



YOUTH SECTOR

AC Milan's Youth Sector is key to Italian and international football. **Many talented kids grew in the Club's youth sector and became professional footballers playing with national and international Clubs.** The Club and the many professionals who work in this field and who dedicate their commitment and professionalism every day to the growth of the young "*diavoli*" are more than pleased with these results.

The work carried out by the youth sector is mainly focused on the **technical and human growth of the young footballers** and the *Metodo Milan* (ie the AC Milan Method) is the tool through which we achieve our main goal: **the all-round growth of young talents' potential.**

Women's youth sector deserves particular attention as, in the last years, it has become a reference point among the many activities carried out by the Youth Sector and the number of footballers and teams involved has grown more and more.

Season Review

306 young footballers, professional footballers, divided in 11 men's teams (*Primavera*, Under 17, Under 16, Under 15, Under 14, Under 13, Under 12, Under 11, Under 10, Under 9 and Under 8) and **5 women's teams** (Under 15, *Giovanissime* 2005/2006, *Esordienti* 2007, *Pulcine* 2008 and *Pulcine* 2009/10) were part of AC Milan's youth sector in the 2018/19 season.



143 people were part of the staff: 66 between coaches and fitness coaches, 38 accompanying managers and 38 scouts.

The *Centro Sportivo Vismara*, the headquarters of the Youth Sector, can count on 23 employees, between sporting and organisational secretariat, along with video, IT and fitness areas, gymnasium and storehouse.

31 youngsters and 4 tutors are hosted at the Convitto "Fondazione Clerici".

Many very young talents participated in international tournaments, particularly the *Esordienti* and the *Pulcini*.

In fact, AC Milan youth sector's philosophy is to broaden the technical and experiential background of our young champions so they can build upon these experiences for their personal and sporting growth.

The various teams, part of the Youth Sector participated in 86 tournaments.

Objectives:

The main objective of AC Milan Youth Sector has always been to train and nurture players, but at the same time to train and to nurture men. The moral qualities are as important as football ones.

At a sporting level, the goal for the 2019/20 sporting season is to bring the Primavera team back into the top championship (*Primavera 1*) and hit the final stages in the national U17 / 16/15 categories.



Women's Youth Sector

Structure and competitions

75 girls have been registered for the season 2018/2019 divided in the following categories:

- *Primi calci* U9 (n. 11)
- *Pulcine* U10 (n. 12)
- *Pulcine* U11 (n. 11)
- *Esordienti* U12 (n. 19)
- *Giovanissime* U15 (n. 22)

For the human and technical coaching of the footballers, the Club supplied:

- n. 1 head coach (Uefa A)
- n. 1 coach (Uefa A)
- n. 4 coach (Uefa B)
- n. 1 Fitness coach
- n. 3 interns (Athletic area)
- n. 1 goalkeepers' coach
- n. 1 sports psychologist
- n. 1 Nutritionist
- n. 1 organisational secretary

AC Milan participated in the U15 women's national championship with its **Giovanissime U15** and accessed the regional phase and then the inter-regional phase held on June 1-2, 2019 at the CPO in Tirrenia (PI).

The **Pulcine U10-U11** and the **Esordienti U12** participated in the autumn and spring tournaments (*Campionati provinciali di Milano*). The *Primi Calci* U9 team has not participated in any championship and played many friendly matches during the week ends.

The *Esordienti U12* participated in the Danone Nations Cup Femminile U12. 80 teams enrolled for the 2019 edition with a higher participation of Serie A, Serie B and Lega Pro professional teams (37), that lined up an Under 12 team pursuant to the provisions of the National Licences. AC Milan played the national final scheduled during the 11° Grassroots Festival on June 15-16, 2019 at Coverciano.

Method

From a methodological point of view, we work on the three macro-areas relevant to the girls' psycho-physical well-being (technical-tactical-relational).

In this perspective, the girls are considered not only as individuals, but as young athletes included in a wider network of relationships and bonds, with coaches, parents, managers and teammates. With this vision clear in mind, we identify the most appropriate lines of development and we adapt them to meet the girls' needs; at the base of the teaching / learning process there are moments of dialogue, reflection and co-responsibility.

The method, while respecting and accepting diversity, has also an important social value: the responsible involvement of all the actors leads to a healthy sharing of cultures and values, ideal for the development and growth of the young girls.

The assessment of the performances takes place within a multi-year training course, during which we pay particular attention to the girls' personality and the different stages of growth (childhood and adolescence): key to the method is the full compliance with the different learning curves and the full internalization of the methodology.

We focus on the gameplay, the knowledge and the skills developed by the footballers as well as the level of the relationships they are able to establish with all the people who interface in various ways with them.



