

## **ADRIANO BACCONI**

Laureato all'Università dello Sport di Digione, allenatore UEFA A e preparatore atletico professionista. Attualmente è collaboratore tecnico dell'Inter, inserito da quest'anno nello staff di Roberto Mancini, oltre ad essere, per il club, responsabile dell'area match analysis.

Negli anni ha lavorato in molte di squadre di Serie A collaborando, tra gli altri, con allenatori del calibro di Lucescu, Ancelotti, Zeman, Benitez, Tabarez, e ha partecipato, nello staff tecnico di Marcello Lippi, alla vittoriosa spedizione azzurra alla WC Germany 2006. Ha ideato negli anni '90 Digital Soccer, il primo software per l'analisi della partita in tempo reale, utilizzato con Arrigo Sacchi in preparazione della WC USA 94.

E' stato docente di informatica applicata al calcio al Settore Tecnico di Coverciano e ha ideato con Roberto Baggio la 4D Sports University una scuola di formazione per allenatori di Settore Giovanile riconosciuta a livello internazionale. E' volto noto della Rai avendo partecipato per tanti anni alla Domenica Sportiva, e altre trasmissioni di successo, nella veste di analista tattico. Cura e realizza format tv, collane DVD e progetti editoriali di grande successo con RCS Sport.

**adrianobacconi@me.com**



# Adriano Bacconi



Match and Training Analysis

## CV Adriano Bacconi



- **Academic Qualifications/** Master in Science and Techniques of Physical & Sports Activity (University of Florence/Italy), Specialization in Sports & Performance Training (University of Dijon/France), Uefa A Coach, Physical Trainer Pro (Coverciano/FIGC).
- **Club Experiences /** Physical Trainer and coach with Pisa and Brescia (Italian Serie A 1989-1999), Match Analyst Italian National Team in WC 1994, 2010, 2014, Conf Cup 2013, Coach Assistant FC Internazionale Milan.
- **Scouting Experiences /** Scout-man for Mr. Anconetani (Pisa President). Consultant, with DSP, for a lot of clubs and agents. Founder of Pass-Football, a new system to hit the right target in the players transfer-market.
- **HI-Tech & Sport Management /** Founder of DigitalSoccer and Bigberry, Managing Director of DigitalSoccer Project, Product Manager of Deltatre spa, Exa-tech, RedBee.
- **Media & Communication /** Project leader for Rai Trade, Rai Sport, Rai Fiction, Infront, RCS Sport, Caltagirone Editore.
- **Marketing & Web/** Consultant for special project for SNAI, 2stic, Kronomark, Connecto.
- **Educational/** Project leader FIGC Technical Sector, Founder Sports FourD University, Consultant of St. John International University.



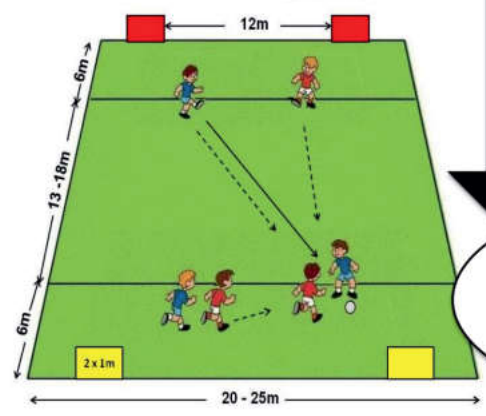
**2D** SPAZIO BIDIMENSIONALE  
(ampiezza+profondità)

