



A REVIEW OF TRAINING TIME & GAMES PLAYED AMONGST YOUTH FOOTBALL CLUB ACADEMIES FOR THE UEFA 'COACHES CIRCLE 'EXTRANET

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Club (Source signified by symbol)	Hours spent training per week		Games Played Per season	Residential Provision?	Total break /holiday time per year inc. Summer & Xmas	Est. No. of Hours of Practice time by the end of the season of the 19th birthday (exc. games)	Key Features/Additional Aspects
Real Madrid *	8-13yrs	6hours	30	From 14 years of age	4 weeks	4600	<ul style="list-style-type: none"> -Agreement ('conventions') with over 200 nursery clubs in Spain -Second Team play in the Spanish Second Division -Third team in Spanish Regional Third Division

						-3 further teams for 17- 18 year olds
Barcelona +	<p>Under 10-Under 14 :3 sessions – 6 hours per week</p> <p>Under 15-Under 17:4 sessions – 8 hours per week</p> <p>Under 17-19 : 8 sessions per week – 16 hours</p>	<p>30</p> <p>35</p> <p>40</p>	<p>100 players at the 'La Maisa'</p> <p>Academy from 13-18 years of age – 60 of which are boarding and 40 day students</p>	4 weeks	4600	<p>All players from 13 years of age attend one of two local private schools</p> <p>Agreements with 100 + nursery clubs in Spain</p> <p>Second/third teams in Spanish Lower leagues</p>
AC Milan *	<p>10-12 years of age: 2 sessions per week x 2hours= 4 hrs</p> <p>13- 15 years of age: 3 sessions per week x 2hours= 6 hrs</p> <p>16 -19 years of age: 4 sessions per week x 2hours= 8hrs</p>	<p>25</p> <p>30</p> <p>40</p>	<p>From 14 years of age in a Hostel</p>	4 weeks	3000	<p>Milan has 'Partnerships' with 60 Amateur and Junior Clubs in Italy, 6 of which are in Milan.</p> <p>Milan also provide a coach education service for all their 60 Partnership clubs : 8 times a year they organise an In-Service Training Day for the coaches at the 60 clubs and invite them to Milan at Milan's expense</p> <p>No 11- a-side until the Under 12 age range</p>
Bayern Munich *	<p>8-16yrs :</p> <p>8 sessions x 1 hour per week = 8 hours</p>	<p>From 12 years of age : 20-25 games</p>	<p>From 16 years</p>	4- 5 weeks	5200	<p>- 5 sessions per week (one hour daily) in curriculum time at 3 Specialist Sports Schools in Munich with whom the clubs works and where the club has an allocation of 15 players per age range per school</p>

	16-19: 6 sessions x 2 hours per week = 12 hours	per year 35				<p>-3 additional sessions per week at the club</p> <p>- 10 Partner/Nursery clubs throughout Bavaria</p> <p>-Bayern's Reserve team play in the German 3rd Division (South) and a regulation of this league is that a Reserve Team like Bayern must only have 3 over 23's in their squad. Existing DFB regulations also require each of Bayern's teams below the first team to include in their squad 12 players who are eligible to be selected for the German National Team.</p>
Ajax *	6-9yrs :3 hours/week (inc small sided games) 10-12: 4 hours per week 13-17 :9 hours per week 18 -19 : 12 hours per week	- 25 30 40	Occasionally in lodging but as a club policy no Hostel	4 weeks	4300	Ajax now recruit players from 6 years of age For the age groups Under 13 to Under 17 years of age Ajax have developed relationships with over 60 schools in this area to allow their players to get out of school at 1.30pm on two days a week. On these days the players arrive at the Ajax Academy and begin with a training session followed by shower, dinner, homework and then a second session before being taken home by one of the 25 Ajax Minibuses. These arrangements allow these age groups to achieve 6 practice sessions per week
FC Twente Enschede * and FC Heracles (Holland)	Under 10-12 : 3 x 90 mins -4.5 hrs per week Under 13 : 5 x 90 mins per week – 7.5hr per week Under 14 – Under 17 : 6 x 90 mins per week – 9hrs per week Under 18 & Under 19 : 14 hours	25 30 35	No	4 weeks	4100	<p>-A 'Joint Academy ' involving 2 Top League Clubs in neighbouring towns aimed at reducing costs All players 12 years + go to the same Secondary School Stedelyk Lyceum school and from 16 years to the University of Enschede No 11- a-side until 12 years of age</p> <p>Also in Holland :-Vitesse Arnhem and AGOVV Apeldoorn are also operating a similar 'shared 'Academy</p> <p>-Fortuna Sittard, FCVVV, MVVMaastricht and Roda JC are creating a joint venture to train the best talents from the whole region of</p>

