



KOKOVIC FOOTBALL ACADEMY  
可可维奇足球学院

[塞] Doko Kokovic / 著

孙雯 / 译

# Junior Football Coaching Manual

## 青少年足球执教手册



上海交通大学出版社  
SHANGHAI JIAO TONG UNIVERSITY PRESS



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## 内容提要

本书为促进7至12岁年轻足球运动员的规范技术、战术、认知能力与基础运动技能的发展而编写,根据孩子们的年龄设置了不同的训练,以期在赢球的同时,保证年轻球员得到循序渐进的发展,从而激发球员天生的潜力。本书主要包含7至8岁儿童的训练、9至10岁儿童的训练、11至12岁儿童的训练、身体畸变与运动损伤的防护、运动能力测试等内容。本书可供足球教练使用,也适合广大足球爱好者阅读。

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## 序

### Preface

孙雯

Sun Wen

遇见可可维奇，纯属因缘际会，但绝对是我人生之幸事。甚至，一件大事。

It was pure coincidence to have met with Kokovic, but it was absolutely a blessing and something that has taken up a big part of my life.

当时，我作为上海女足教练，新手一枚，体育局为各运动队配备了外籍教练，可可维奇便是其中一员。共事几年，我受益匪浅。

Back then I was the head coach of Shanghai women's football team and a novice. The Sports Bureau arranged foreign coaches for the team and Kokovic was one of them. And I have learnt so much from the years working alongside him.

他是欧足联Pro级教练，早前既是职业球员，又担任过塞尔维亚青少年国家队教练。但真正与他结下不解之缘的，倒是中国足球——男足、女足、职业队、青年队，他都有涉足。无论专业性，还是对于青少年精英培训，都有自己的独到见解。

He was a UEFA Professional coach and a professional player in the past. He has also served as Serbia's youth national team head coach. But what really makes him feel connected and belonged to is China's football and he has set foot in men's, women's, professional and youth team. Whether professional training or elite training for teenagers, he always has unique insights of his own.

最重要的是，可可维奇深刻了解中国足球，特别是青训，这是很多优秀的外籍教练都难以企及的。令我更感钦佩的是，如今的可可维奇，投身于校园足球，从培育基础草根做起，他对中国足球的情结可见一斑。

Most importantly, Kokovic understands Chinese football, especially the youth training, and it is hard for many excellent foreign coaches. What I admire more is that today's Kokovic has devoted himself to the campus football, start from the cultivation of grassroots, it is clear to see his deep and sincere love for Chinese football.

他邀我为此本著作撰序，我深表荣幸，因为老头（可可维奇在球队里的昵称）拥有的不只是丰富的经历、经验，他还有对足球知识不断更新的渴望，这是我们所有中国教练需要学习的地方。我们一直都有交流，对他的训练手段、训练安排都有相当的了解。很多专业资料，包括一些新的理念、趋势，他都一直在钻研，不断学习。

Kokovic invited me to compose this preface, which I'm very honored to since this particular "Lao Tou" or old man (Lao Tou is Kokovic's nickname) has not only rich experience but also undying hunger for football knowledge and it is the merit that all





Chinese coaches needs to learn. We have been in touch for so many years and I am familiar with his training methods and arrangements. He has been studying new professional materials, including some new theories and trends.

对于著作中的一些观点，我非常认同。

And I agree with some of the opinion to the utmost.

比如，鼓励孩子全面发展。仔细回想我的足球启蒙时期，也就是小学阶段，我们的训练起步很晚，时间也不长。当时，关于足球的资讯少得可怜，老师也不是专业足球出身。对于基本的技术、战术所知寥寥，但是这并不妨碍我们享受足球的乐趣。而且，除了足球、篮球、游泳、跳橡皮筋、跑步、荡秋千、跳绳，所有这些活动，运动模式不尽相同，但对神经的学习与灵敏性、协调性的发展，都起到了全面推动的作用。

For example, I couldn't agree more with his idea of encouraging children to develop all-roundly. Reflecting on my football enlightenment, that is, primary school, I started very late and I never had long trainings. At that time, the information about football is nowhere to be found and the teachers are not professional football players. They know little or nothing about basic technique or tactic. But this never stopped me from enjoying playing football. Besides, in addition to football, activities and sports like basketball, swimming, elastics, running, riding on the swing, rope skipping have different movement pattern but help to develop nerve system, agility and coordination all-roundly.

