



FIGC TECHNICAL DEPARTMENT

THE FC BARCELONA PHAENOMENON

Uefa B

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Why barcelona and not an italian club?

I've been waiting for such an important occasion for months, to have the chance to write something that could underline "vices" ,"virtues" and habits of our soccer culture. Yes, i know this term paper for some aspects will look troublesome and will be contested by those in the know, but this is me, i've never lived of compromises , convinced that work pays off and that if the crisis exist it depends on the fact that somebody is rowing in a different direction.

During one study travel some months ago i've been given the chance to attend a fc barcelona training week, a real magic pass which allowed me to participate very actively in the training sessions of several categories of the "FUTBOL FORMATIVO" and that, i must confess, opened up my mind even more on principles and developements of a model society of these years. Barcelona is a sport club in which there are many sports such as basketball,handball, futsal, beside football,of course; football session consists of: youth sector called futbol formativo, 3 young teams, 2 professional juvenil A teams with players from 17 to 18, barcelona B (which is currently participating in a spanish division with players from 18 to 26), 4 female teams and obviously Barcelona first team.

The cherry on the top of this wonderful structure is the Masia, a 18th century mansion which since 1979 turned from location of the club into a residence of the youth sector of Barcelona. In this place live around 60 guys from 12 to 18 that play in Barcelona club. Inside work pedagogues, education responsables, professors, sociak educators; they stay every night and follow the young players during the time. The educational model is not the same for everyone, it is adapted to the needs of the boy, for that reason at the beginning the staff tries to understand which is the most useful educational path.

La ciutat esportiva

Barcelona youth sector also known as Cantera (which in Spanish means quarry) is a project wanted by president Nunez since 1979. The president was literally bewitched by the winning mentality of his pupil Johann Crujff and for the endless esteem that he had toward this young world class player he relied on him not only for his talent as a player but also as a coach. Together they created this project, carried on during the years with a lot of conviction and determination. Everybody from La Cantera trains at La ciutat esportiva joan ganper named after barca first president a sport complex located in Sant Joan Despi, an area in the suburb of Barcelona. La Ciutat esportiva is a magnificent giant with its 137000 square meters it consists of 4 synthetic grass fields, 5 natural grass ones, a sport pavillion used by basketball, handball, futsal and volleyball teams, lots of multifunctional common areas and a 4500 square meters residence (la Masia). Results speak for themselves: no other society in Europe can be proud of such a sumptuos sport city, 137000 square meters is the immensity of La ciutat esportiva joan gamper a centre that gives you gooseflesh. In such a soccerphobic country as italy i can't explain myself how nobody has ever thought about dedicating to this national sport the right attention it deserves structuring societies from A to Z with the due care and developing a training path that has as final development a model society that falls outside of the ongoing standards, valorizing the home grown players creating an enormous source for the italian national team

And only at that point it will be applied . In fact, the club obliges all the guys to study until 18. The relation between Macia staff and coaches is constant and trainers are always kept informed about the students' performances and how guys behave in the facility where they live and depending on these factors will be also picked the first choice players of the weekly matches. Regardless of the football scores the club wants to train young players leading an healthy lifestyle which makes them happy, besides, the leading of a good educational path is considered fundamental for a complete training of the young player. The club also imposes strict rules of conduct like for instance the fact that while still underage alcohol, smoke and tattos are absolutely prohibited, under penalty of expulsion. The 80% of the guys of the futbol formativo come from Catalona. For those living by 150km of distance from barcelona there are taxi cars picking them up and

dropping them off every day. Those ones living beyond that distance go to live at la masia, the club residence. Management costs of base futbol are around 20/25 millions of euros with a global sales volume of the club around 450 millions of euros affecting for the 4.5/ 5 %. The masia is first of all a big family, a place where new talents grow up together in a positive atmosphere in which is easy to make strong and lasting friends, where guys are taught the respect of the rules.

To put a lot of effort into studying, the importance of the team and of the being together.