		40				Limburg
Dinamo Zagreb *	Under 8-12 : 4 x1.5hrs= 6hours Under 13- 15 =7.5hours Under 16- Under 19 : = 14 hours	25 30 35-40	No but some in lodging	4 weeks	5200	No 11-a-side until Under 12 season
Rosenborg *(Winners of Norwegian League 15 out of lat 17 years)	Before 15years of age Players will train for approx 300 hours in total per year (3-5 sessions per week) with their local grassroots football (except for very local players who train one a week at the Rosenborg club. 15-19yrs. : 600 hours per year (8 sessions per week: 3 at the	Players play maximum 35 games in local grassroots football and 40 games maximum from 15-19	-At 15 the best players are taken into one of two High Schools in Trondheim. -Residential Accommodation for non local boys	Short Xmas break. Emphasis on winter use of indoor areas & max use of outdoor during	5100	-The club look upon their 'Academy' as 'finishing school for 15 year olds rather than a 'starting ' school for 7 year olds -Except for a annual summer camp the club chooses leave the best local players in local grassroots football until 15years of age -the club has provided support (3 + million euros) for over 200 local club facilities & free training for local club coaches -Second team in Norwegian Second Division & third team in Norwegian Third Division& -Regular Qualifiers for the league stages of the UEFA Champions League

	school and 5 at the club)	years		the summer		-Highest % of Home Grown players in UEFA CL season 2007-8
Galatasaray * (Turkey)	10- 12yrs : 6hrs 13-15 : 10 hours 16-19 : 14 hours	25 30 35-40	Yes from 14 years	4- 5 weeks	5000	
Sao Paolo FC~ Brasil	Under 12-Under 14: 15 hours per week Under 15-Under 19 : sessions 20 hours per week	28 36-40	Yes-up to 200 boys from the age of 12 years of age	N/A	7000	
The Krylia Sovetov Academy in Russia # Russia were UEFA Under 17 Champions	Two 90 minute sessions per day 5 days a week :	30 per season	200 players from Under 12 to Under 19 years players live in a specially built Academy		6000	A private football school founded in 1999 by Yury Konoplev investing over \$30million; a businessman, who died suddenly in 2006.The Academy, is now funded by Roman Ambraovich's Academy of Football Programme. The relationship between the Academy and Chelsea FC and CSKA (sponsored by Sibnet – an Ambravonich oil company) is unclear It is located not far from Samara, in Primorskiy Region about 1000

in 2006 & almost 60% of the squad came from this Academy						<p>kms east of Moscow</p> <p>The Academy first team (Under 19's) play in the Russian Second Division</p> <p>Three Graduates were sold in 2008 one to Spartak Moscow and two to CSKA,one of whom Ryzhov was the top scorer in the Russia 2nd Division and a member of the Russian 2006 Under 17 team</p> <p>Coaching and Selection involve about 1000 players per year from throughout Russia: Russian only players. Education is free</p>
Typical French Academy ^	U10 270mn U11 270mn U12 360mn U13 450mn U14 450mn U15 630mn U16 630mn U17 720mn U18 960mn U19 960	22 22 24 30 36	Some from 14 years	4 weeks	4600	
Bolton Wanderers //	U7 & U8 : 3hrs per week U9- U11: 4.5 hrs per week U12- U16:9 hrs per week Under 17-19 :12 hrs per week	tbc		10-12 weeks	4100	Two full days absence from schools from Under 14-Under 16 as part of the 'Gifted and Talented Programme'
Chelsea	Under 8-14 : 5.5 hrs per week Under 15: 6hrs per week	tbc		10-12	3700	Two full days absence from schools from Under 14-Under 16 as

//	Under16 : 7.5 hrs per week Under 17-Under 19: 12hours per week			weeks		part of the 'Gifted and Talented Programme'
Fulham //	U9 & U 10 : 5hrs U11- U14 :5.5 hrs U15 :7.5 hrs U16:8 hrs U17-U19: 12 hrs	tbc		10-12 weeks	3500	

Sources:

*Visit by R.Russell

Written details and meetings in Moscow with the Russian Football Union

+ Research by the LMA published in the FA Journal 'Insight'

~ Visit by C.Simmons

^ Provided by Damien Comolli, Sporting Director, Tottenham Hotspurs FC

// Provided by Huw Jennings, Director of Youth, the FA Premier League

Perceived Common Factors:

- Innovative and Imaginative tactics to increase practice time including effective links with local schools to gain more practice time in 'school' curriculum time through adapted time tables for gifted young players. In the UK this can be achieved through the government (Dept of children, schools and families)Gifted and Talented Programme .Ref : <http://www.standards.dfes.gov.uk/giftedandtalented/>
- Little evidence of long breaks from training in the summer or at Xmas outside of England
- Low number of games & small sided (4/5/6-a-side) until 12 years of age (except Ajax who start at 10/11 years of age)
- In most countries there is no opportunity of a National Weekly Games Programme for Academies to play other 'Academies 'until 17 years of age.Acadmies. In these circumstances elite youth players have to play a mixture of tournaments and local opposition, typically one year older.
- Residential Provision from 14-16 years of age

- Evidence of Partner /Nursery Clubs and Shared Academies in the same country
- Reserve teams in National Lower leagues