再者，对各个年龄段孩子发展基本特征的掌握、带训的理念、组织的方式等等。有一些方法特别针对中国青少年足球教练带训的一些问题，如避免排长队，让孩子循序渐进，避免用成人的简单方式来训练孩子；一些足球技术训练，包括传球、射门等；以及身体训练的教学大纲，可谓非常细致，面面俱到，且都有极强的针对性。

Moreover, I support 100% his understanding of basic characteristics of children of different age groups, his theory of coaching and his methods of organizing. There are some solutions that would especially work on the way of some Chinese coaches train their teenage players, such as how to avoid the long queues, how to let the children develop step by step



and what is the simplest way to avoid using adult-training methods to train children. Other useful knowledge includes some football technical training, including passing, shooting, etc. Also, the physical training structure is very detailed, comprehensive, and has strong pertinence.

出于篇幅限制,具体不再赘述。各位老师、教练只要有心学习,一定能够在本书中找到相关的捷径,这些理论知识对你们的教学大纲与实践带队,都有非同一般的指导意义。

Due to passage limitations, I rest my case. Fellow teachers, coaches, as long as you want to learn sincerely, there will be your road to Rome in this book. All theoretical knowledge could have extraordinary significance in both theoretical and practical work for you.

最后,我想要再次提醒大家,足球教学或者足球训练,都是一门需要长期学习、不断改进的专业知识。它不仅需要理论的指导,更需要自己的实践。青少年足球训练不是简单地从教科书上去复制,而是提高从比赛中发现问题、解决问题的能力,更需要各位全身心的去投入,热爱足球,热爱孩子。

Finally, I want to remind everyone again that in football, whether it is football coaching or training, long period of time and constantly-updated professional knowledge are always needed. It requires not only theoretical guidance, but also more practical work. Juvenile football training is not to simply copy materials from textbooks but to improve the ability of finding out and solving problems from the game, and everyone needs to devote himself / herself fully to love football and the children.

让孩子们通过足球成长成才,这是我们共同的目标。

Allow children to grow up with football. That is our common and only goal.

而这本著作,是中国足球寻梦人不可多得的礼物。

And this masterpiece is a dream gift for Chinese football dreamers.



2016年6月



## 前言

### Foreword

乔科·可可维奇  
Doko Kokovic

Development of football in China, as a topic of national importance, encouraged me to try to give my contribution to this issue — how this could be successfully put into practice. One of main reasons for this initiative is that I have been working in China for more than 11 years, and most of that time, I spent working with young players.

作为这个国家重要的话题之一，中国足球的发展一直鼓励着我致力于如何成功将理论付诸实践这一挑战。产生这个想法的主要原因之一是我在中国工作了11年，而其中绝大多数时间，我都在培养年轻球员。

In my opinion, the first and basic step of Chinese football development is football coaches and teachers' training as permanent education. This book is firstly addressed to them. The task of most importance for this coach is to build a broad base of young football players, selected among all of them who just like to play football.

在我看来，中国足球发展的第一步（基础）是培养足球教练、足球教师——持续而长久的教练培训。我想首先将这本书献给他们。对于这些足球教练，最重要的任务是建立广泛的年轻球员基础，在此基础之上选出可能走职业足球道路的球员。

This book promotes the gradual development of correct technical, tactical, cognitive and physical capacities of players aged 7 to 12.

本书的目标是促进7~12岁年轻球员规范技术、战术、认知能力与基础运动技能的逐步发展。

As long as I am involved in this matter, and that is more than 30 years now, I could observe that most books on coaching young football players present general intention and drills to be applied to all children who participate, regardless of their ages. In this book, however, instruction is replaced with stimulation that is fitted to the specific characteristics of children.

迄今我参与足球青训工作已经30年了。我观察到大多数足球教学类书籍并不会根据年轻球员年龄设置不同训练，而是使用同一套训练模式。本书将根据特定年龄段孩子的具体特征设置能够促进他们提高的训练。

The term “permanent education” is not used by chance. Permanent education of football coaches is literally permanent, long-lasting and continuing without interruption. Further, this means that football coaches must change through time, they must upgrade their knowledge and they must follow changes that influence football as well as the children characteristics.



“长期培训”在本书中并不是被偶然使用的。针对足球教练培训是需要长期、持续不断的。进一步说，这意味着足球教练必须与时俱进。他们必须不断学习，更新自己的专业知识，同时跟上足球演变的潮流以及孩子特征的变化。

Up to now, a lot of rules have been established to follow in coaching young football players, but the rule of the thumb is: MAINTAINING A POSITIVE ATTITUDE and I'll mention just a few simple gestures, like a smile, a thumb up sign, playing some games or activities with them, providing fun and enjoyable activities, giving encouragement, praising, avoiding criticism... There is one more rule that must be pointed out: winning matches for young players is of no importance at all. We need to have clear and better understanding of when winning and when losing are important. A solution for teaching to win and at the same time ensuring a correct development of the young players innate potentials could be simplified football games.