La Masia

La masia is a mansion of the 18th century which since 1979 turned into the residence of Barcelona youth sector. Inside live 60 guys from 12 to 18 that play in Barcelona club. In it work pedagogues, education responsables, professors and social educators that stay every night with the guys. The educational model is adapted to the needs of each guy. Through an initial meeting with the psychologist they try to understand which is the most suitable schooling, the relation with the trainers is constant, they are continuously informed about the performances of the students and their behaviour in the facility. La masia is a big family, where guys grow up all together in a positive atmosphere, in which they make friends, where they are taught respect, rules and commitment to study, the importance of the team and of the being together, Values such as family, the importance of one's origins, of one's roots which should not be forgotten. in the education at la masia

the role of the family is fundamental, there is a daily and continuous contact. Football players such as Messi, Iniesta and many more grown up at La Masia have behind them constantly present families. Regardless of the football results, the club wants to train guys leading a healthy lifestyle and help them be happy with themselves. In the morning guys are driven by bus to the best local schools, they come back home at 2pm and in the afternoon from 3pm to 18 they study. From 7pm to 8.30 they train, then at 9.30pm they have dinner and around 11.30pm go to sleep. It is important to complete the schooling with good marks for a complete education of the guy. Regarding the training, teams have from 3 up to 5 weekly sessions, each of them lasts around 2hrs (normally between 7pm and 9pm).

Regardless of the category to which they belong, in addition to these trainings there is also a match. It is interesting to notice that, on example of Ajax, the most skilled players are given the chance to play in upper categories with players of different ages so that they can get used playing against physically stronger opponents.

Fc barcelona, a lifestyle

This one, in my opinion, is the most beautiful chapter, the one that every italian president should read again and again every night, putting back the thesis on the bedside table next to the Bible. Which is the secret recipe? Everybody can identify barcelona game, even a 6 years old child understands the game scheme and the essential elements that characteriZe it, but nobody is capable to take countermeasures. I asked the same question to tens and tens between players and coaches that have had the bad luck to play against barcelona: how to defeat it?answers have been several, from the simple ones to the most complex: short and closed team with a fast counter attack, all field obsessing pressing, individual man marking on Messi and pressing in the midfield with a defensive elastic to impede the creation of spaces between the lines, impede the reiteration of the scheme, impose to the opponent a support with a real man marking on the whole field, and so on, i could mention more. But results are clear, almost always countermeasures fail and the bubbling and effective game of barcelona prevail on the rivals. Which is, then, the secret of this club? The answer is easy and philosophical: " mas que un club" (more than a club).

Their game is not only appearance, it encloses the essence of the philosophy of being, not only the game phylosophy. The society that menages the club doesnt only menage, it also promotes with lots of initiatives in the social fabric, sport and culture. The phylosophy of the club is the one of the sportmen and of the Catalan supporters. It's a phylosophy of life, culture and sport education that you can breath either on the bleachers or on the field. There is no conceit, arrogance and pretension in the desire that players and supporters have to express a good football and be winning. The capability of everyone to play the magic of a symphony like in an orchestra, where everybody gives attention to each other in symbiosis with the spectstors that are in and out of the show. The rooths of Barca phylosophy date back to 70ies. Mixing catalan soul and technique with the Dutch mindset

of a total football was ever since the crucial point in barcelona history. a very strong imprinting that determines a unique genetic memory and sense of belonging, which are transmitted from generation to generation. The pride of playing for your own country leads Barca to press and defend with grit and determination. The acknowledgment of One's roots, history and culture creates such a strong belonging that allows players to recognize themselves and to be acknowledged through the game philosophy of the society and their people. without Cruyff, at first skilled player, then revolutionary coach nothing would have happened. On barca bench he was generous.

Cunning, brave, charismatic, the taste toward the show which becomes art. 4 simple rules: ball possession, two touches maximum, speed, pressing on the adversary; a simple and genuine way to play. But the main rule on which his theory were based is the following: fun.

because to play means to amuse oneself. The mentality transmitted during the years has this central idea, looking at Messi on the field is enough to recognize how much fun he has during every match.

