



## After School Football Coaching Programme

Week	Session Topic / Description	Key Factors
Week 1	Warm Up/Fun Games (Relevant to Age of Group)	<ul style="list-style-type: none"> <li>• Pulse Raiser</li> <li>• Dynamic Stretches</li> </ul>
	<u>Ball Control</u>  Technique ↓ Skill ↓ Topic Related Game	<ul style="list-style-type: none"> <li>• Awareness/On Toes</li> <li>• Confidence, Shout for the ball</li> <li>• Get in line with the ball</li> <li>• Decision Making (What part of body to use to control the ball)</li> <li>• Keep eye on the ball</li> <li>• Good First Touch</li> </ul>
Week 2	Warm Up/Fun Games (Relevant to Age of Group)	<ul style="list-style-type: none"> <li>• Pulse Raiser</li> <li>• Dynamic Stretches</li> </ul>
	<u>Dribbling</u>  Technique ↓ Skill ↓ Topic Related Game	<ul style="list-style-type: none"> <li>• Awareness/On Toes</li> <li>• Good first touch</li> <li>• Good positive Attitude to Dribble</li> <li>• Head Up</li> <li>• Use correct surface of foot (inside/outside or big toe/little toe)</li> <li>• Close Control, lots of touches</li> </ul>
Week 3	Warm Up/Fun Games (Relevant to Age of Group)	<ul style="list-style-type: none"> <li>• Pulse Raiser</li> <li>• Dynamic Stretches</li> </ul>
	<u>Turning</u>  Technique ↓ Skill ↓ Topic Related Game	<ul style="list-style-type: none"> <li>• Awareness/On Toes</li> <li>• Confidence, Shout for the ball</li> <li>• Close control</li> <li>• Decision Making, Where to turn, When to turn, Type of turn</li> <li>• Spatial Awareness</li> <li>• Execution of turn</li> <li>• Acceleration out of turn</li> </ul>
Week 4	Warm Up/Fun Games (Relevant to Age of Group)	<ul style="list-style-type: none"> <li>• Pulse Raiser</li> <li>• Dynamic Stretches</li> </ul>
	<u>Shooting</u>  Technique ↓ Skill ↓ Topic Related Game	<ul style="list-style-type: none"> <li>• Awareness/On Toes</li> <li>• Good first touch out of feet</li> <li>• Approach the ball/Body Shape</li> <li>• Use correct part of foot (Depends on shot/position in relation to goal)</li> </ul>

Week 5	Warm Up/Fun Games (Relevant to Age of Group)	<ul style="list-style-type: none"> <li>• Pulse Raiser</li> <li>• Dynamic Stretches</li> </ul>
	<u>1v1 / 2v2</u> Technique ↓ Skill ↓ Topic Related Game	<u>Attacking</u> <ul style="list-style-type: none"> <li>• Awareness/On Toes</li> <li>• Good first touch</li> <li>• Good positive Attitude to Dribble</li> <li>• Head Up</li> <li>• Use correct surface of foot (inside/outside or big toe/little toe)</li> <li>• Close Control, lots of touches</li> <li>• Trick to beat the Defender</li> </ul>
Week 6	Warm Up/Fun Games (Relevant to Age of Group)	<ul style="list-style-type: none"> <li>• Pulse Raiser</li> <li>• Dynamic Stretches</li> </ul>
	Tournament/Matches	<ul style="list-style-type: none"> <li>• No bigger than 6 a side</li> <li>• Restrictions to incorporate what topics children have learnt</li> </ul>