



Marek Dragosz

training youth in Benfica Lisbon

based on experience with the coaching internship
for trenerportal.sk



Octal Champions League finalist and two-time winner of the European Cup (1961, 1962), three-time UEFA Cup finalist, 33-time champion of Portugal, the 24-times Cup winners this country and 4-fold winner of the Super Cup.

The sixth club in the world in a market sectors including organizational, sports, financial, and marketing.



It has the most registered fans in the world, ahead of such clubs as FC Barcelona and Manchester United.



Implementation of the training model adopted as a priority for a club like Sport Lisboa e Benfica. The main task is the quality of education and training designed to hone the skills of the player at all stages of education (of Benjamins to Juniores).



General Objectives



**Having a consistent player profile
SL BENFICA at every level
training.**

**The elimination of
shortcomings
and enhance skills
each player**

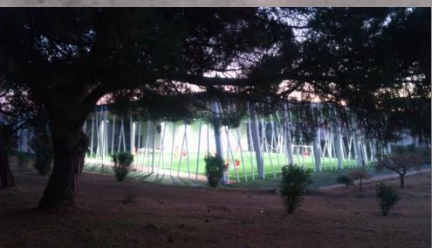
**Monitoring of all stages of
development of each
player**



SCOUTING

MENTALITY

TRAINING MODEL





**general
organization**

Biomechanics

Nutrition

**Player
model**

Physiology

Psychology

**talent
identification**



Characteristic tactical-cognitive

(positioning, movement, setting horizontal and vertical pitch, perception and understanding of the game)

Characteristic psychological

(leaders, motivation, courage, concentration, communication, reliability and attitude competition)

Characteristic anthropometric

(height, weight, body composition, the length of the arms, the shoulder width, the length of the body in upper and lower parts)

Characteristics motor

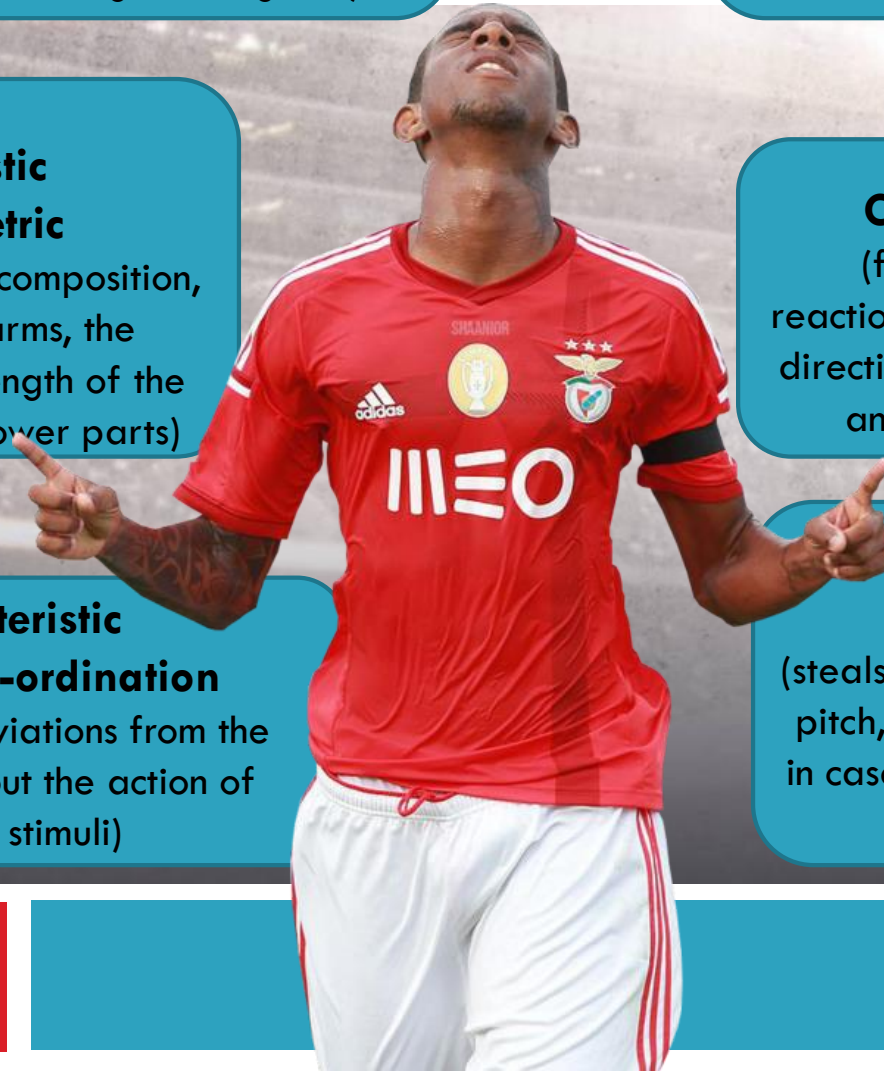
(flexibility, agility, speed reactions and changes of pace and direction of travel, power, strength and regenerative abilities)

Characteristic Technical co-ordination

(reaction and deviations from the action and without the action of external stimuli)