**3D** SPAZIO TRIDIMENSIONALE  
(+traiettorie)

**4D** SINCRONIA  
(+tempo)

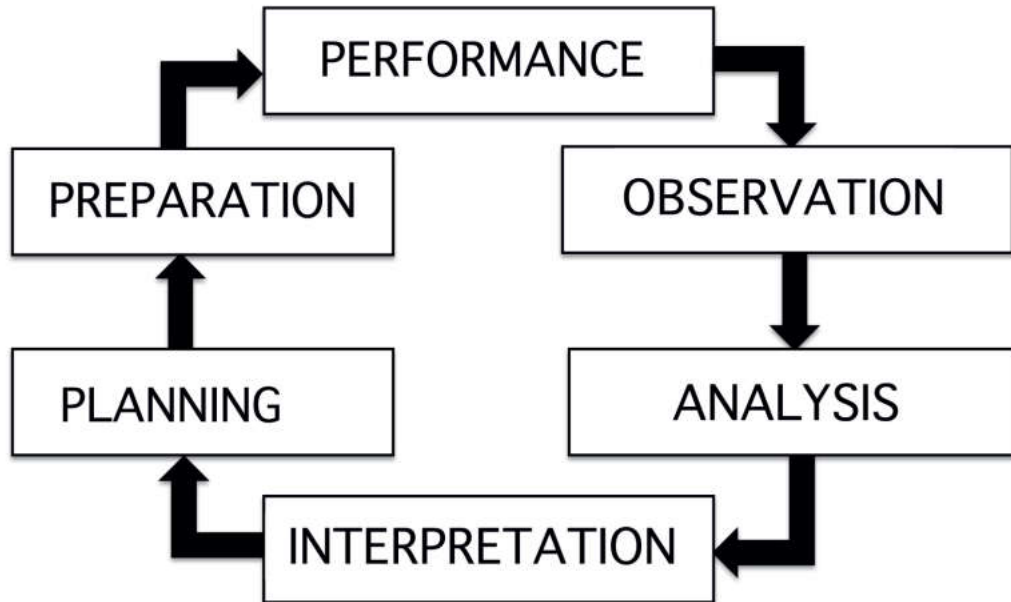


PERFORMANCE  
MODEL



TRAINING  
MODEL

# The coaching cycle

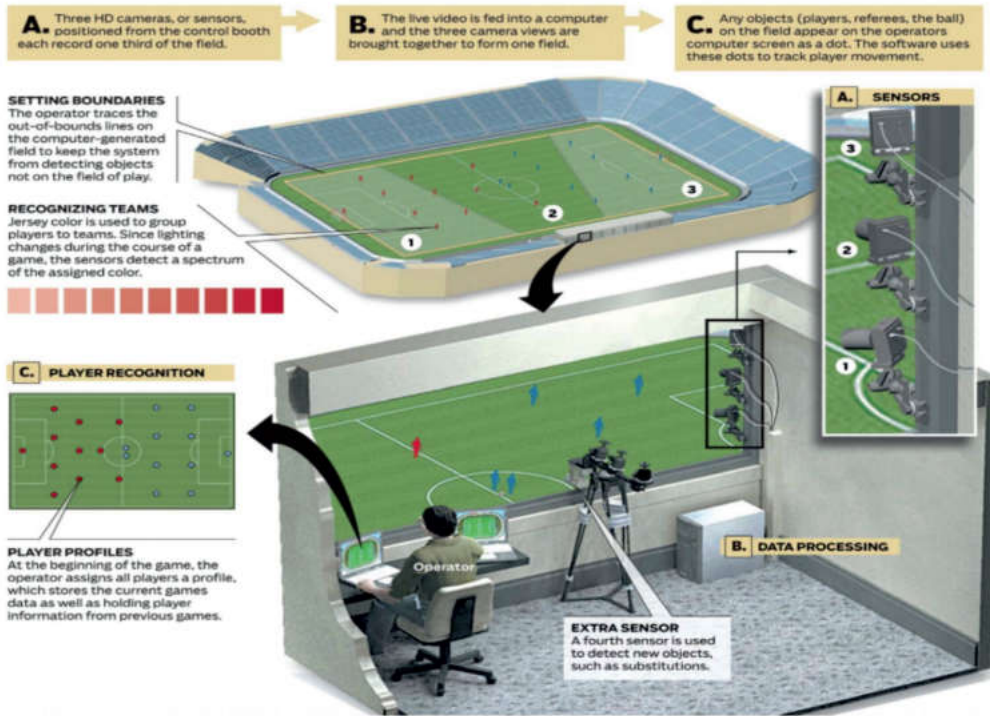


# Deltatre - Result System





# Deltatre - Result System



# GPS or Traking Tools Physical Analysis

GPX
THE POWER TRACKER
Team Inter FC Serie A 2014-15
User Adriano Bacconi
logout >>

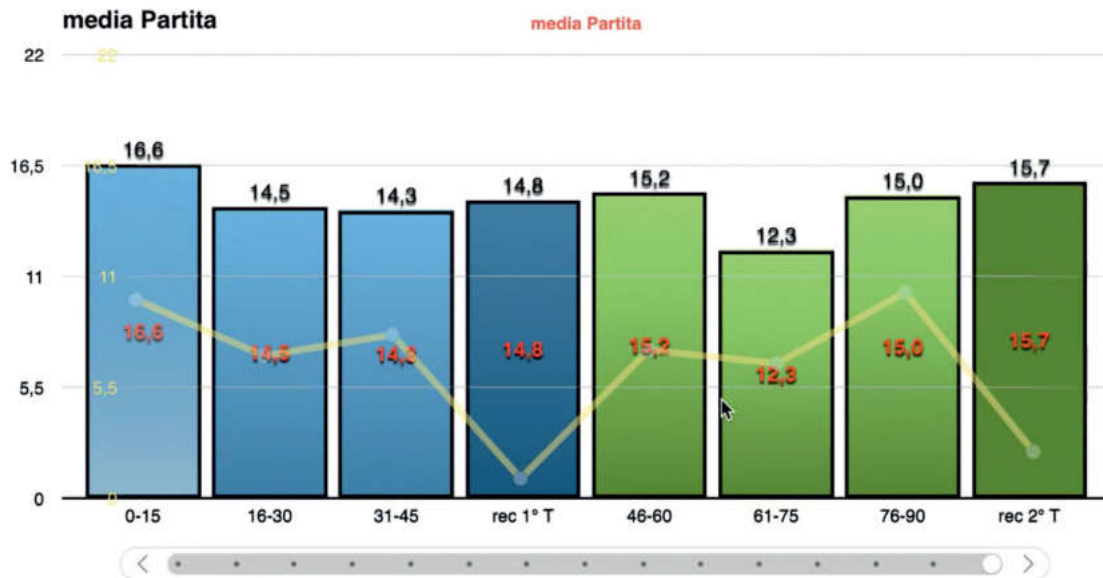
<ul style="list-style-type: none"> <li style="background-color: #c0c0c0; padding: 2px;">MAIN</li> <li style="background-color: #a0a0a0; padding: 2px;">quicklinks</li> <li style="background-color: #808080; padding: 2px;">team</li> <li style="background-color: #606060; padding: 2px;">calendar</li> <li style="background-color: #404040; padding: 2px;">TRACKS</li> <li style="background-color: #202020; padding: 2px;">STATS</li> <li style="background-color: #000000; padding: 2px;">SETTINGS</li> </ul>	<p>MAIN / quicklinks</p> <table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="background-color: #c0c0c0;">TRACKS / LAST TRACKS</th> <th style="background-color: #c0c0c0;">TRACKS / NEW SESSION</th> <th style="background-color: #c0c0c0;">TRACKS / LAST SESSIONS</th> </tr> </thead> <tbody> <tr> <td style="text-align: center; vertical-align: middle;"> <p>Most recently imported tracks 1 may 2015 - 1 track</p> </td> <td style="text-align: center; vertical-align: middle;"> <p>Create a new session</p> </td> <td style="text-align: center; vertical-align: middle;"> <p>Most recently created sessions 30 apr 2015 - 6 sessions</p> </td> </tr> <tr> <td style="text-align: center; background-color: #e0e0e0;">QUICKLINK</td> <td style="text-align: center; background-color: #e0e0e0;">QUICKLINK</td> <td style="text-align: center; background-color: #e0e0e0;">QUICKLINK</td> </tr> <tr> <td style="text-align: center; vertical-align: middle;"> <p>Add new quicklinks from stats pages</p> </td> <td style="text-align: center; vertical-align: middle;"> <p>Add new quicklinks from stats pages</p> </td> <td style="text-align: center; vertical-align: middle;"> <p>Add new quicklinks from stats pages</p> </td> </tr> </tbody> </table>	TRACKS / LAST TRACKS	TRACKS / NEW SESSION	TRACKS / LAST SESSIONS	<p>Most recently imported tracks 1 may 2015 - 1 track</p>	<p>Create a new session</p>	<p>Most recently created sessions 30 apr 2015 - 6 sessions</p>	QUICKLINK	QUICKLINK	QUICKLINK	<p>Add new quicklinks from stats pages</p>	<p>Add new quicklinks from stats pages</p>	<p>Add new quicklinks from stats pages</p>
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QUICKLINK	QUICKLINK	QUICKLINK											
<p>Add new quicklinks from stats pages</p>	<p>Add new quicklinks from stats pages</p>	<p>Add new quicklinks from stats pages</p>											

