**Coaching philosophy & syllabus**

Our playing philosophy:

**In possession**

- Accurately play out from the back

- Teams to play possession based football, through the thirds

- Players encouraged to be creative & clever with & without the ball

- Recognise when to play forward & counter attack quickly

- Understanding of how to change the tempo of the game (forwards, backwards, sideways)

**Out of possession**- All players to be involved in winning the ball back  
- Teams to regain shape quickly  
- Players to provide & be aware of security at all times  
- Communication from back to front

**The Coaching Programme**

1. All sessions should work from the coaching syllabus

2. Coaches are to not be re-active & just work on what went wrong in the last game. If the same problem persists then address this accordingly.

3. Provide players with individual challenges/ tasks depending on whether they are struggling/ thriving within a session. Remember every player is different!  
4. Coaches choose which topic they work on each week, however it must relate to the theme for that block of sessions.  
5. Each block consists of 3 sessions.

6. The u7-u9 syllabus consists of mostly individual techniques.   
7. The u10 plus syllabus has a mixture of individual techniques & tactical themes. This would increase dependent on age & ability.  
8. Depending on age group & ability individual techniques can be practiced opposed or unopposed.  
9. All themes link from one to another.  
10. Although sessions are themed players will also be encouraged to use techniques learnt in previous sessions.  
11. Give players homework each week. This could be to practice individual techniques or to read about/ watch football (relate to current theme).  
12. U7-U9 is a 24 week syllabus. U10+ is a 30 week syllabus.

**Example session structure, whole-part-whole (based on a 60 minute session)  
  
5 mins -** arrival activity e.g. kick ups (can they beat their score each week)  
  
**5 mins –** technical challenge e.g. skills/ ball mastery  
  
**2 mins -** introduction to session theme/ topic – focus for the session  
  
**10 mins –** Whole = Match specific delivery which includes session topic. Coaching is done within a realistic match scenario  
  
**20 mins –** Part = Specific attention to weekly theme e.g. possession. Providing repetition and practice in units or as individuals.  
  
**15 mins –** Whole = Establish the key objectives from the previous game/ technical ‘part’. Allow free play, try not to interfere much. This is your chance to give lots of praise & reinforce session objectives. Give team & individual challenges.  
  
**3 mins** **–** debrief recapping focus set out at the start of the session. Reinforce the learning objective. Ask the players questions, get their feedback.   
  
**Coaching buzz words  
  
Security –** defensive cover/ support  
**Trust –** pass to players in tight areas, trust them to keep possession  
**Share –** pass the ball  
**Join in –** forward runs to support the attack  
**Shape –** team shape  
**Commit & Destroy –** beat a player 1v1  
**Play Tag –** create space

**Coaching Syllabus (U7 – U9)**  
  
**Theme: Dribbling (weeks 1-3)  
Topics:** -using different surfaces of the foot  
 - change of speed/ tempo  
 - dribbling skills (step-overs, sole rolls, scissors)  
 - 1v1 battles

**Theme: Turning (weeks 4-6)  
Topics:** - change of direction & speed (different surfaces of foot)  
 - type of turns (scissors, Ronaldo chop, hook, cryuff, drag back)   
 - receiving to turn  
 - end product **Theme: Running with the ball (weeks 7-9)  
Topics:** - Part of foot (laces)  
 - where/ when to run (forward, sideways, backwards)  
 - end product  
 - scanning (looking)  
  
**Theme: Passing (weeks 10-12)  
Topics:** - range & type of pass (short/ long)  
 - different parts of foot  
 - passing angles  
 - passing with pressure  
  
**Theme: Receiving/ Control (weeks 13-15)**  
**Topics:** - first touch (into space, away from defender)  
 - part of foot (inside, outside, laces, sole)  
 - body shape  
 - end product   
  
**Theme: Shooting (weeks 16-18)  
Topics:** - part of foot   
 - close range  
 - long range   
 - opposed finishing

**Theme: Shielding (weeks 19-21)  
Topics:** - body shape/ angle  
 - ball protection (part of foot)  
 - 1v1 shielding   
  
**Theme: Introducing Defending (weeks 22-24)  
Topics:** - pressing (closing down)  
 - delaying (jockeying)  
 - tackling type/ timing  
 - marking  
  
 **Coaching syllabus (U10+)  
  
Theme: Ball Mastery (weeks 1-3)  
Topics:** - dribbling skills  
 - turning skills  
 - playing under pressure  
 - forward runs with the ball (running with the ball)  
  
**Theme: Pressing (weeks 4-6)  
Topics:** - 1v1 pressing  
 - recognising when to press  
 - pressing in opponents half  
 - pressing in own half  
 - protecting key spaces  
  
**Theme: Shielding (weeks 7-9)  
Topics**: - 1v1 shielding techniques  
 - movement to receive  
 - runs in front/ beyond defenders

**Theme: Tackling (weeks 10-12)  
Topics:** - Timing of tackle (when)  
 - type of tackle (slide/ block)  
 - awareness/ appreciation of what’s around (2nd defender)  
 - recovery runs  
  
**Theme: Passing (weeks 13-15)  
Topics:** - possession  
 - playing forward quickly (counter attack)  
 - combination play  
 - playing between the lines (between defenders)  
  
**Theme: Intercepting (weeks 16-18)  
Topics:** - reading the play  
 - timing of interception  
 - body position in relation to opposition  
  
 **Theme: Receiving/ control (weeks 19-21)  
Topics:** - receiving on front/ back foot   
 - playing under pressure  
 - angles/ distances of supporting players  
 - player movement e.g. overlaps/ underlaps  
  
**Theme: Marking (weeks 22-24)  
Topics:** - ball or goal side  
 - players or space  
 - restricting space  
 - speed/ angle of approach to ball/ player

**Theme: Finishing (weeks 25-27)  
Topics:** - end product shot/ cross/ pass  
 - creativity & imagination in 1v1 situations  
 - taking risks in opposition half  
 - long/ close range finishing (with pressure)  
  
**Theme: Defending in units (weeks 28-30)**  
**Topics:** - pressure/ cover/ balance/ support  
 - preventing penetration (team shape)  
 - remaining compact  
 - when to press, when to drop