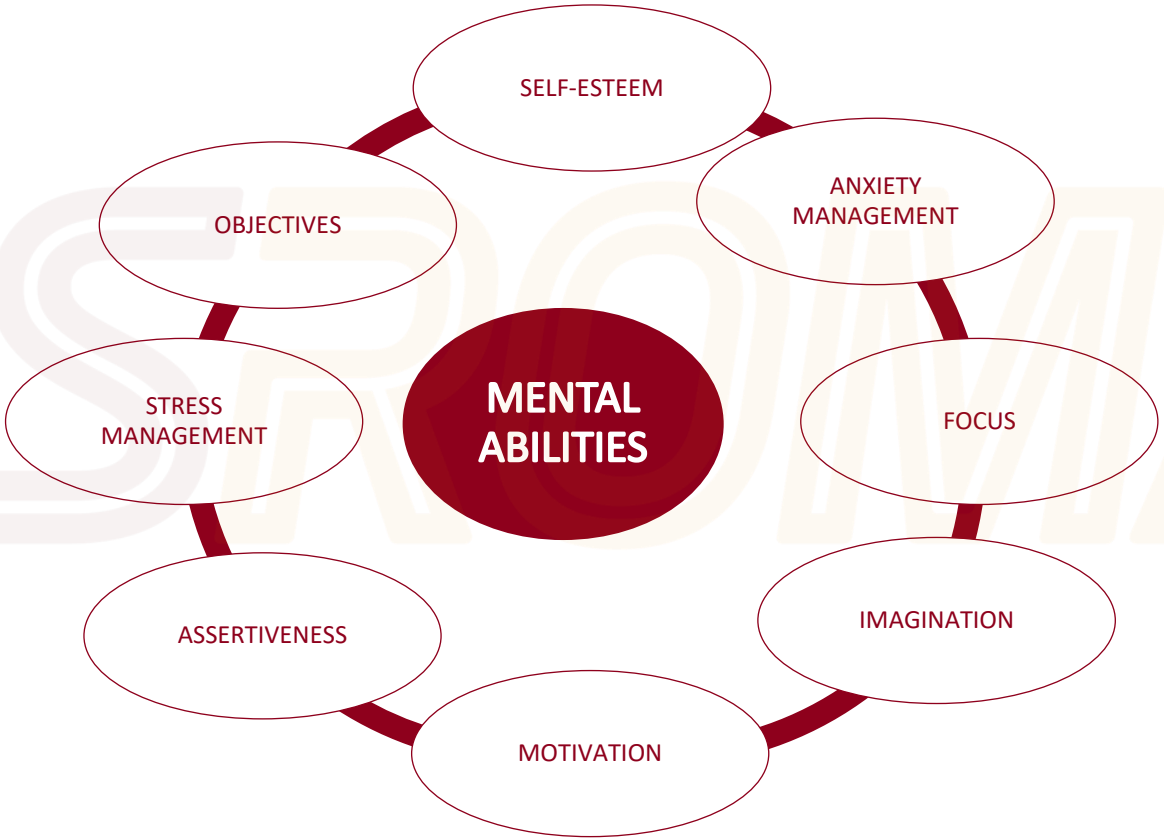
OUR MODEL

Player-oriented



PSYCHOLOGICAL DEPARTMENT

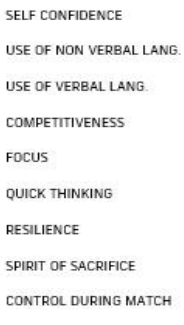
Mental abilities



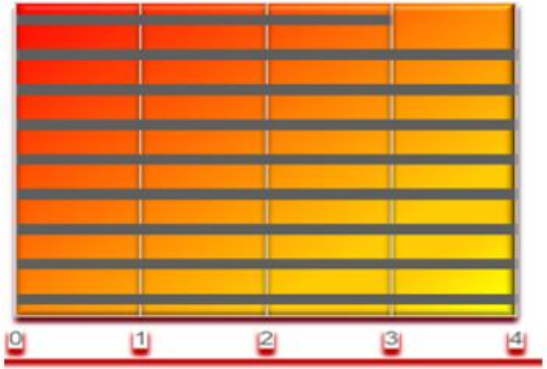
PSYCHOLOGICAL DEPARTMENT

What we are doing

MARIO ROSSI



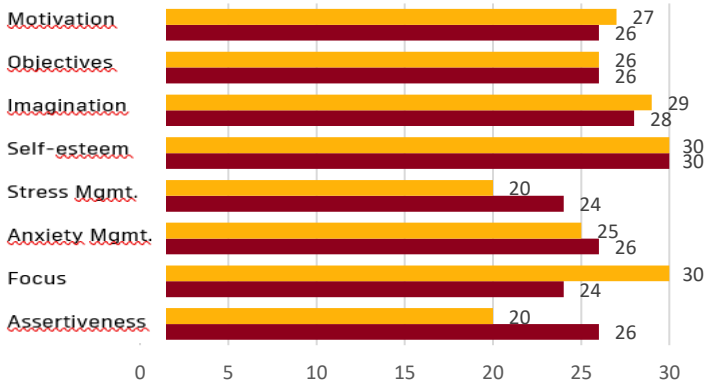
Observation on the field



NOTES ON PLAYER

Anamnestic Data
Family
School Performance
Use of free time
Relationship with peers