# GPS or Tracking Tools

## Physical Analysis



### INDICE ACCELERATIVO - EDI (%)



## Monismo del riccio o pluralismo della volpe



La volpe sa molte piccole cose ma il riccio ne sa una grande



## Monismo del riccio o pluralismo della volpe



*IDEOLOGICI – Si aspettano che le soluzioni dei problemi siano all'interno di un'unica, grande teoria.*



*EMPIRICI – Si basano più sull'osservazione che sulla teoria, argomentando le opinioni.*

## Monismo del riccio o pluralismo della volpe



**CATTIVE  
PREVISIONI**

**VS**

**BUONE  
PREVISIONI**



# Game Intelligence

Roca 2005

1

ATTENZIONE  
SELETTIVA

2

PERCEZIONE  
FOCALIZZATA

3

RAPIDO ACCESSO  
ALLA MEMORIA

4

PREDIZIONE PIU'  
ACCURATA

5

RAPIDA PRESA DI  
DECISIONE

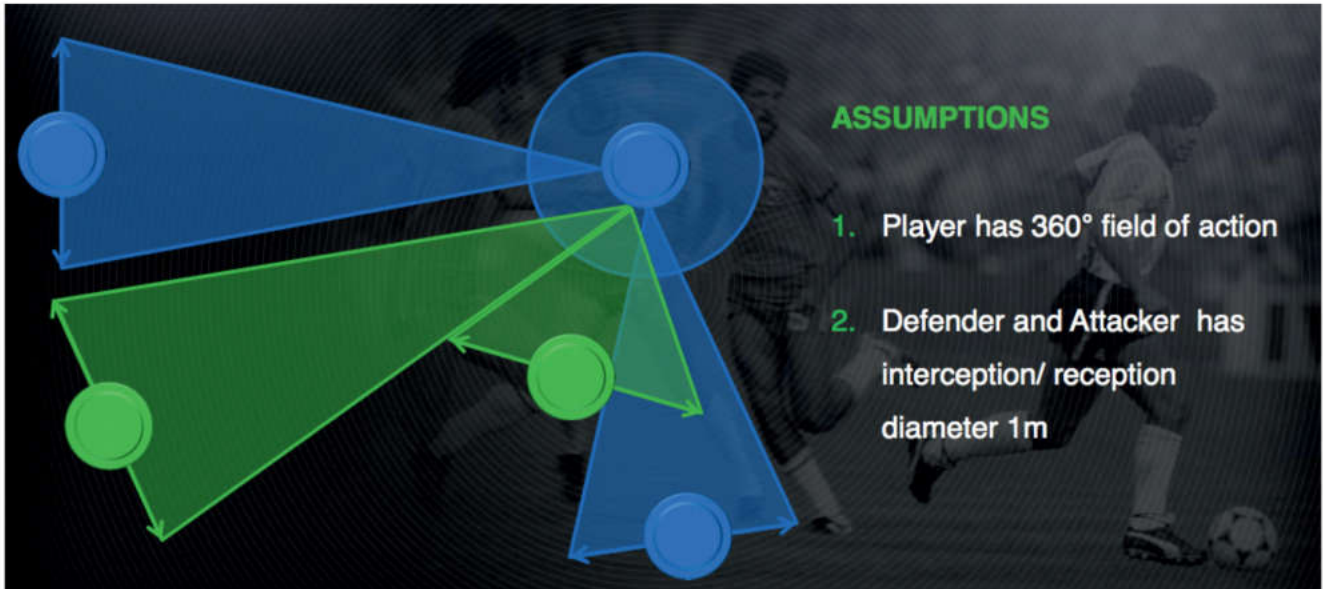
# Game Intelligence

Decision Making



# Game Intelligence

## Player Vision



# Game Intelligence

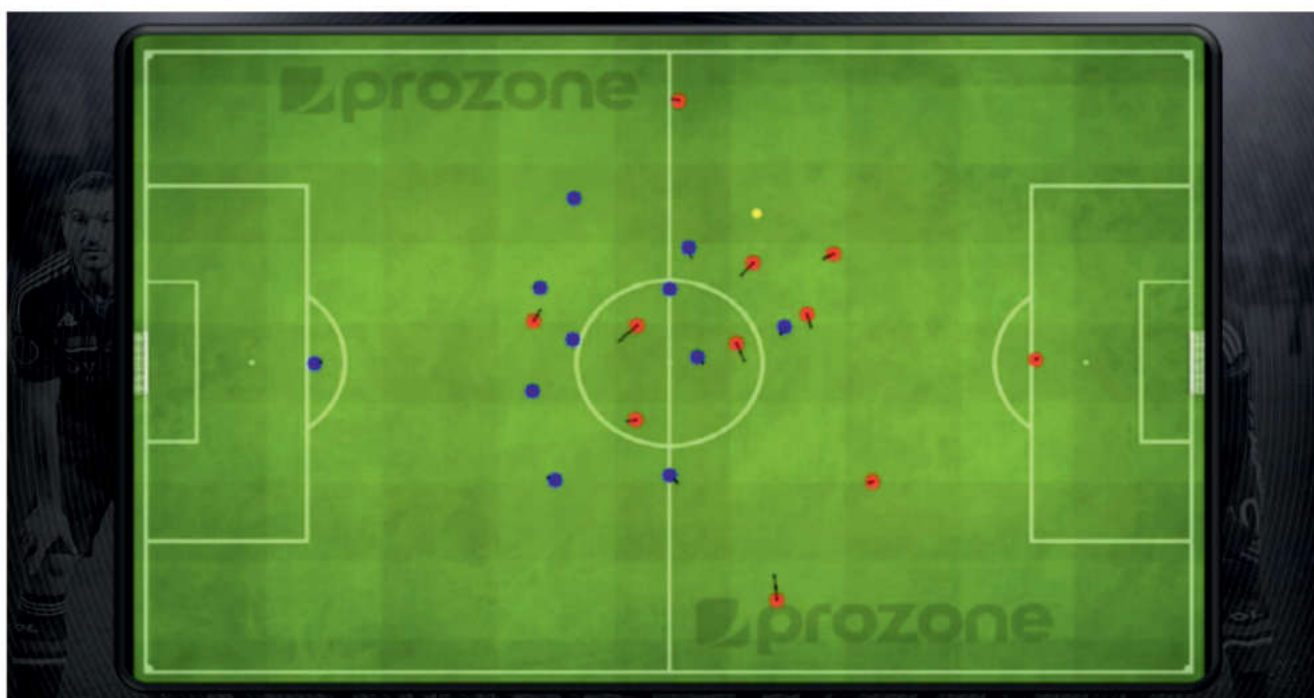


# Game Intelligence

## SUPERIORITÀ NUMERICA

### Principles of successful pressing

Players analysis



# Principles of successful pressing

## Measures



### MEASURES

Player vision

Pressing

No. of players pressing

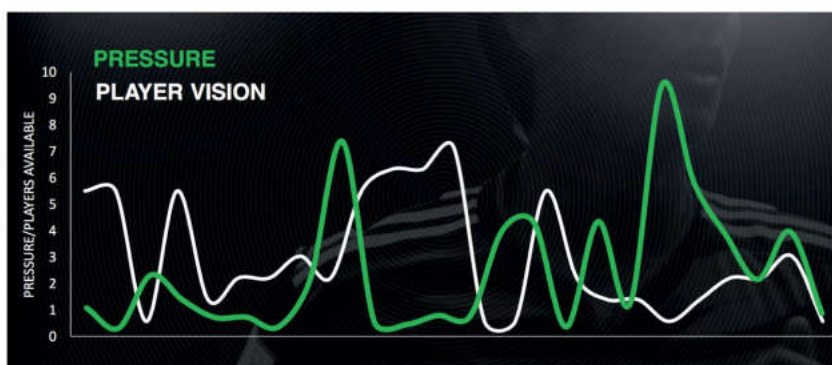
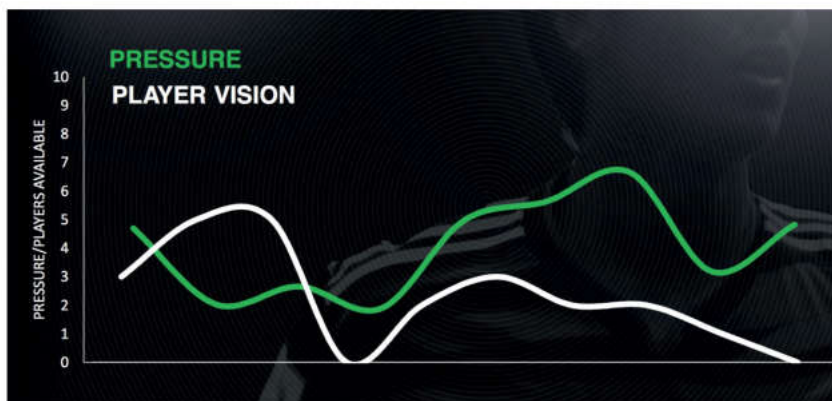
Offensive channels

Player space

Speed of attack (tempo)