Central idea

Everytime i approached a sport society i got always curious of how almost no societies follow a logical central idea of work from the youth sector to the first team. Every team has obviously its own staff but each one as a closed communit, it worries to take care of its own garden, most of the time complaining with the president because the trainer of the upper category has borrowed a player of a lower category for an important match, not looking at other problems that are more important. Living in Rome made me notice with big bitterness that neither As Roma or Ss Lazio youth sector keep a guide line, leaving their youth sector unstuck between them and, speaking of SS Lazio, even developing the categories in different sport centers, in some cases 20 km away. How does Barca work in this sense?

Trainers of barca futbol formativo have always had the obligation to succeed, not forgetting about the training task. The results arrive through a path, they never happen by chance, they are a logical consequence of a process that contextual and relational conditions

originate, through which the hard task of training is accomplished. When caring and giving attention to the process the fundamental passages of the growth are carried out. The observation step is probably the most important and delicate, learn how to know a guy, learn and try to understand the aspects about him have a fundamental importance.

Time and space are fundamental concepts in both football and life. We must not forget that teaching is also learning, if you don't learn you can't teach. Living in a club such as Barcelona makes necessary the introduction of a competitive spirit, starting from the youth sector, which leads teams to victory. Guys have to get used to winning and finding motivations and internal resources to win again, constantly looking for personal and collective improvements. The Result in this sense becomes important because it gives sense and meaning to the path, rewards the efforts and gratifies both guys and trainer. But winning is not incompatible with a good training, if victory goes through a process of education. Learn how to do everything good during the trainings, through commitment and sacrifice, cooperation and altruism, bravery and determination is the key. Individualism and personal affirmation should be a resource and not a threat for the group. In this sense one of the pillars of Barcelona philosophy is that a talent is true once shared with the team. Messi, who is the most representative player, is the most tangible example of how much Barcelona works in this direction. Like Picasso said "inspiration exists, but I find it working". Work, discipline and perseverance are indispensable values in order to get to higher aims. The style of the game system that Barcelona proposes (active, purposeful and brave) allows to work on the guy in a positive way, on the conviction, on the active participation, on the confidence, on his self-esteem and on the capability of taking a responsibility of choice in the games. The trainer lives daily with the guys in a constant, operative and intentional relation, sets and applies educational patterns to develop their personal growth potentials. This is realized in close collaboration with Masia educators, in a constant network of relations, which involves also families, considered fundamental. The trainer becomes a benchmark for the guys and the efficacy of his path depends a lot on his capability to know how to engage with them, listening to them, observing, and through comprehension and vicinity. Availability and affection are fundamental elements to valorize the person. The goal of this path lies in the acquisition of a good personal autonomy, in the capability of the guy to get through his own difficulties and possibilities with awareness, recognizing and facing them, reaching calm and wellness. The educational objectives of

the groups on the other hand aim to the achievement of cooperative capabilities, inside of shared rules. These aspects are considered essential in barcelona philosophy for the capability to interact in a group and the cooperative and collective way to play. Confidence, reliability, honesty and coherence are essential qualities of a good coach. It is important that the coach is credible, aware, motivated and coherent. The group should feel his energy, charisma and authority.

Guys access La cantera proud to be chosen, to belong to a world which follows them 360' along all the path. The coach can work on the motivations starting from a good base: his task is oriented toward mantaining always alive and renewing the motivational aspect. Motivation helps the guys overcome the repetitive and constant moments of the technical-tactical exercises , stand the load and the daily streasses of the training, react in the natural moments of crisis. The job of applied technique with the ball always present help the guys train feeling less the tiredness; the playful aspect in fundamental to overcome the inevitable moments of alienation. Training while having fun allows motivation to find always new energies. Eventually the great secret is simpler than what one can imagine. Barcelona at La cantera teaches its players a model of game based on the 4-3-3 even if at the beginning among the youngest ones the 3-4-3 is preferred. One of the secrets of this youth sector is that new talents start playing almost immediately with the same scheme of the first team. In this way the guy who start playing in the Liga or Cups acclimatizes himself right away to the game mechanisms since he's been using such scheme for years.