PSYCHOLOGICAL TEST RESULTS – TEST COMPARISON - RETEST



T0 – COGNITIVE AND EMOTIONAL FACTORS

T1 - COGNITIVE AND EMOTIONAL FACTORS

PSYCHOLOGICAL DEPARTMENT

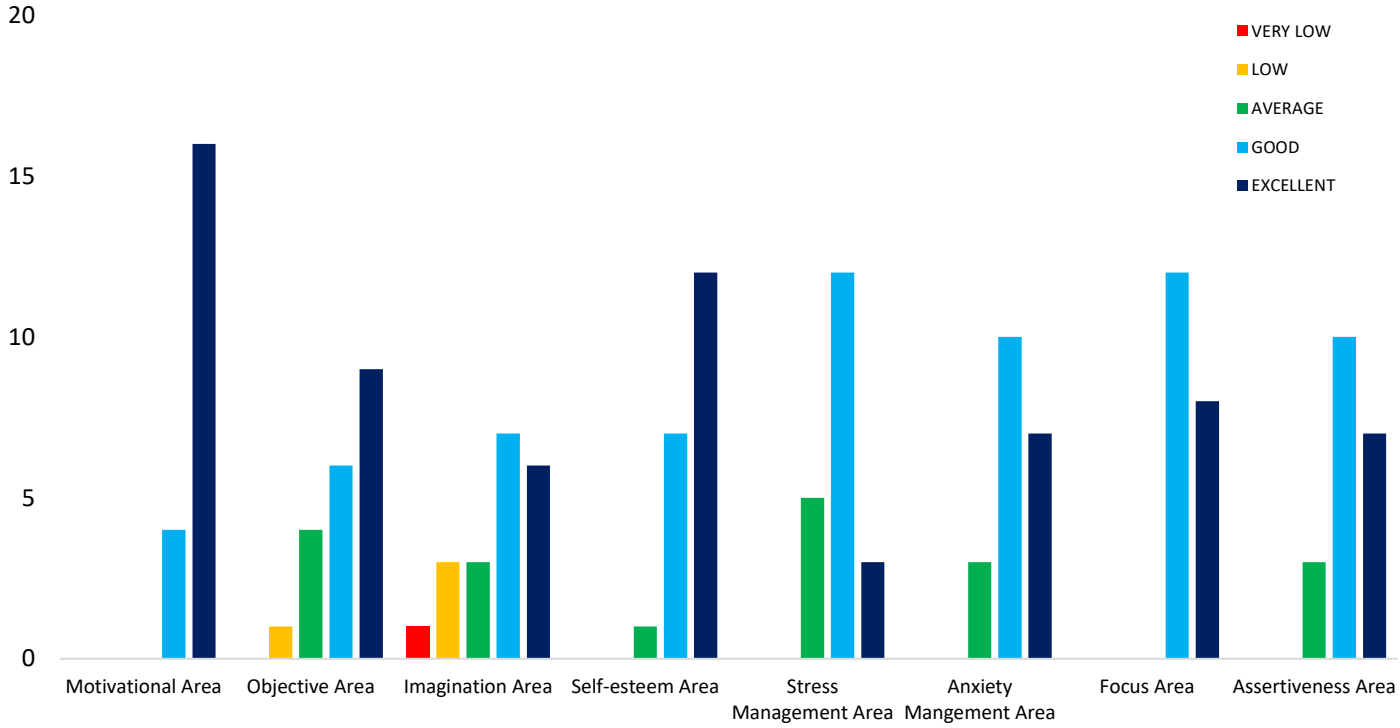
Team Data

RANGE TOTAL SCORE	VALUE
48 - 80	VERY LOW
81 - 120	LOW
121 - 160	SUFFICIENT
161 - 200	GOOD
201 - 240	VERY GOOD

Name	Mental Skills Total score	Emotional Factors	Cognitive Factors
MARIO ROSSI	197	100	97
GIUSEPPE VERDI	206	112	94
MARIO BIANCHI	174	83	91
ANTONIO NERI	210	105	105
	219	110	109
	215	100	115
	206	89	117
	206	96	110
	191	86	105
	203	103	100
	225	112	113
	193	97	96
	196	101	95
	203	93	110
	208	99	109

