



JUVENTUS TRAINING SESSION  
July and August 2021



VERDURA RESORT  
SICILY  
A ROCCO FORTE HOTEL

# Juventus Training Session



## Juventus Academy

Guests aged five to 16 can enjoy a special experience, where they will meet new friends, practise football and just have fun. The professional Juventus coaches will share their knowledge with those who want to live a “black and white” summer experience on our full-size football pitch, surrounded by an amazing landscape of mountains and orange groves.

Since its creation, the Juventus Academy has provided more than 100,000 youngsters with unforgettable experiences.

JlAcademy employ a team of highly qualified coaches to communicate Juventus values to young players, as well as teach important technical skills.

Kick off your summer at Verdura Resort with Juventus Training Session.

# Juventus Training Session



## TRAINING PROGRAMME

Briefing and warm up	Explanation of training goals and psychomotor activation.
Training session	Specific exercises for technical skills improvement. Exercises in groups and teams.
Final match	The best way to exercise acquired skills at the end of each training session.
*Personal programme	Training based on personal improvement. Targeted and personalised coaching, with coach-to-attendee ratio of 1 to 4.

*\*Upon request*



# Juventus Training Session



## Information

**Age:** from five to 16 years old

**What's included:**

- 2 hours of coaching daily with Juventus trainers
- Kit Juventus Academy Adidas:  
2 t-shirts, 2 pairs of shorts,  
2 pairs of socks and a backpack
- A maximum number of 30 participants
- Certificate of attendance

**Prices\*:**

Four day programme € 370  
Five day programme € 405  
Seven day programme € 485  
Personal programme: € 50 per day

\*Families participating with more than one child get a 10% discount on the programme. Rates are per attendee, exclusive of VAT. A seven days advance reservation is required. The Academy will be hold with a minimum of 5 participants.

## Objectives

### Ball Control

Using all the anatomical parts of the foot. Awareness and ball control.

### Dribbling and Dummying

Dribbling phases (control - dummy - change speed).  
Protecting the ball.  
Getting past your opponent.

### Passing and Control

Controlling the ball front-on.  
Passing with the inside of the foot and controlling the orientation of the ball.  
Creating passing spaces.

### Shot taking

Free kicks.  
Kicking a moving ball.  
Kicking from different positions.



NEVER GIVE UP!

JUVENTUS  
ACADEMY







VERDURA RESORT  
SICILY

A ROCCO FORTE HOTEL

For further information and reservations:  
Email: [reservations.verdura@roccofortehotels.com](mailto:reservations.verdura@roccofortehotels.com)  
Tel: +39 06 32888630