Selection in the youth soccer

In Italy we are used to a natural and most of the time physical selection. More and more societies think that physique is fundamental in modern footnall, discarting excellent elements just because of their shape. In the choice of a young player who accesses La Cantara the appreciated aspects by Barcelona are many and none of them absolute: Intelligence, rapidity, technique and a determined character. These 4 values, are not unavoidable in global terms and can be compensated by other qualities. Many are the important aspects that trainers take into account before keeping files on a player. They dont pay attention to the physical and technical qualities while is very important taking into

account the character, the sacrifice, the mental strenght, aspects which are part of the evolving personality of the guy

From 13-15 when the physical development starts taking shape there is the first selection of the talent. This is the age in which players such as iniesta, messi etc arrived to the club. The guy starts forming and the essential characteristics of who wants to be a football player emerge. It is necessary to wait until the end of the adolescence to know which kind of personality and aptitude he will develop. The common thought of many youth sectors is that tall players with physical robustness are more competitive and have more advantages if compared to the small ones, quicker and technically capable. The physical strenght maybe garantees immediate results therefore future physical growth os not taken into account. For barcelona , however, the shape is not a discriminating factor, it is proved by the fact that barca players are on the average the smallest in the world.

Game scheme

Barcelona at La cantera teaches ,as we previously said, the 4-3-3 based on obsessive ball possession, hence we dont get surprised by information telling us that the first team had on the average in 2011 a ball possession over 65% both in spain and champions league. This level of possession is guaranteed by a thick weft of fast passes often realized horizontally with changes of pace and long balls executed only when there is an optimal pass line. This model can be effective only if the individual technique of the players on the field is very high and it's for this reason that on the time being just a few teams in the world can afford to emulate barcelona game. The youth sector is trained for years on the cry of "pase y control" (pass and control) to develop that fundamental individual technique in order to be good performers of the 4-3-3. This possession for such a long time can guarantee some advantages:

- To make very difficult the pressing of the adversary: during the time used by the player to go press the opponent with the ball, it has already been given to another player. To be able not to Lose the ball when continuously pressed, barca players must be incredibly good at dribbling and controllin the ball. That's why, differing from

a lot of societies , players are selected first of all for their technical, tactical, character and mental qualities and only after for the physical ones.

- Moving forward while possessing the ball keeps the team always short (?) and compact and guarantees a minor loss of physical energies with all the players on the field participating in the defensive and offensive phase.
- It reduces the chances and the opponent's available time to conduct dangerous actions.
- It forces the adversary to follow the ball and get tired.

The 4-3-3 allows the team to make continuous triangles, from the defense to the forward line creating a game that obliges adversaries to get out from their area in order to get either 1 against 1 or 1 against 3. Besides, since the team is always short and compact in case of loss of the ball in a second Barcelona team, through a good collective pressing, is capable to defend most of the time with a numerical superiority , or 2 against 1 or 3 against 1 and only rarely 1 against 1.

Barcelona is an extraordinary team having perfected to the fullest the concept of playing between the lines. The real difference is the process of choice that every football player makes before getting the ball, which always and constantly leads him:

1. to be distant from the adversary and to have one second or two of time in which he makes the best choice and make the ball possession even more lasting.
2. to be already launched as opposed to the adversary, hence to have an advantage in timing on the ball and on the depth.

This is first of all a mix of lucidity, mental and physical preparation, athletic freshness and speed, which are linked elements: they strive less, move better, but run a lot finding themselves in the right place at the right time.

Another great merit is to avoid the backward movement once the ball has been taken by the opponents. The pressing of the entire team to get the ball back as quick as possible is immediate and represents another crucial characteristic of Barcelona.

The club of Catalonia has great merits and excellent qualities. It's an incredible blend of technique and above all athletic qualities regarding timing and execution speed, capabilities of being always on the move without giving clues to the opponents. In order to do that it's necessary to have good feet, to be anatomically quite young, have a low incidence of injuries and a big confidence in one's means. These elements are often absent in the Italian teams.