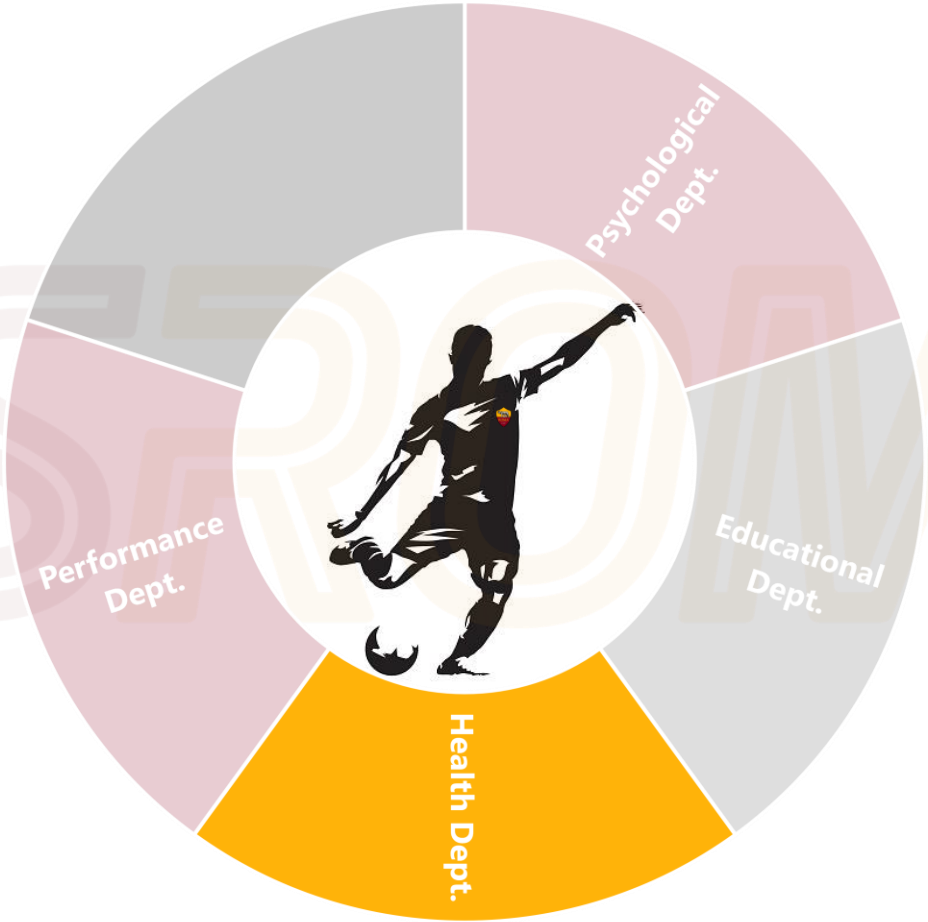
PSYCHOLOGICAL DEPARTMENT

Team Data Analysis



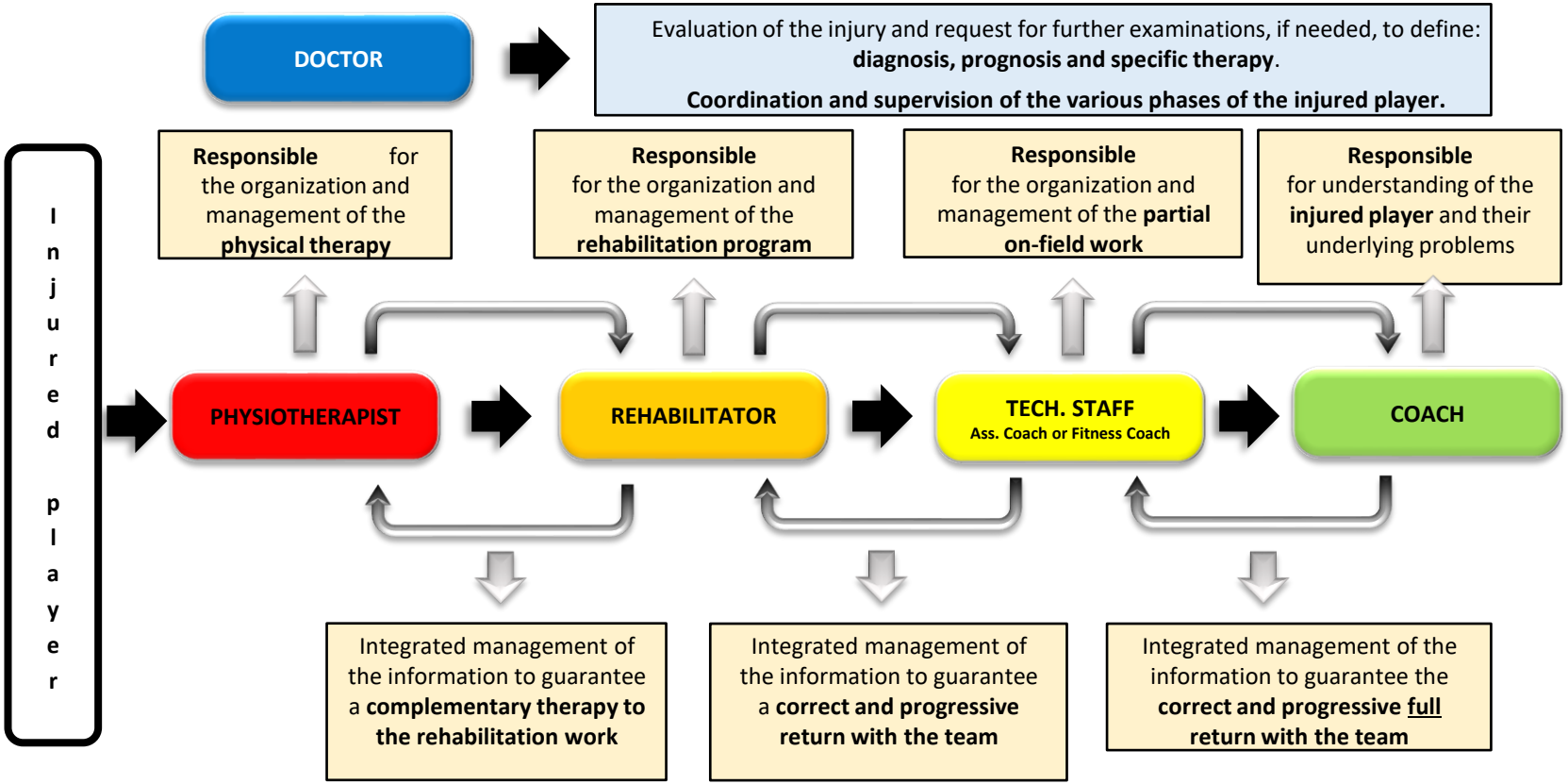
OUR MODEL

Player-oriented



HEALTH DEPARTMENT

Processes&Protocols



HEALTH DEPARTMENT

What we are doing

After defining a protocol to **handle injuries**.
The doctor coordinates and supervises all stages necessary to handle the injured player.
Each stage has a direct manager:

1. Physiotherapist
2. Rehabilitator
3. Technical Assistant
4. Trainer

A daily **medical report** is defined to prevent losing information.

The role of the **nutritionist** consists of defining food plans for the various teams.

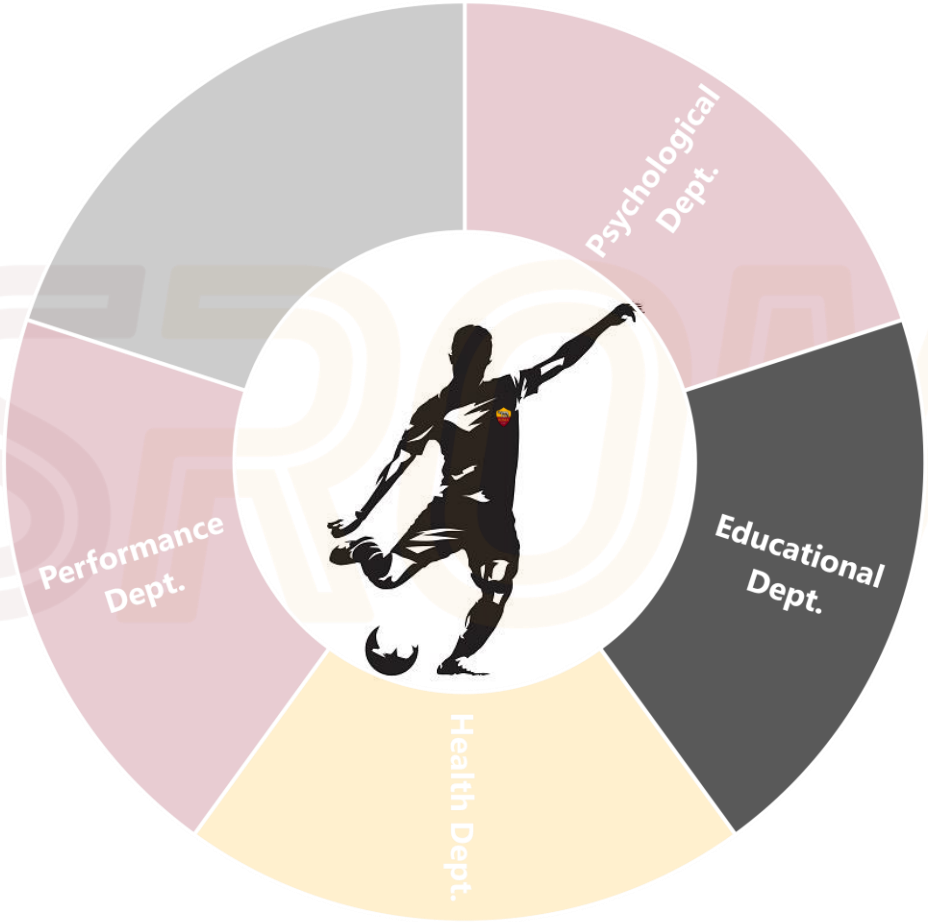
Daily Medical Report
Under 15 (example)

