



# Coaching Syllabus

6 to 9 Year Olds	9 to 12 Year Olds	12 to 16 Year Olds	16 to 18 Year Olds	18+
<b>Technical Skills for Outfield Players</b>				
Kicking, passing & shooting Encouraging use of both feet Moving with the ball Ball Control (inside, outside, etc.) Feints & Turns	Variety of passing with both feet Control with both feet, thighs and chest Volley with both feet Dribbling with both feet Heading & Tackling	All previous skills under competitive conditions (i.e. Less space, time and with opposition) Encourage creativity	All previous skills under competitive conditions (i.e. Less space, time and with opposition) Consistency and Control	Refinement of skills Ability to Improve Automatic Performance of Skills
<b>Technical Skills for Goalkeepers</b>				
Kicking from the ground Catching the ball (low, middle, high) Saves to the side Throwing	All previous skills	All previous skills under competitive conditions (i.e. Less space, time and with opposition) Punching to Clear	All previous skills under competitive conditions (i.e. Less space, time and with opposition) Consistency and Control	Refinement of skills Ability to Improve Automatic Performance of Skills
<b>Tactical Skills</b>				
Knowledge of 4v4/7v7 Principles of Attacking and Defending 1v1 to 7v7	Knowledge of 4v4/7v7/9v9 Principles of penetration, support width & depth 1v1 to 9v9	Knowledge of 4v4/7v7/9v9/11v11 Principles of penetration, support width & depth Shaping 11v11 formation Set Pieces 1v1 to 11v11	Awareness of several systems of play Ability to play several positions Ability to read game Set Pieces 1v1 to 11v11	Awareness of several systems of play Ability to play several positions & have a clear role Ability to read game Set Pieces 1v1 to 11v11
<b>Physical Development</b>				
Multi-Directional Speed Feeling & sensory awareness Endurance through games Bodyweight, strength & flexibility	Multi-Directional Speed Decision making and reactions Endurance through games Bodyweight Strength Dynamic Flexibility	Onset of PHV After PHV: Speed, Strength, Power Endurance through repetitive sprints Flexibility	Multi-Directional Speed Power through strength and speed Aerobic & Anaerobic training Flexibility Plyometrics	Individualized, planned and periodized programs for previous fitness aspects Recovery Training
<b>Psychological Development</b>				
Confidence Internal motivation through achievement Enjoyment, Imagery and Imagination	Confidence through achievement Positive attitude Mindset & Intrinsic Motivation Imagery and Imagination	Previous Skills Goal Setting Focus and emotional control Pre-Performance routine	Previous skills Performance driven approach Commitment and consistency	All previous skills leading to a mentality of achievement
<b>Lifestyle Management</b>				
Fluids Food Rest Fair Play	Fluids Food Rest Fair Play	Re-Hydration Nutrition Recovery Fair Play	Previous topics Substance misuse	All Previous Topics