Let's analyze a situation of attack

This one is yet a variation that makes us exactly understand why Barcelona game is effective. Iniesta is in a free area of the field, so is Messi. Pedro is already moving as opposed to the adversary in the good corridor, while Villa (not framed) is in his large retreat on the left. Villa is the player who overlaps less than others, more static. This is a Guardiola's choice, former Barcelona coach. He knew that his strongest side was the right one, where there was Alves overflowing and an effective Pedro, together with Messi, strengthened this duet with continuous shifts in order to make the movement that we are going to watch, possible. Villa was often positioned on the side of the opponent fullback, who presses more, this forced him to stay low. Whenever this didn't occur it was common to see Alves more halted backward. It is quite rare to fully understand the movements of a team from a single screen shot: with Barcelona is easier because everything is very repetitive. To trivialize (but not much), they have only one scheme with endless variations on the theme. The red circle is the weak area that they created in the scheme of the adversary: in turn everybody merges in. Either rightside or leftside don't make any difference. In this case Pedro moved to the center because Messi moved to the left (normally he hits more from the other side) and Villa remained very high and quite backward. The fullback that followed Pedro came to the center; in the midfield every coverage is collapsed and Barca team got dangerous.

Here is one of Guardiola's variations in the last 12-18 months: the 3 men defense in the setting phase is also often kept in the coverage phase. Keita owns the ball and sets: villa's positions are clear, the duo messi-pedro, while iniesta is varying as usual. It may look like a strained line but we will see later that it is not this photo shows the normal evolution of the scheme, first 3-4-3 with messi as fake-striker; in this case pedro came to to center again leaving that already seen empty space for Dani Alves.

Look at the fullbacks (image 5), always very large, and see how barcelona occupies all the field horizontally to keep the adversaries slow: that allows them to create passages between the lines, and in these passages phenomenons such as iniesta and messi slip in with one of them, the large forwards and Alves attacking in depth. In this case iniesta gets the ball while coming to the center. Messi starts that movement which is going to leave space to Pedro, who decides whether to move to the center (in order to leave space to Alves) or remain large, waiting for Messi or Iniesta to come back.

Xavi (image 6) gets the ball from Pedro, who moves to the center to look for a crossing with Messi, while Alves attacks in depth: it's a 2 against 1. However, the real jolly is iniesta , who uses the space created by Messi in the midfield and by Vill remained large: from that position he can decide to serve 4 teammates that have the advantage to be all running as opposed to the opponents.

Here is (image 7) what Iniesta and Messi in the attacking third mean. While Villa and Pedro are large, Alves saw the empty space between the lines which is the nourishment for Barcelona. What should be noticed is that Barcelona players dont lean on any defender: their 1 vs 1 must be always realized with speed.

Messi (image 8) has come to get the ball here on the right, like he does very often while Pedro moved to the center.: with Iniesta they become the owners of the empty area marked by a red circle. While Alves always has the advantage to be able to attack in depth Xavi is always central and always in the same right position to support his mates. It would be useless to indicate where Villa is positioned...

One of the variations when barcelona starts having some difficulties (image 9). The forwards remain very large, so do the fullbacks but Xavi goes to thicken the attacking third line. It's the 20th minute an he didnt change the score yet

At this point you should have learned Pedro's movements to let Alves free (image 10), with Iniesta and Messi already in numerical superiority on the attacking third: out of 4 opponents 2 are without a man (?) and will be caught merging in. If you take some random screen shots of a barca match it is plausible that you will find such schemes. Barcelona, indeed, repeats them with obsessing persistence. Incredible additional note: the ball possession is not its real strength, it is protracted for 3 simple reasons:

1. the adversary gets frustrated. He doesn't run more, because Barcelona statistics are clear: they run much more than their opponents. Frustration is the weapon.
2. they endure less: the more you have the ball the less you endure, the equation is even silly to repeat.
3. the most important one : have the ball between your feet allows to make wrong movements more and more times until they will be made as they are supposed to and triggered by the refined and smart feet of Iniesta Xavi and Messi, 3 of the players that make Barcelona game run. The persistence of the scheme doesn't have an end for itself thus it has the aim to reiterate the attempt until it comes out in the right way.

