



*Pedro Moutinho Vieira*  
UEFA A and UEFA Elite Youth  
Lincensed Coach



# ELITE YOUNG PLAYER DEVELOPMENT TRAINING

**AN OPERATING MODEL FOR  
THE DEVELOPMENT OF ELITE  
YOUNG FOOTBALL PLAYERS**

**ΕΝΑ ΜΟΝΤΕΛΟ ΛΕΙΤΟΥΡΓΙΑΣ  
ΓΙΑ ΤΗΝ ΑΝΑΠΤΥΞΗ ΤΩΝ  
ΝΕΩΝ ΠΟΔΟΣΦΑΙΡΙΣΤΩΝ ΕΛΙΤ**

# ELITE YOUNG PLAYER DEVELOPMENT TRAINING

## ABOUT ME



**My name is Pedro Moutinho Vieira, I am Portuguese and Football Coach UEFA A and UEFA Elite Youth. I was not an elite athlete in football, I had a modest career as a football player, but I was an important player in the clubs I represented and that for me was special, above all I still have the same passion for football training as when I played football.**

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# ELITE YOUNG PLAYER DEVELOPMENT TRAINING

## INTRODUCTION

**I will share my idea on the methodology of training for the development of young Elite players inserted in Youth Football Academy.**

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Pedro Moutinho Vieira

# ELITE YOUNG PLAYER DEVELOPMENT TRAINING

## FOOTBALL COACH OPINIONS



" I had the privilege of working many hours with young players. One of the things that impressed me a lot and made me very happy was a phone call I had a few days ago from a player who told me I was the best coach he had for the hours I started talking to him outside of practice for him to leave the path of drugs. He was my best player but he didn't reach the national team like others but above all he straightened his path and today he is clean person and is starting his coaching career. Being a coach in training is that even before the athlete, the man values and principles are the most important. "

Football Coach Luís Miguel,  
Assistant Head Coach of Sénior Team at Fenerbahçe S.K.



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## FOOTBALL COACH OPINIONS



**" Reporting to the Brazilian context where I have the honor of working with the young Brazilian player has, as we all recognize, enormous talent, it is up to us as coaches to polish this talent by bringing them together in a strong organization and in a process in which the player understands that he is valid, competent and determinant for their individual and collective development. When that happens, young people join. "**

**Football Coach António Oliveira,  
Former Head Coach of SÉnior Team at C.A. Paranaense.**



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# ELITE YOUNG PLAYER DEVELOPMENT TRAINING

## FOOTBALL COACH OPINIONS



**" I had the privilege of coaching Cristiano Ronaldo at Sporting in 2001. When talent is combined with work and determination, the result is extraordinary. Ronaldo is the greatest exponent I know, of work more talent, with a lot of motivation and focus. Ronaldo always wanted to be the best. "**

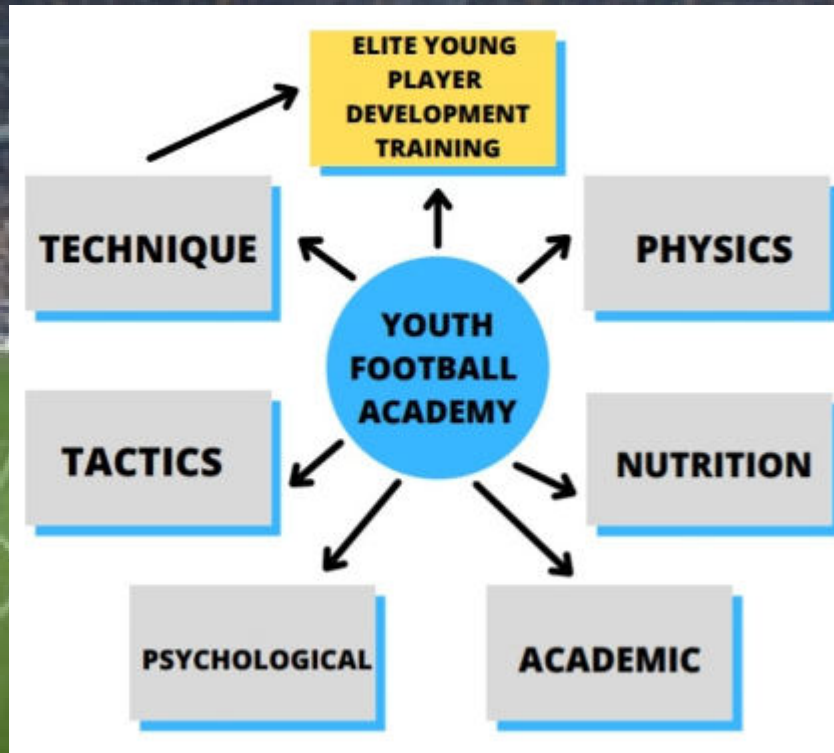
**Football Coach Luís Gonçalves,  
Former National Coach in Mozambique**



