

COACHING AND TRAINING TOPICS

6 And 7 Years Developmental Coaching And Training Program Themes Coaches Need To Teach In Their Training:

1. Fast Footwork And Coordination
2. Dribbling And Developing Touch On The Ball (Different Types Of Dribbles And 1 V 1's: A) No Pressure, B) Passive Pressure
3. Turning (Different Types Of Turns)
4. Running With The Ball
5. Control: 1st And 2nd Touch
6. Awareness (Beginner Level)
7. Passing And Movement (Basics)
8. Shooting / Finishing
9. Goalkeeping
10. Heading (Attacking And Defending)
11. Support Play And Positioning (Basic Ideas)
12. Combination Plays (Give And Go, Overlaps Etc)
13. 8 V 8 Team Shape
14. Small Sided Game Development Starting With A 2 V 2 Plus 1 Leading To 3 V 3

COACHING AND TRAINING TOPICS

8 And 9 Years Developmental Coaching And Training Program Topics Coaches Need To Teach In Their Training:

1. Fast Footwork And Coordination
2. Dribbling And Developing Touch On The Ball (Different Types Of Dribbles And 1 V 1'S: A) No Pressure, B) Passive Pressure
3. Turning (Different Types Of Turns)
4. Running With The Ball
5. Control: 1St And 2Nd Touch
6. Awareness (Beginner Level)
7. Passing And Movement On And Off The Ball
8. Shooting / Finishing
9. Goalkeeping
10. Heading
11. Support Play And Positioning
12. Combination Plays In Units
13. Defending (1 V 1, 2 V 1, 2 V 2)
14. 8 V 8 Team Shape
15. Small Sided Game Development Starting With All Previous Formats Advancing To 3 V 3 Plus 1 Or 2, Leading To 4 V 4

COACHING AND TRAINING TOPICS

10 Years Old Developmental Coaching And Training Program Topics Coaches Need To Teach In Their Training:

1. Fast Footwork And Coordination
2. Dribbling (Different Types Of Dribbles And 1 V 1'S: A) No Pressure, B) Passive Pressure C) Full Pressure)
3. Turning (Different Types Of Turns)
4. Running With The Ball
5. Control: 1St And 2nd Touch
6. Goalkeeping
7. Conditioning (Basic Match Fitness)
8. Awareness (Intermediate Level)
9. Passing (Short, Long, Straight, Diagonal) And Movement On And Off The Ball
10. Shooting / Finishing
11. Heading
12. Support Play And Positioning
13. Combination Plays
14. Defending (1 V 1 Through 6 V 6)
15. 8 V 8 Team Shape
16. Small Sided Game Development Starting With All Previous Formats Advancing To 5 V 5 Plus 1 Or 2, Leading To 6 V 6

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