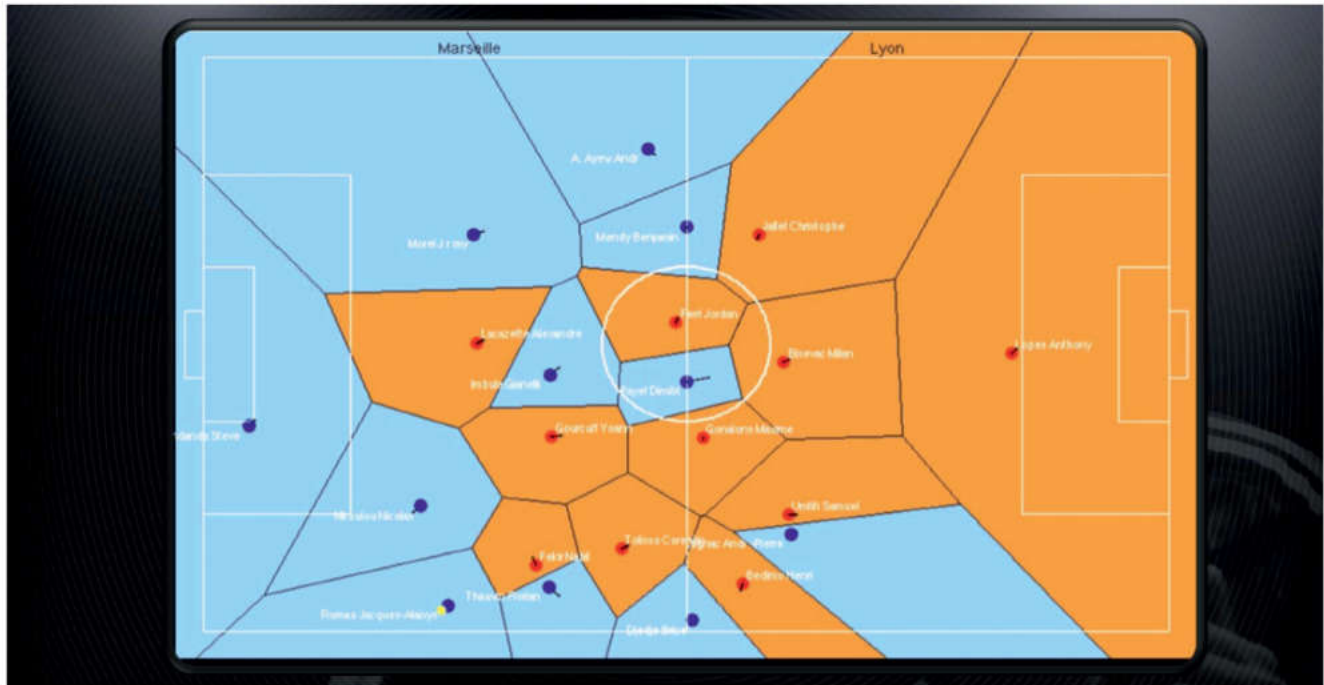
# Principles of successful pressing

## Vision vs Pressure



# Principles of successful pressing

## Players analysis



# Principles of successful pressing

## Counter Pressing



5 seconds to win the ball back?