**Pedro Moutinho Vieira**

# ELITE YOUNG PLAYER DEVELOPMENT TRAINING

## YOUTH FOOTBALL ACADEMY



**Fig. 1- Integral components of a football training academy.**

(According to my idea, with Elite Young Player Development Training, integrated as another component of the Academy).



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# ELITE YOUNG PLAYER DEVELOPMENT TRAINING

## YOUTH FOOTBALL ACADEMY



**Yesterday + Today + Future**

**1**

**Internal  
Scouting**

**2**

**Skills  
Training**

**3**

**Senior  
Team**

" My exercises today are much simpler than when I started training. I spent five years with FC Porto and I had opportunity to make mistakes, to reflect. When I arrived in senior football I felt very prepared, but not because of reading exercise books. That book of thousand and one exercises they give us on the third or fourth level of coaching... I never took the plastic from him. "

**Vítor Pereira**



**Pedro Moutinho Vieira**



# ELITE YOUNG PLAYER DEVELOPMENT TRAINING

## INTERNAL SCOUTING

**The formal and organic structure, which I propose as a suggestion of the unavoidable need for football Clubs and Academies, has a technical coordinator for young football with competence and autonomy for the implementation and execution of the Elite Young Player Development Training project.**

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**" Technique is not being able to juggle a ball 1000 times. Anyone can do that by practicing. Then go and work in the circus. Technique is passing the ball with one touch, with the right speed, at the right time, to the correct foot of your team mate."**

**Johan Cruyff**



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## INTERNAL SCOUTING



Fig. 2 - Integral component "Internal Scouting", in the training Football Academy.

**" We know that football is played with the ball, but few give priority and others give everything."**

**Pep Guardiola**



**Pedro Moutinho Vieira**

# ELITE YOUNG PLAYER DEVELOPMENT TRAINING

## INTERNAL SCOUTING

The Technical Skills Development Coach together with the Youth Football Technical Coordinator will make an "Internal Scouting" to all players in matches and training for the Under-11, 13 and Under-15 Teams; and from these various observations, they will select the young athletes with the greatest natural talent (a set of innate qualities and aptitudes of a young athlete).

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**" We coaches can commit to sins: making the players who fly walk and pretending to fly those who can only walk."**

**Marcelo Bielsa**



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## SKILLS TRAINING

**"The specific objective of the Skills Development Coach is to develop, with personalized exercises, young athletes with natural technical qualities, promoting the same individual qualities for a level of excellence.**

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**" We had so many great players during the last 20 years but Cristiano was the best among them."**