Report Medico Squadra: Under 15

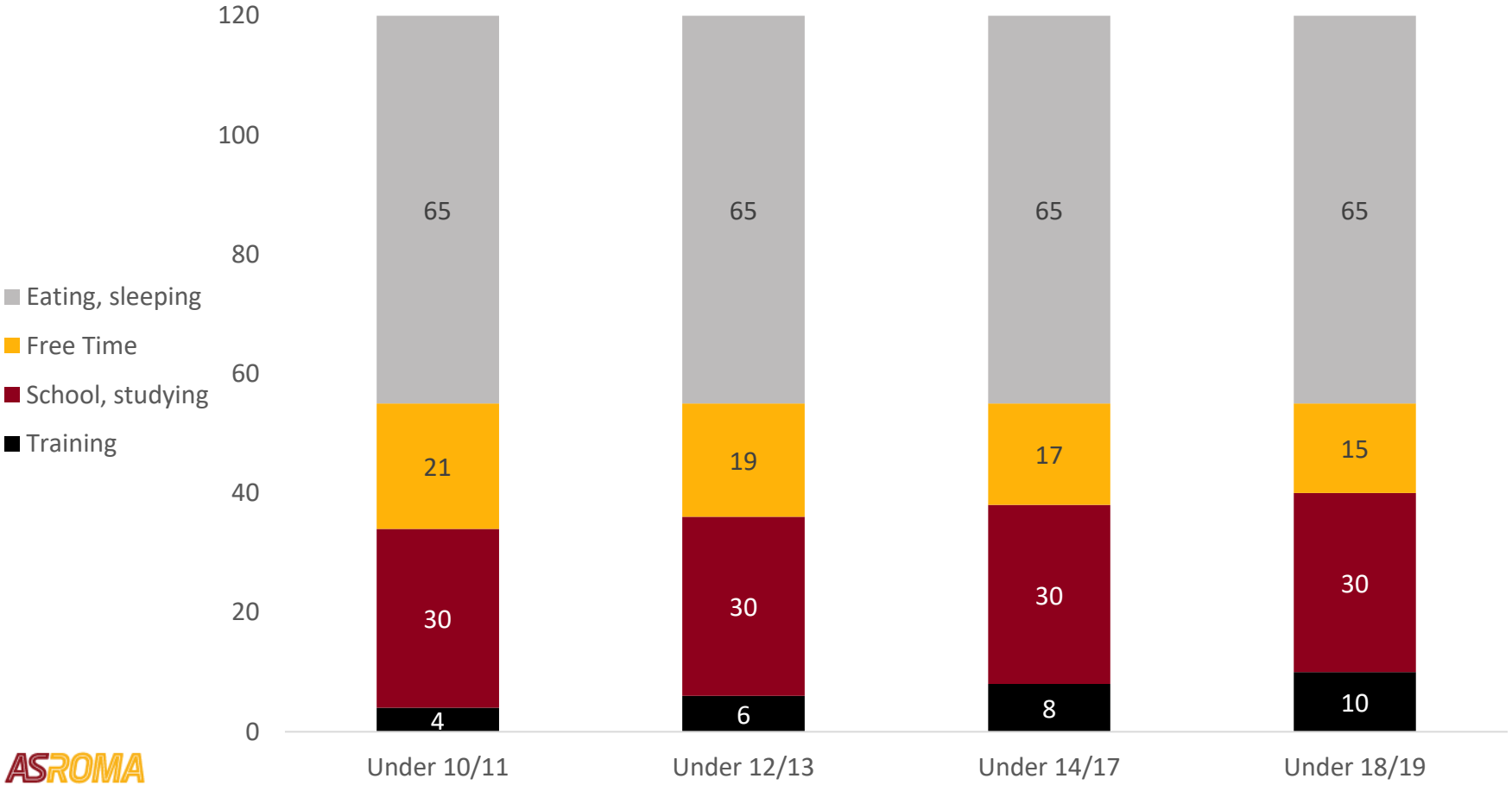
#	13/10/21 NOMINATIVO	REDATTO DA: FABIO Taborro – FISIOTERAPIA	RTP	PARZIALE IN CAMPO	ALLENAMENTO	ALTRA SQUADRA	FISIOTERAPIA	MEDICAZIONE / BENDAGGI	CHECK PRE ALLENAMENTO GIORNO DOPO	DIAGNOSI
	PORTIERI									
1		-								ricoverato Bambin Gesù Palidoro, sospetta lesione osteomielitica a livello del bacino
2					X					
3					X		gr post allenamento			TENDINITE INSERZIONALE ROTULEO
4					X			B		Bendaggio gomito
	DIFENSORI									
5					X					
6					X					
7					X					
8					X					
9					X		gr post allenamento			distorsione ginocchio sx
10					X					
11					X					
12					X				C	affaticamento bilaterale arti inferiori
	CENTROCAMPISTI									
13				X			shock termico post allenamento			esiti contusivi coscia sinistra
14					X					
15					X					
16			X						C	lieve distrazione psoas sinistro
17					X					
18					X					
19					X			M		vescica tallone dx
20					X					
21					X					
22					X			B		distorsione primo dito mano sx
23					X					
24					X			M		
25					X					