The truth

~2.3 seconds to apply the 1<sup>st</sup> press

~5.5 seconds to apply a 2 man press

High switching between channels



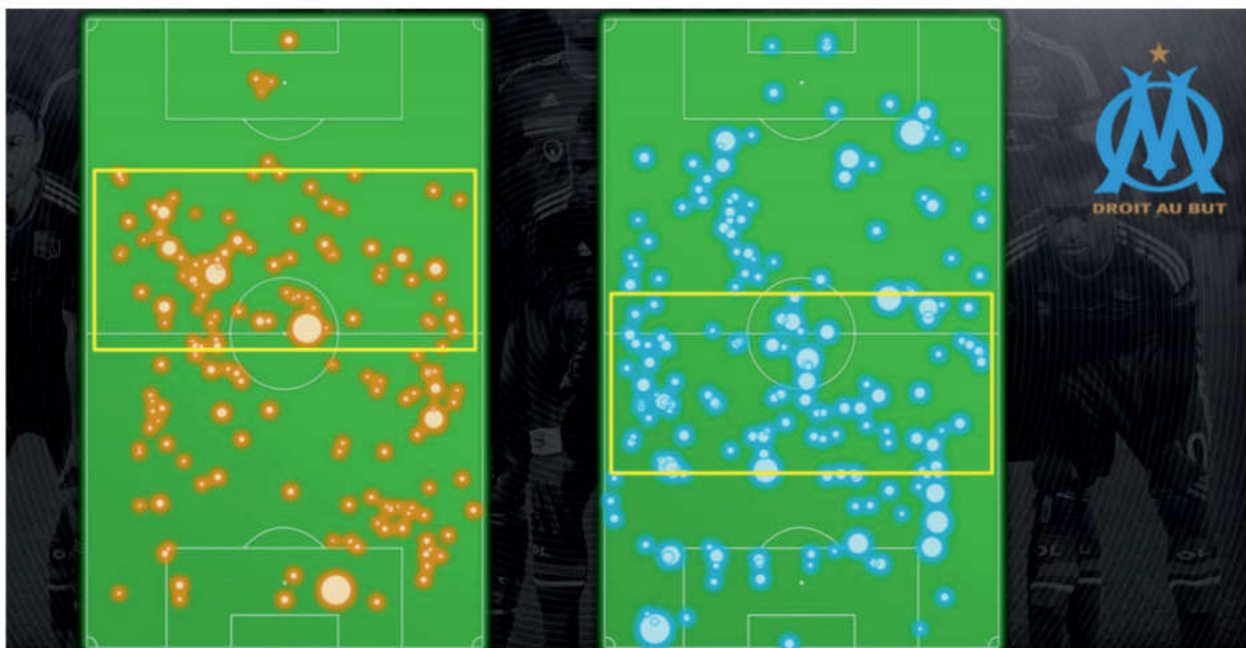
# Principles of successful pressing

## Counter Pressing



# Principles of successful pressing

## Pressing Zones

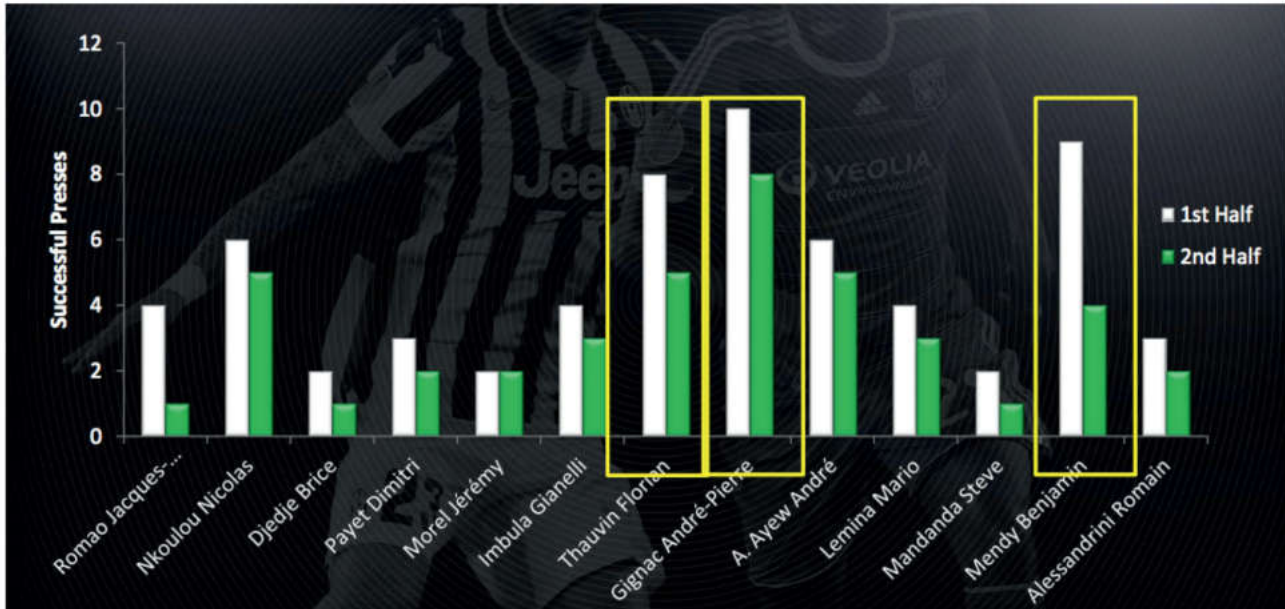


1st half

2nd half

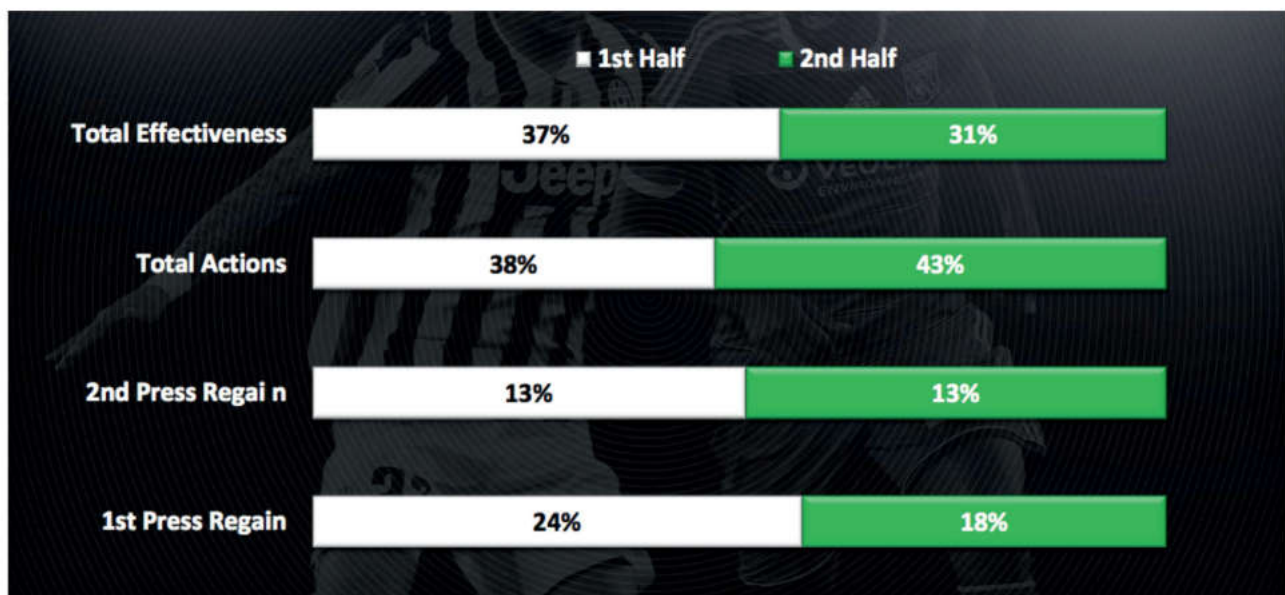
# Principles of successful pressing

## Pressing Effectiveness



# Principles of successful pressing

## Pressing Effectiveness



# Tracking System

## Tactical Analysis



0 - 15'