到目前为止，有许多培养年轻球员的法则，但第一法则是：始终保持积极的态度。在书中我提到一些简单的手势，像一个微笑，竖起大拇指，和他们一起参与游戏或活动，设计有趣、令人愉快的活动，给予鼓励，表扬，避免批评……还有一条必须提到的法则：年轻球员是否能够赢下比赛并不重要，我们首先需要明白何时胜败开始变得重要。经过简化的足球比赛可以在赢球的同时保证年轻球员得到循序渐进的发展，从而激发球员天生的潜力。

The number of victories is not the criteria to judge the success of football coach, but the number of players they are able to develop to become members of senior or representative squad. In long term, develop will always outplay winning.

赢了多少场比赛并不是衡量青少年足球教练是否成功的标准，他们培养出来的球员数量或能代表国家队的球员数量才是。从长远角度看，球员的成长要远比一时的胜负重要。

The book is composed of seven chapters:

本书分为七个章节：

Chapter One refers to introduction—the role of football for the development of personal and social values;

第一章内容为导论——足球对于发展个人价值与社会价值的作用；





Chapter Two refers to multistage progressive model of children's training;

第二章内容为儿童训练的多步渐进式模型;

Chapter Three refers to age from 7 to 8 years;

第三章内容为7~8岁儿童的训练;

Chapter Four refers to age from 9 to 10 years;

第四章内容为9~10岁儿童的训练;

Chapter Five refers to age from 11 to 12 years;

第五章内容为11~12岁儿童的训练;

Chapter Six refers to prevention of physical deformation and sport injuries;

第六章内容为身体畸变与运动损伤的防护;

Chapter Seven refers to testing of motoric abilities.

第七章内容为运动能力测试。

I will introduce the training for each age group from Technical Preparation, Tactical Preparation, Physical Preparation and Integral Preparation.

每个年龄段从技术、战术、生理和整体准备来阐述训练。

The notes for the pictures of this book: the blue pictures (as show in Figure 1) represent the hard court, plastic ground and indoor pitch of the schools without artificial or natural grass pitch; the green pictures (as show in Figure 2) represent the artificial or natural grass pitch.

本书教学图示说明: 蓝色样图背景(如图1)指代硬地、塑胶场地、室内场地(适用于没有人造草或天然草足球场的学校); 绿色样图背景(如图2)指代人造草或天然草场地。

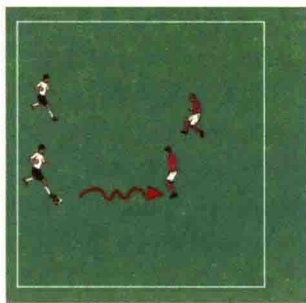


Figure 1

图 1

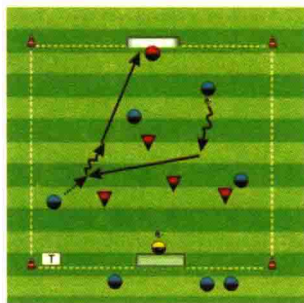


Figure 2

图 2



At the end, I want to sincerely thank Prof. Vojislav Milosavljevic PHD from College of Professional Studies Academy Football Belgrade, Serbia, for his enormous help in preparing and designing of this book.

最后，我要由衷地感谢来自塞尔维亚贝尔格莱德专业足球研究学院的 Vojislav Milosavljevic 教授对本书的巨大帮助。

2016年6月

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## INTRODUCTION — THE ROLE OF FOOTBALL FOR THE DEVELOPMENT OF PERSONAL AND SOCIAL VALUES

# 导论——足球对于发展个人价值与社会价值的作用

### 1.1 The importance of regular physical exercise 日常体育锻炼的重要性

Health is the greatest wealth of each individual and the whole society at all. It is considered that lack of exercise is the leading cause of health damage. The greater positive effect for health exists when there is regular physical exercise habit in early childhood.

身体健康既是每个人的最大财富，也是整个社会的最大财富。据认为，缺乏锻炼是健康受损的主要原因。在童年时期，越早养成进行日常体育锻炼的习惯，则对于健康的积极作用也就越大。

### 1.2 What is school football? 什么是校园足球？

The school football programme for children is directed to support complete children development, and at the same time it represents the base for creating top football players.