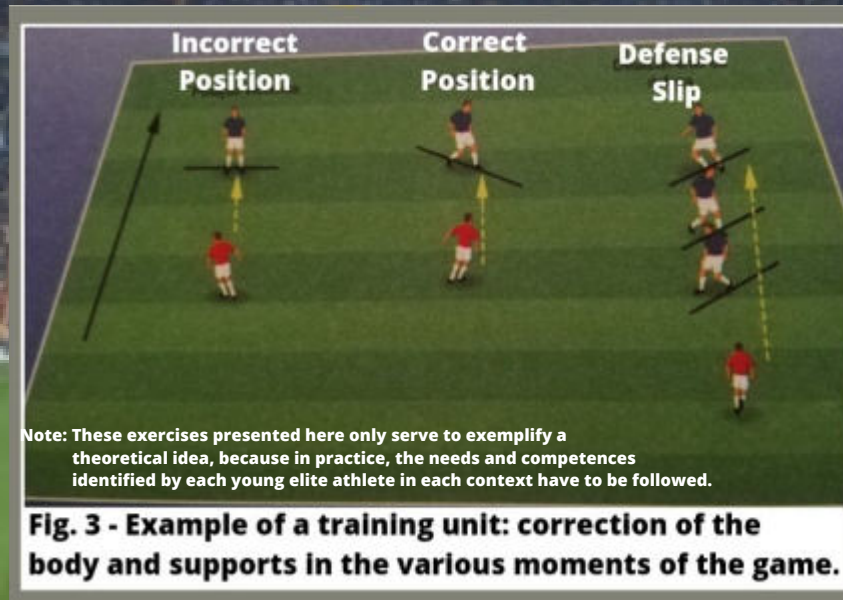
**Alex Ferguson**



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# ELITE YOUNG PLAYER DEVELOPMENT TRAINING

## SKILLS TRAINING



**" Success is not an accident, it is hard work, perseverance, learning, study, sacrifice and above all, love for what you are doing or learning to do."**

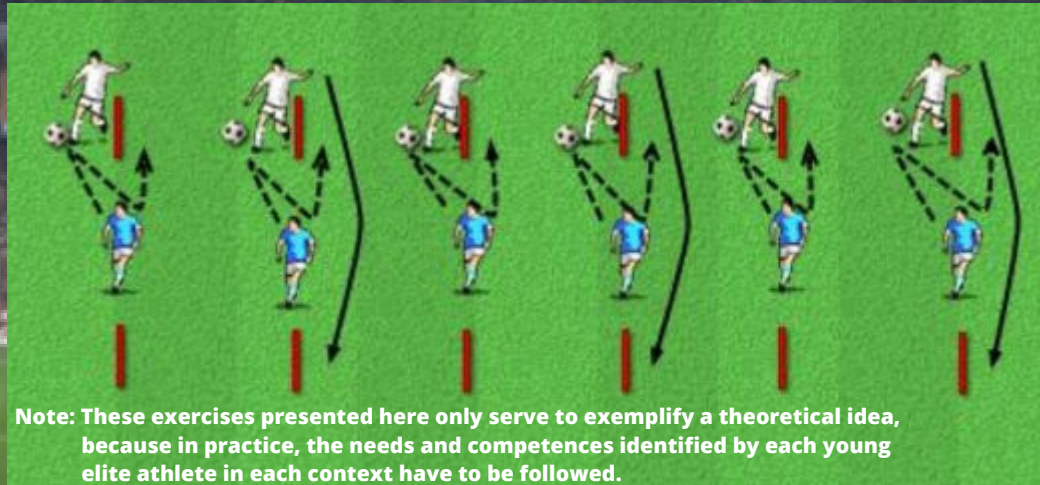
**Pelé**



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# ELITE YOUNG PLAYER DEVELOPMENT TRAINING

## SKILLS TRAINING



Note: These exercises presented here only serve to exemplify a theoretical idea, because in practice, the needs and competences identified by each young elite athlete in each context have to be followed.