Means of training

The most used means in all categories are: ball possession, position games, piggy in the middle, exercises keeping the positions, exercises functional to the game where it is possible to find transverse contents and objectives which are about technique, individual tactics, and collective organization both during the possession phase and non possession. Position games are particular ball possessions where there is correlation with the game system :-They represent an evolution/ specialization of the general ball possession-They are necessary to train a single athlete in a possession depending on the role he will play during the match- Pass lines, tackles, controls and everything regarding individual technique/tactics find in these exercises a big specificity Some examples used during the training phase.

The player is a functional unit : all the manifestations should be optimized without evening them out, specializing some properties rather than others. The priority is the game and the chance for the players to express themselves: it's not about better kicking the ball, running more, it is about intervening in harmony with who is playing. Nobody plays a better football because he is physically better. It is important to analyze the qualitative aspect of the associated interventions.

The context determines the player's value. What we do is inseparable from with whom we do it. To call into question what looks logical: things can be how we imagine them or right the opposite, we don't have to think about determined processes. The player as a knowledge producer and bearer of the model, it is the player the one who builds meanings. The player is not a target, a document which has to be filled in, the coach can't turn the game into what he wants it to be. It's important to discover , respect, make visible and potentiate the properties emerging from the smart interaction among teammates. For this reason the trainer will have to structure the training session into different situations:

- Form of movements which contain basic coordinative elements and support of the sportman's technique;
- Conditional proposals based on some functional systems of the football player;
- Preferential simulated situations: Relational exercises with mates/adversaries/objects that take into account the socio-affective and emotional-willful sphere of the player.

The training objectives are to gain a physical preparation and an adequate technical level, developing one's talent in the game system. In order to do that it is necessary to work on all technical aspects : the shot, the direction, the 1 vs 1 , the heading, and above all the pass and oriented control, the 60% of the technical work is based on these 2 fundamental aspects. Pass and control are the most important technical aspects in the game style development of the club based, also in the youth sector, on the ball management and game tempo. The ball is constantly present during the training. In the futbol formativo they don't worry about the score, they do worry about the game style, it is important to win playing a good game, having a fair behaviour toward the opponent and trying to score more than the opposite team.

Messi declared in several interviews: when i was a child they taught me not to play in order to win, but to improve the skills as football player. With barca we trained everyday with the ball, i've almost never done a training openly aimed to develop my capabilities" the figure of the sport trainer is present from the Juvenil B category up. The physical preparation starts from 16 on, always in a global form, using movements and exercises.

To allow a growth of all the guys trainers of these categories are obliged to let each of them play at least 40% of the match. All the teams use a basic system of the first team, the 4-3-3 and as alternative the more offensive 3-4-3. The tactical aspects on which they work are on an offensive level: tackling, choice of the line and of the corner of passes(on the feet, low balls, game changes); on a defensive level: man marking, coverage, anticipation and pressing. Every training week is based on a specific technical tactical and offensive/defensive objective

The structure of the training session is formed of 5 phases:

1. warming up: it is almost never done abruptly and in a traditional form, the ball is usually used.
2. first part: specific work on technique through the combination of technical actions
3. second part: piggy in the middle , position games, exercises with defined positions
4. matches 7vs7 with or without using a jolly , mini matches of 3 teams, care of the session objectives
5. cooling down: it is useful to create an habit in the player of the youth sector.

Means of training

The most used means in all categories are: ball possession, position games, piggy in the middle, the exercises mantaining the positions, exercises functional to the game where it's possible to find transverse contents and objectives.