学校儿童足球项目的宗旨是为了支持儿童的整体发展，同时，也为打造顶尖的足球运动员提供基础。

### 1.3 Characteristics of growth and development and the impact of training 成长与发展的特点以及训练的影响

Football is played with the ball. It is a very important and various requisit in the child's life. A ball can jump and fly and thus let the child perform the most various movements: to run, jump, move in all directions. A ball has another power: it directs the child to cooperate with other persons. It is a central point of gathering in a game.

足球是一项球类运动。在儿童的生活中，它十分重要，需求也多种多样。球可以弹跳、飞行，这使得孩子可以完成各式各样的动作：跑、跳、向各个方向移动。球还有另一种力量：它教导孩子与他人合作。这正是聚集起来踢一场比赛的中心要点。



## MULTISTAGE PROGRESSIVE MODEL OF CHILDREN'S TRAINING

# 儿童训练的多步渐进式模型

### 2.1 Long-term sports development 长期运动发展

Long-term sports development is the process that starts from the moment when the child begins playing football and finishes when the sports experience comes to an end.

长期运动发展的进程以儿童开始踢足球为起始点，以运动体验的终止为结束点。

The main question about long-term sports development is preference for one of two strategies: The early specialisation or round development.

长期运动发展的主要问题，是如何在两种战略中进行抉择：早期的专业化，或是全面发展。

It has been shown in practice that the following training stimuli give a number of benefits in a footballer's development:

实践表明，下列训练刺激对于一名足球运动员的发展具有诸多好处：

- General elementary games (playing tag, point games, skipping rubber band, skipping jumping rope);  
一般性的基础游戏（捉迷藏、计分游戏、跳橡皮筋、跳绳）；
- Football elementary games;  
基础足球游戏；
- Sports games;  
运动游戏；
- Free exercises;  
自由练习；
- Gymnastics and skipping;  
体操与跳跃；
- Elements of martial arts;  
基础武术；
- Athletics (mini polygons with batons, sticks and circles);  
田径（用接力棒、小木棒或圆环进行的小型接力跑）；
- Winter sports and swimming.  
冬季运动与游泳。





## 2.2 Training and competition plan for children 儿童的训练与比赛计划

Coaches often feel resistance towards additional sports fields that are applied at the training with young players. On the one hand, the reason lies in insufficient knowledge of techniques and methodology of training with additional sports. On the other hand, coaches think it is not necessary to spend time for general training stimuli on the account of specific football training. They do not realise that general and specific education in football present two sides of the unique process.

教练们对于在其他运动场地上训练青少年运动员通常都感到抵触。理由一方面在于，教练们对于其他类型的运动，在训练技术和训练方法上缺乏足够的知识。另一方面，教练们认为，对于专业化的足球训练来说，无需在一般性的训练刺激上花费时间。他们并没有意识到，足球的一般化教育与专业化教育代表了这一独一无二的进程的两极。

Table 2-1 General training stimuli in football 一般化足球训练刺激

GENERAL TRAINING STIMULI IN FOOTBALL 一般化足球训练刺激	
TRAINING STIMULI 训练刺激	THE AIM OF THE TRAINING 训练的目的
Elementary games 基础游戏	Perfecting coordination, fitness, tactics, gaining experience, methodical parallels with football technics and tactics 完善协调性、适应能、战术素养，获得与足球技战术相通的经验
Sports games (basketball, handball) 运动游戏（篮球、手球）	General coordination, fitness and tactics, understanding the game 基本的协调性、适应能和战术素养，比赛解读能力
Gymnastics 体操	Agility, general power, resistance 敏捷性、基本力量、抗击能力
Martial arts 武术	Reaction and anticipation towards opponent action, strength 对于对手动作的反应能力与预判能力，力量
Athletics ( running ) 田径（跑步）	General coordination and fitness, speed, strength 基本的协调性、体能、速度、力量
Swimming 游泳	Coordination and fitness, health improvement 协调性与体能，增进健康
Winter sports 冬季运动	Coordination and fitness, health improvement 协调性与体能，增进健康

Necessity to involve general training stimuli into a training programme has been proved in theory as well as in practice in the following findings:

无论是在理论上还是在实践中，都已经证明，在训练项目中加入一般性的训练刺激是很有必要的，理由如下：

- The pace of learning technical elements of football is accelerating with the collection of diverse