Ball in Juventus possession



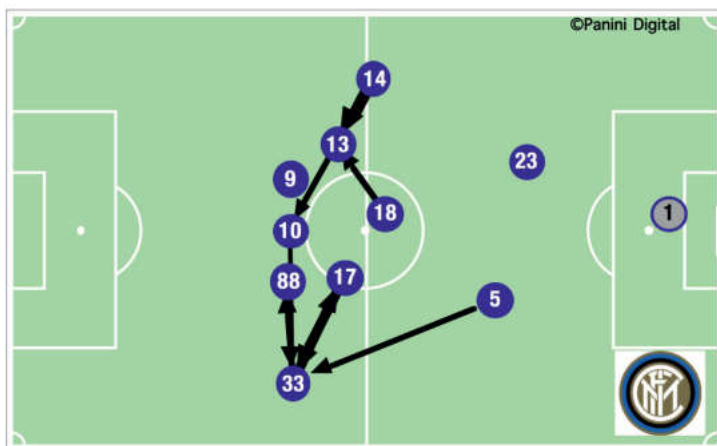
Ball in Inter possession

# DigitalSoccer System

## Tactical Analysis



Inter passes flow vs Juventus

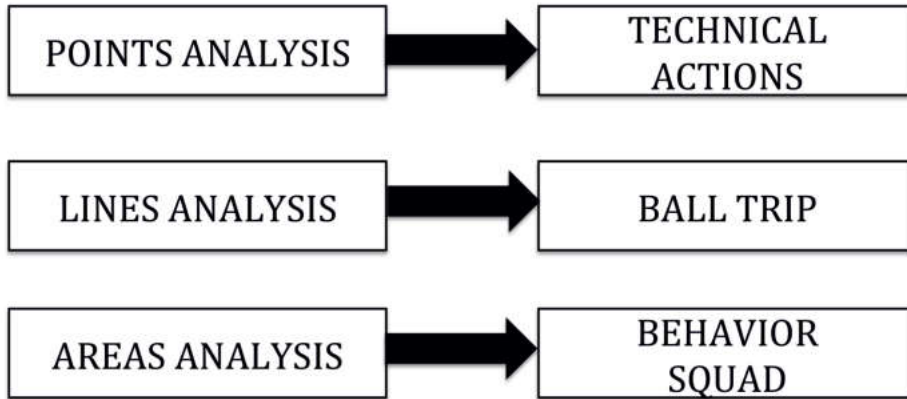


The flow of play portrays a team that is capable of creating passes from the midfield to higher areas and is lacking when it comes to inserting passes deep through from behind with its defenders and central midfielders. The numerous passes delivered and received by D'Ambrosio (52 passes received and 50 delivered) are noteworthy



