

training program COACH-to-COACH



CON IL PATROCINIO DELLA



Coach-to-Coach Program Technical Training Course for Soccer Coaches

Rome/other Italian cities + Coverciano Technical Center (Florence)

Sessions from October 2025 to March 2026

Learning Objectives

The Coach-to-Coach program is an intensive training course designed for soccer coaches, offering a full immersion into the latest coaching methodologies—from grassroots development to competitive performance. Led by AIAC instructors and industry professionals, participants will engage in a unique educational experience between Rome (or another Italian city) and Coverciano, the beating heart of Italian football culture.

Who It's For

Soccer coaches from diverse backgrounds who share a passion for professional growth, knowledge exchange, and staying up to date with Italian technical standards.

Structure & Locations

- *Rome / Other Italian City*: Observing professional Top Club training sessions, cultural visits, and preparation for the educational phase.
- *Florence – Coverciano*: Classroom and field sessions held at the prestigious Federal Technical Center, home to Italy's national football team.

Sample Week Schedule

Day	Morning	Afternoon	Evening
Day 1	Arrival in Rome – Welcome at Fiumicino Airport, hotel check-in	City tour	Group dinner
Day 2	Transfer to Coverciano by bus, course introduction	Classroom session (2:30–5:30 PM)	Informal coaching roundtable
Day 3	Classroom session (9:30 AM–12:30 PM)	On-field training (2:30–5:30 PM)	Guided visit of Florence
Day 4	Classroom session (9:30 AM–12:30 PM)	On-field training (2:30–5:30 PM)	Free evening or optional workshop
Day 5	Classroom session (9:30 AM–12:30 PM)	On-field training (2:30–5:30 PM)	Friendly match between coaches & dinner
Day 6	Classroom session (9:30 AM–12:30 PM)	On-field training (2:30–5:30 PM)	Course wrap-up & certificate presentation
Day 7	Classroom session (9:30 AM–12:30 PM)	Return to Rome & observe pro team training	

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The above schedule may vary based on flight availability or professional club training calendars.



Educational Content

♦ Planning & Managing Training Sessions

- Session structure, time/space management, age-specific goals
 - ♦ *Physiological Model & Game Replication*
- Age-appropriate workload, training intensity, and types of stimuli
 - ♦ *Coaching Methodologies*
- Analytical vs. situational methods: tools, feedback, observation, adaptation
 - ♦ *Playing Principles & Systems*
- From individual to team tactics: space coverage, pressing, building from the back
 - ♦ *Positional Play & Transition Management*
- “Attract to attack”, situational awareness, and reaction strategies
 - ♦ *Function vs. Role of the Player*
- Age-based methodological differences and individual development
 - ♦ *Set Pieces & Organization*
- Study of corners, free kicks, throw-ins, and preparation of defensive/offensive routines
 - ♦ *Match Analysis & Game Preparation*
- Tools, observation techniques, application, and substitution strategies



Extra Activities

- Live attendance at a Serie A match (TBD)
- Q&A sessions with professional coaches
- Educational materials and certificate of participation