Characteristic tactical-technical

(steals, playing in the sectors of the pitch, high load, peripheral vision in case of 1X1, the rate of change Use legs)





psychological characteristics

LEADERSHIP

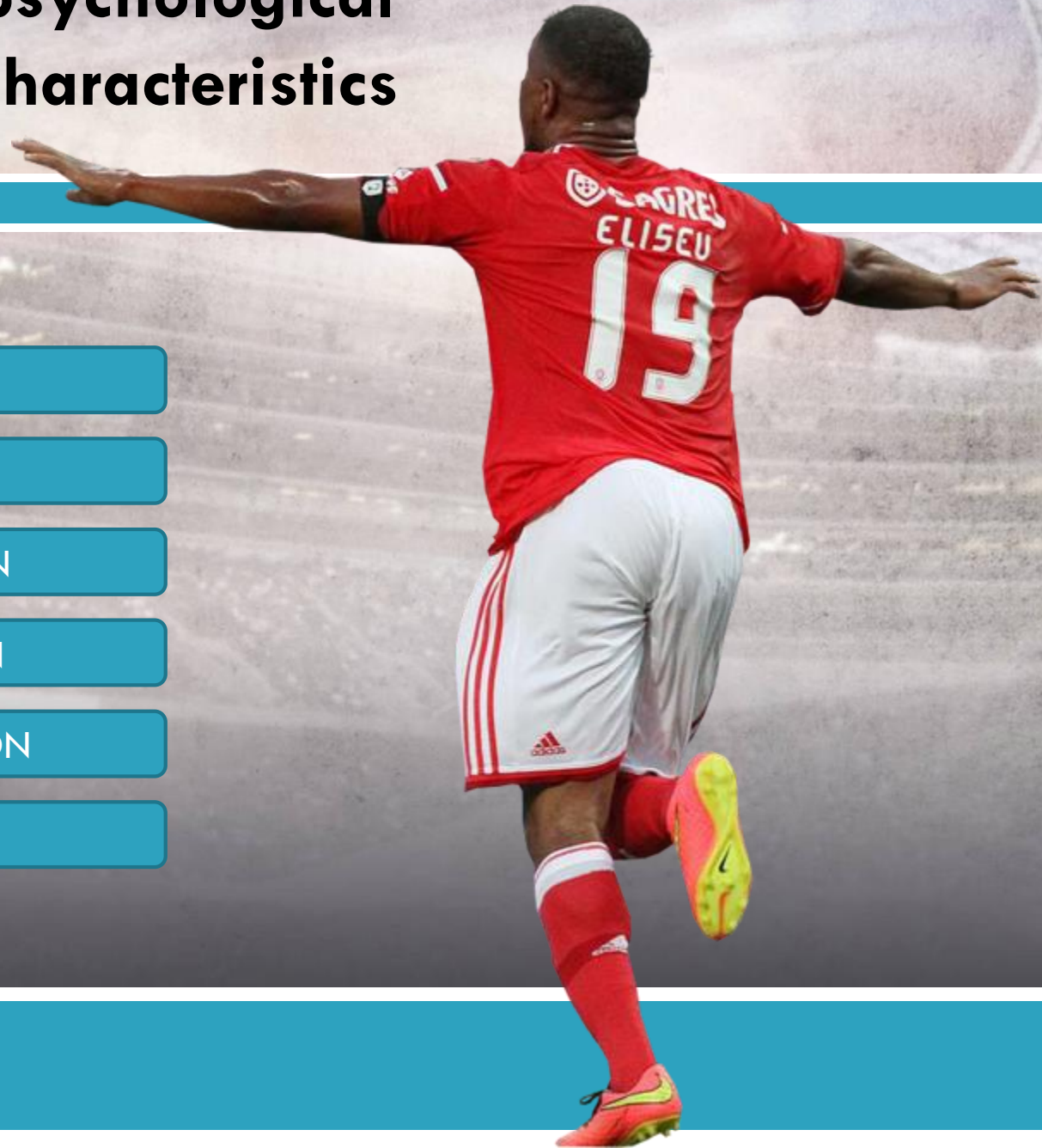
MOTIVATION

COMMUNICATION

CONCENTRATION

SKILLS COMPETITION

CONFIDENCE





planning and methodology

training model player on the methodological level is divided into two stages:
Iniciação (football 5- and 7-seater) and Especialização (football 11-person).

Traquinas/Petizes (5 – 9)
Benjamins (9 – 11)
Infantis (12 – 13)

Iniciação
(U-9 - U-13)



Iniciados (14 – 15)
Juvenis (16 – 17)
Juniores (18 – 19)

Especialização
(U-14 - U-19)





planning and methodology

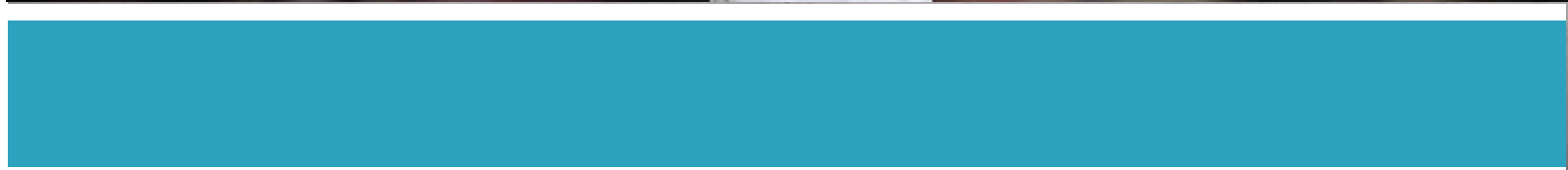
Jogos Lúdicos - fun and games whose main purpose is not correction technique or tactics, but all-round development of coordination, strength, dexterity and agility. Players who experience these ground quickly assimilate all subsequent acts football and more effectively use them in the game.

Ações Técnico-Táticas - These are exercises that aim to take action tactical and technical. Their aim is to ensure maximum perfection and high as possible, so as to ensure maximum effectiveness in the context of the game.

Situações de Jogo - Match situations, designed to recreate moments that happen in the game, but to a much lesser extent in conjunction with the technical and tactical elements so that the coefficient of performance took on another dimension.



Projecto “Eagle One”



**THANK YOU FOR
YOUR ATTENTION !!!**