OUR MODEL

Player-oriented



Athlete Average Week (120 hours, Mon-Fri)



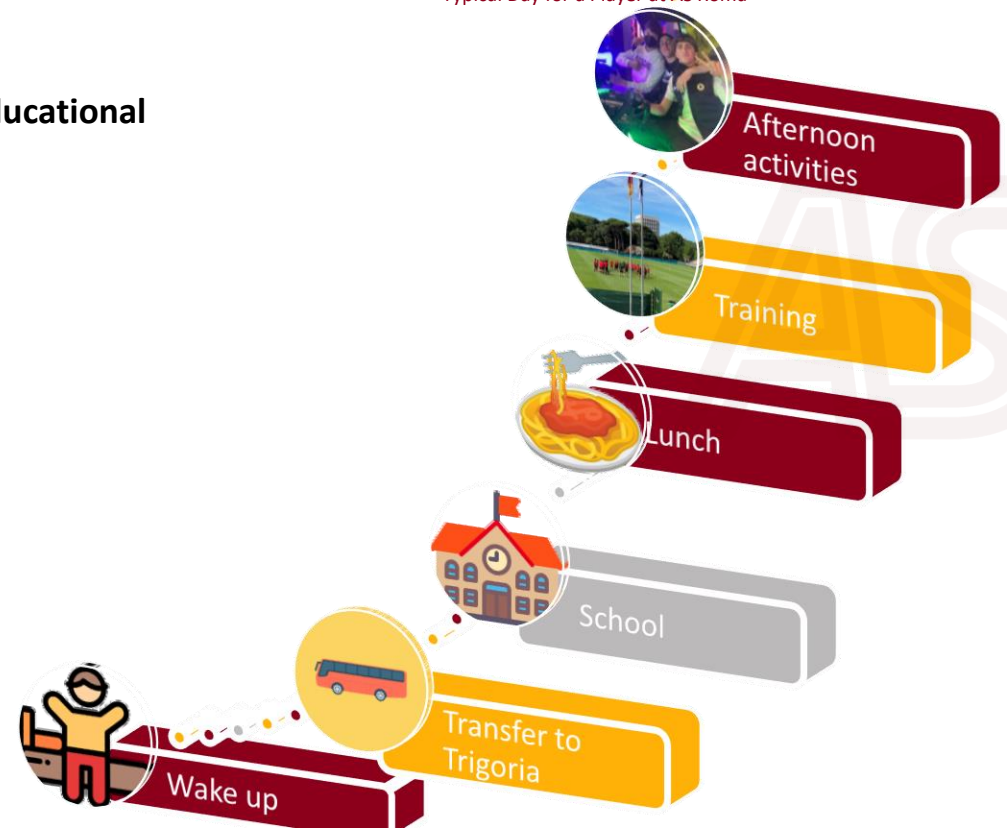
EDUCATIONAL DEPARTMENT

Typical Day

Staff members of the educational department:

- 1 Coordinator
- 5 Tutors
- 1 Cultural Mediator
- 2 Psychologists
- 1 School Tutor