**Fig. 4 - Example of a training unit :1x1 pass exercise, with displacement and obligation to use left and right foot in ball pass.**

**" There is no such thing as attacking football or defensive football. When you have the ball, you have to think about what will happen when you lose it. When you don't have it, you have to know what to do when you get it back."**

**Vítor Frade**



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# ELITE YOUNG PLAYER DEVELOPMENT TRAINING

## SKILLS TRAINING



**Fig. 5 - Example of a training unit : 4x4+2x2, fast ball possession  
Conditioned exercise "2 touches in ball", in small space.**

**" Today, I feel like I'm where I want to be and I enjoy it. Being coach of a youth category gives me the time that the first division coaches don't have. I'm still not sure if I want a pursue a career as head coach."**

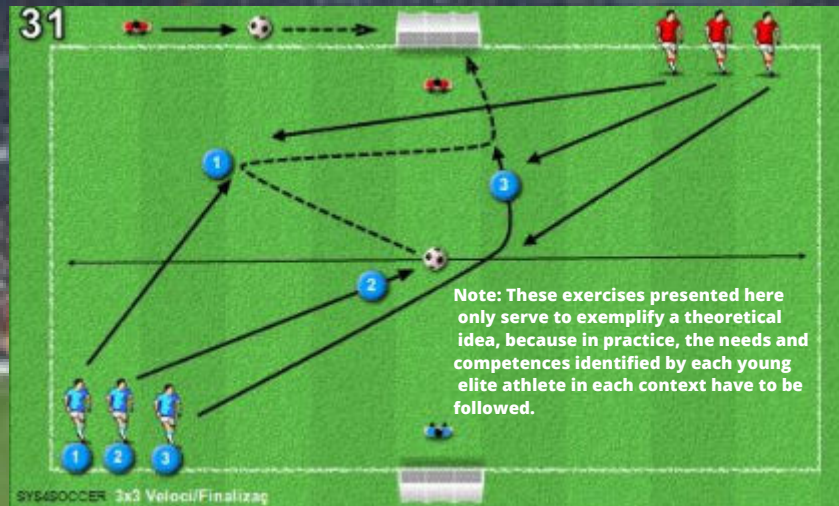
**Pablo Aimar**



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# ELITE YOUNG PLAYER DEVELOPMENT TRAINING

## SKILLS TRAINING



**Fig. 6 - Example of a training unit :1+3x3+1, finishing exercise conditioned in space and time.**

**" Football is played with the head.  
Your feet are just the tools."**

**Andrea Pirlo**



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# ELITE YOUNG PLAYER DEVELOPMENT TRAINING

## SENIOR TEAM

**" The N.1 objective of the Football Clubs will always be to place as many young elite athletes from the training teams as possible to play in the Senior Team with high performance ."**

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**" We coaches are a bit autistic, we are always in our world. At home we look like ghosts, we're there but we're not there, we're constantly thinking about our team, the opponent we'll face and what we can improve."**

**Vítor Pereira**



Pedro Moutinho Vieira

# ELITE YOUNG PLAYER DEVELOPMENT TRAINING

## FUTURE VISION

**"The Elite Young Players Development Training model, in my idea and vision allows that after the identification and internal selection of young talents with natural technical qualities, it will have a greater probability of success, the sooner this training model is started in together with the various stages in the training teams at the club, until reaching high performance and reaching the senior team."**

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**" Talent is not everything. You can have it from cradle, but you need to learn the skills to be the best."**

**Cristiano Ronaldo**



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Ευχαριστώ **Thank You** Obrigado  
Grazie 谢谢 **Gracias** **Mulţumiri** شكرا  
**Vielen Dank** շնորհակալություն  
Hvala **Bedankt** 감사 하요 ありがとう  
**Dèkoju** **Dziękuję** **Faleminderit**  
Спасибо **teşekkürler** Хвала

"In recent years in China, before the pandemic in the world, I learned that competence, focus and pleasure in training, I can feel anywhere in the world, because the creativity you get from young players is universal."

**Pedro Moutinho Vieira**



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