Examples of training sessions

These are the observations on the training methods for the several young categories observed:

Pre benjamin training Handball 6vs6 one ball

With the feet, 6 balls for 12 players. I play the ball and attack the player to whom I give the ball. 12' in a space of 5x5 2 groups of 6 players play piggy in the middle 4vs2 15' ball possession (20x25 space) 4 blues and 4 reds vs 4 yellows. 4 yellows and 2 reds jollies in the triangle, yellows press, the others get a point after a certain number of passes. The coach asks for the substitution after some time.

3'-4' passes in pairs 8' make believe exercises, cross, and shot. A keeps the ball for around 10mt, fakes the cone, continues for 10 mt more, fakes the cone and crosses to B who slipped into the area B1; the same for D and C.

8' Make believe exercises, cross and shot: A plays for B who gets the ball opening with the left foot, keeps the ball for around 10 more mt, fakes the cone and crosses toward C who merged into the area (C1), the same for D, E and F.

15' make believe exercises In a 15x15 space with 2 goals. Children start from the back of the field, they play 1vs1 to eventually shot; who scored takes the ball and starts again. If the goalkeeper catches the ball he plays it with whom defended.

Infantil B training Warming up without ball 2x12 for example for shooting A keeps the ball (around 2mt) Plays toward C who gives it back to A, A plays toward B who controls it oriented with the left foot, he shoots it toward C who turns with his left one, passes it to D who orients himself with his left one and shoots, the same thing happens on the other side. Everything is like in the previous scene with the exception that the forward D instead of receiving on his feet, imposes the pass in depth for the shot.

2x12' reds vs 4 yellows + 2 blues Blues start the action, they are supportive, don't merge in; yellows have to keep the possession; reds have to get the ball back and bring it to the

blues with many passes. Blues launch towards reds that control or ward off getting higher with the defense and attacking.

3x6 6 reds vs 6blues +6 yellows in a space of 30x 30mt the 6 reds have to press to get the ball back which has to be held by blues and yellows with 2 touches ; every 10 passes is a goal. If reds get the ball back they score if they can execute 3 passes. Yellows and blues either inside or outside have to attack.

Immediately, in order to impede the 3 passes, every 6' there is the colors switch. 20' match; 6 reds vs 6 yellows + 2p + 6 Blues : the 6 blues outside wait.

Juvenil B training

5' warming up without the ball 3' 4 balls passes in the midfield 2x10 + 1+5' Rec 1 abdominal exercises.

4 reds vs 4yellows vs 4 blues + 2 jollies (10mt x 10mt space) Reds have to execute 10 passes and then game change for the yellows. If blues intercept, reds go to press in 2, if not the 2 blues stopped in the intermediate area go to press the yellows. They always play a 5>2

2x7 rec 1' (both to the right and to the left)

Ac, ca, ab, bd1, d1 cross toward B1 and A1 that have merged. C after passing the ball to A puts on a split behind the picket, leap over the obstacle and go to get the cross. B after passing the ball turns around the pickets , leap over the obstacle and go to get the cross. D skips between the pickets on the floor, countermovement, turn around the picket and put on a spit to the side to get the ball from b and cross. D starts the movement when he gives it to C

25' match 4 reds vs 4 blues vs 4 yellows + 1 jolly + 2 goalkeepers

Blues are passive outside. The team with the ball possession stays large and with 2 fullbacks, substitution is asked by the coach (after 2'-3') or after the goal. If defenders know the ball, the goalkeeper starts the game with the hands.

Conclusions

I'm sure that i've ventured into a thesis which will make argue a lot. I'm proud to be born in Italy, however, i believe that i had a great luck in my life: i' ve travelled a lot. In every cultural experience i've always managed to get into people's mentality which i experienced absorbing the good and the bad side of every culture. I firmly believe that fc barcelona model it's victorious, studied until the smallest detail and hard to clone for the reasons mentioned in the thesis (but not impossible, though). We need a project of many years (in italy we tend to want everything right away) ,huge investments. Only in this way it will be possible to open the donation season and make that incredible dream of seeing children growing at the same time sportively and culturally come true, making the society evolve and at the same time forming a model society which would be the pride of our flag. I'm ready for it.

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