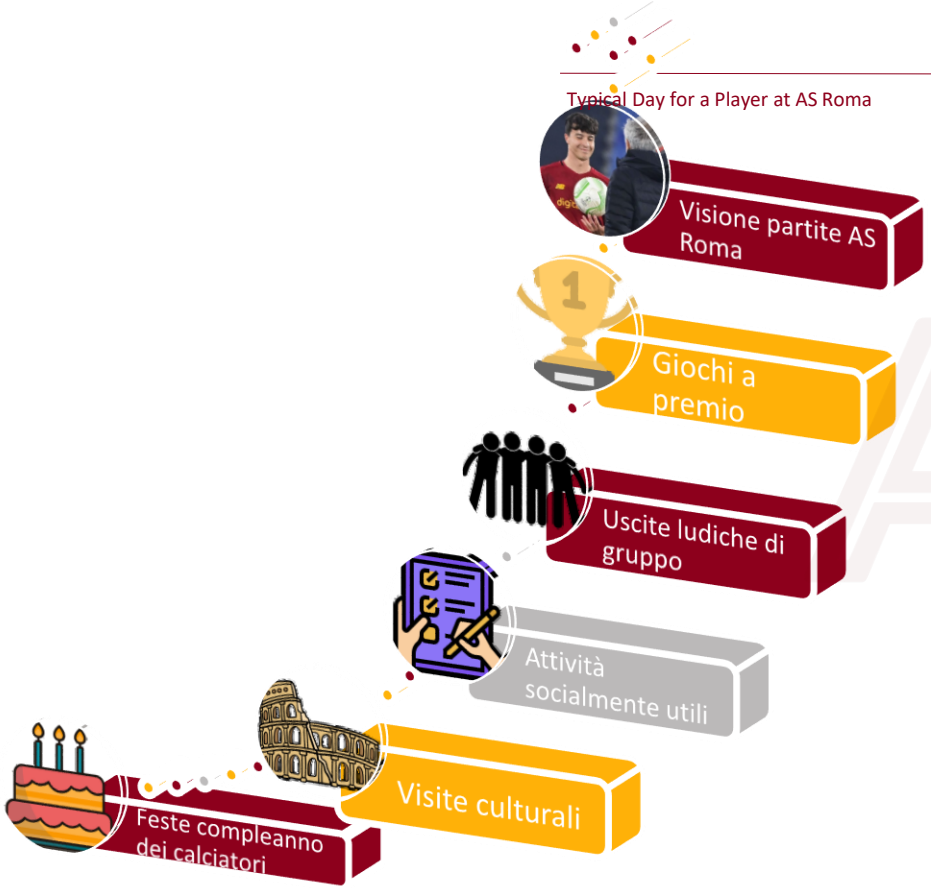
Typical Day for a Player at AS Roma



EDUCATIONAL DEPARTMENT

Typical Day – Extra Activities

Typical Day for a Player at AS Roma

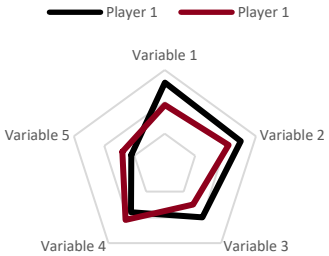


SOFTWARE

Technological integration

PERFORMANCE INDEX

(*EXAMPLE*)



AS ROMA SYSTEM

Key Elements

1. **Technical programming**
   - ✓ Tracking of training sessions and matches
   - ✓ Daily, weekly, monthly data entry from staff
2. **Medical department**
   - ✓ Injury tracking and history
   - ✓ Establish our own benchmarks
3. **Research and analysis**
   - ✓ Finding the latest and most effective methods
   - ✓ Leverage on performance data

03.

OUR GOALS

global and multi-year training PROGRAM

global and multi-year training PROGRAM

FROM THE YOUTH DEPARTMENT TO THE FIRST TEAM

General Manager

1st Team Coach

PRIMAVERA

UNDER 18

UNDER 17

UNDER 16

UNDER 15

UNDER 14

UNDER 12/13

UNDER 10/11

SOCCER SCHOOL

ASROMA

FROM THE YOUTH DEPARTMENT TO THE FIRST TEAM

THANK YOU.