# 3 Levels of Analysis

Conceptual levels



# 3D Analysis

Strategia / Aggiramento



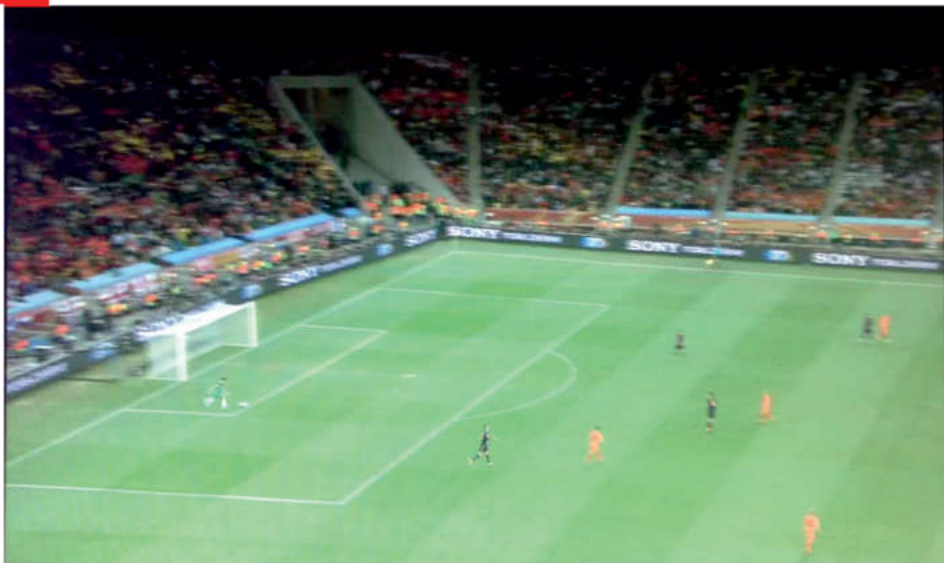
# 3D Analysis

Castello difensivo



# Piero System

Strategia / Attraversamento



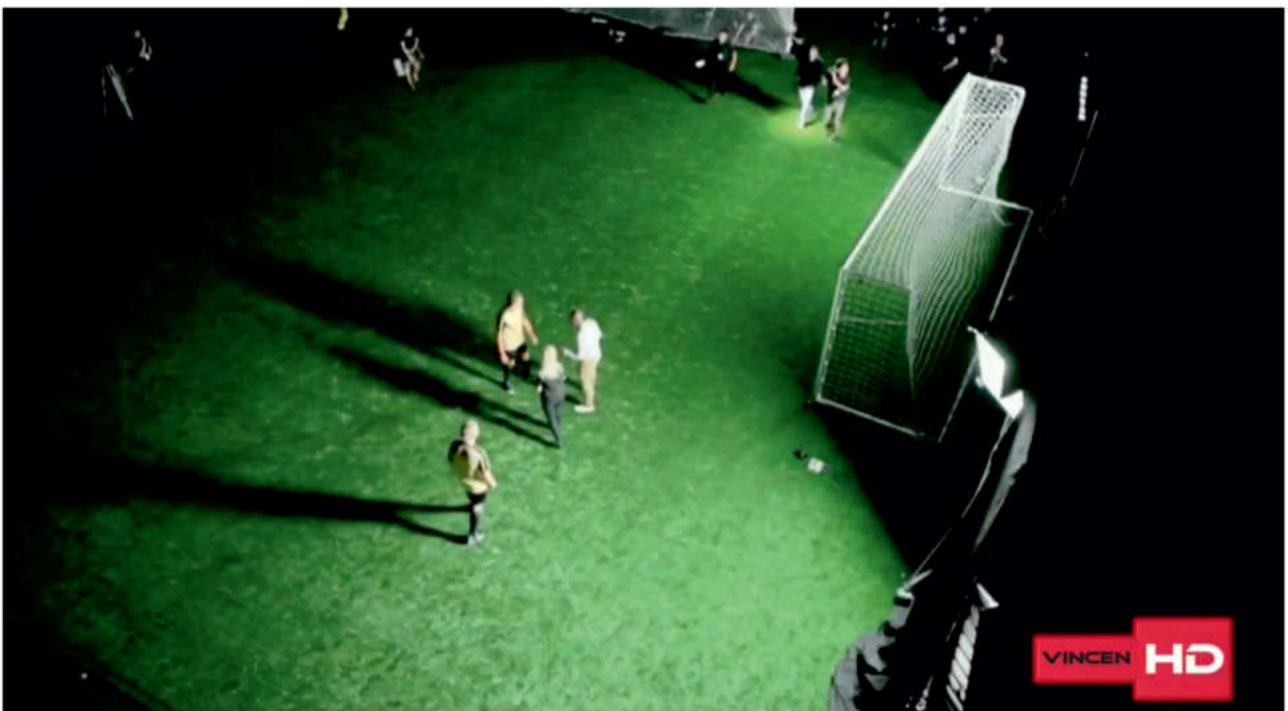
# Piero System

Video Analysis



# Read the trajectories

Video Analysis



# Read the trajectories

Video Analysis



Ghost play



# Mappa Concettuale

Calcio 4D



# Aree di Apprendimento

## Calcio 4D



- Movimenti
- Posizioni
- Tempi
- Strategie
- Figure geometriche
- Gestì tecnici

## 2D Animation

### Training Analysis



1 of 1

Dati Schemi Animazione Video e Note

ID: 753642E725A84AC985142F3BD6383C95

Data inserimento: 11/01/2015 Today

Nome: Movimento corto-apri

Tipo: -8 TECNICA SITUAZIONALE

Fonte: -6 Prima squadra Silvinho

Riscaldamento  Lavoro  Conclusione  Riunione

Obiettivi

	Nome	Fisico	Tecnico	Tattico	Psicologico
<input checked="" type="checkbox"/>	1 AREA PERCETTIVO-COGNITIVA	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
<input type="checkbox"/>	AREA EMOTIVO-AGONISTICA	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
<input type="checkbox"/>	AREA MOTORIO-TECNICA	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	AREA TATTICO-SITUAZIONALE	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>

Intensità:  Nessuna  Alta  Media  Bassa  intensità espressa in percentuale

Spazio: metà campo

Giocatori: 1vs1 (semiattivo) + 2 allenatori

Durata: 00:00:30 tempo di durata dell'esercizio

Recupero: 00:00:30 tempo di recupero al termine dell'esercizio

Descrizione: due giocatori fraseggiano con un terzo che deve fare sponda e poi allargarsi in ampiezza per ricevere nuovamente palla e andare dalla parte opposta.  
KW APRI

# 2D Animation

## Training Analysis



# Visione di gioco

## Controllo orientato / Apri



# Movimenti e visione di gioco

Controllo orientato / Apri  
Movimenti / Dentro-Corto, Dentro-Lungo



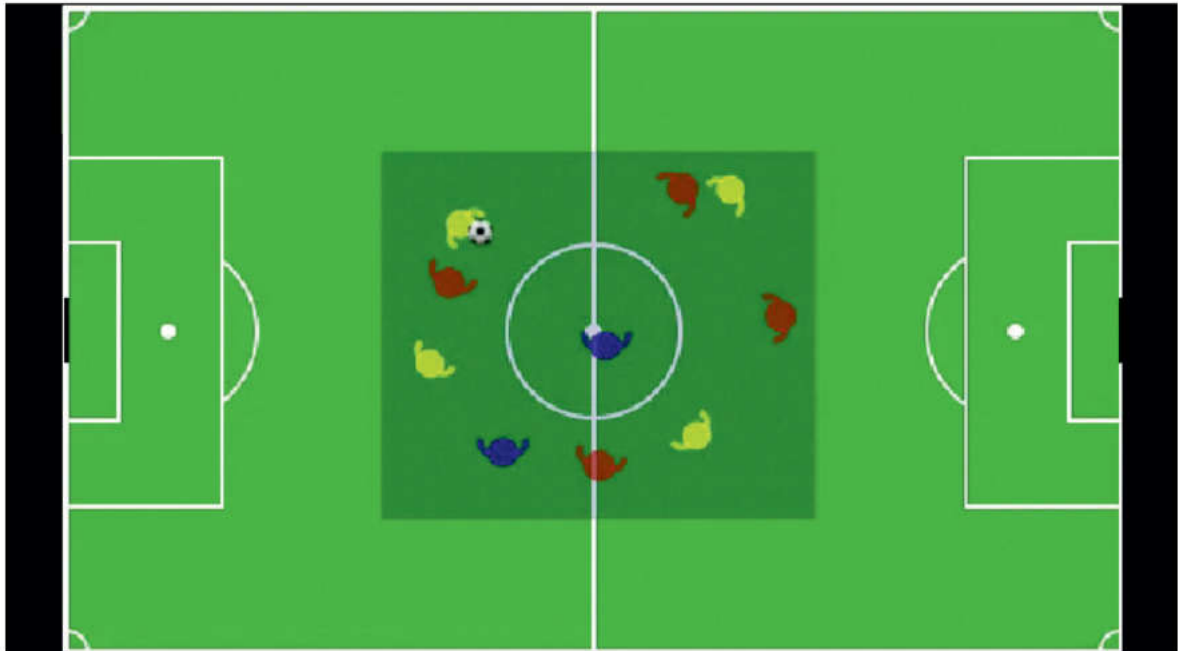
## Movimenti

Corto-Lungo, Dentro-Fuori



# Movimenti

Dentro-Fuori



# Movimenti

Apri-Chiudi, Copro-Marco





# Strategia

Attraversamento-Aggiramento



## Strategie di gioco

Video Analysis



# Posizioni

Sostegno



# Posizioni

Vertice-Sostegno



# Match Analysis Cognitiva

Evoluzione portiere



# Match Analysis Cognitiva

Educazione al ritmo



