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**TECHNICAL PROGRAMME OBJECTIVES FOR OUTFIELD PLAYERS**

	FUNDamental 8 – 10 years	Training to train 11 -12 years	Training to compete 13 -14 years	Training to compete 15 -16 years
TACTICAL AWARENESS 5-3-2/3-5-2	None			
4-4-2	None			
4-3-3	None			

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<b>7 Challenging</b>	<ol style="list-style-type: none"> <li>Blocking shots/passes.</li> <li>Block tackle with both feet to gain possession.</li> <li>Staying on feet. Tracking and locking on to an opponent</li> </ol>	<ol style="list-style-type: none"> <li>Sliding tackle to gain possession/make ball safe.</li> <li>Intercepting (how, when).</li> <li>Standing up, forcing play in one direction (1v1).</li> </ol>	<ol style="list-style-type: none"> <li>Intercepting (when, where), and gaining possession from challenge.</li> <li>Standing up, forcing play in one direction (1v1; 2v2).</li> </ol>	<ol style="list-style-type: none"> <li>Intercepting (when, where), and gaining possession from challenge. Emphasis on not going to ground and moving forward/into space with ball.</li> <li>Standing up, forcing play in one direction (1v1; 2v2).</li> <li>When and where to challenge or to delay.</li> </ol>
<b>8 Heading</b>	<ol style="list-style-type: none"> <li>Forehead contact to meet and direct ball. Service from in-front, unopposed.</li> </ol>	<ol style="list-style-type: none"> <li>Forehead contact to meet and direct ball. Service from in-front, unopposed.</li> <li>Use of upper body; jumping to head at goal, clear or pass.</li> <li>Angled, higher service (cross, throws), opposed.</li> </ol>	<ol style="list-style-type: none"> <li>Increased use of upper body jumping to head at goal, clear, pass and intercept (all under challenge).</li> <li>Timing take-off, arms position and calling.</li> <li>Angled, higher service (crosses, throws, goal kicks), increasing opposition.</li> <li>Diving headers.</li> </ol>	<ol style="list-style-type: none"> <li>Increased use of competitive situations/games to emphasis defensive and attacking heading priorities (objectives).</li> <li>Consolidate timing, approach and calling under increased pressure (time, space, opposition).</li> </ol>
<b>TACTICAL AWARENESS</b> <b>9 Team/player in possession</b>	<p><b>Based on 2v2;3v3;6v6 etc</b></p> <ol style="list-style-type: none"> <li>When to shoot or dribble or pass or run with ball.</li> <li>Support in front and behind in SSG (3v3, 6v6) - angle, distance.</li> <li>Finding space to receive and keep possession.</li> <li>When to pass to feet or into space.</li> <li>Improvising when facing opponents (attacking or defending areas).</li> <li>Learning to play in a range of positions (basic awareness of playing space and positions of teammates).</li> <li>Creating space at throws</li> </ol>	<p><b>Based on 4v4; 6v6; 8v8</b></p> <ol style="list-style-type: none"> <li>When to shoot or dribble or pass or run with ball.</li> <li>Support in front and behind ball in SSG (4v4, 6v6) - basic shape, spreading out.</li> <li>Creating space to receive and pass/dribble/shoot (eg feints, spins, checks).</li> <li>Creating space for others (running off the ball). Overlaps, blind side runs, crossovers.</li> <li>Improvising when attacking goal area.</li> <li>Maintain experience of playing at least on other position.</li> <li>Creating space at throws</li> </ol>	<p><b>Based on 4v4 to 11v11</b></p> <ol style="list-style-type: none"> <li>When to shoot or dribble or pass or run with the ball.</li> <li>Support in front and behind in SSG 9v6, 8v8) - basic shape, spreading out (depth, width, cover).</li> <li>Refine forward passing selection (who to, when, where?, into space or to feet)</li> <li>Crossing skills (eg across front/behind defenders, making space, targets).</li> <li>When and where to switch play.</li> <li>Refine forward runs without the ball (how, when ? - eg timing, angle, third man running, to receive crosses).</li> <li>Refine running ball into/through space (into midfield and attacking thirds).</li> <li>Basic set piece (throw-ins, free-kicks, corners (see crossing skills). Delivery options, and players' roles.</li> <li>One touch play (one-two's lay-offs).</li> </ol>	<ol style="list-style-type: none"> <li><b>Based on 6v6 to 11v11</b></li> <li>When to shoot or dribble or pass or run with the ball.</li> <li>Support play when attacking the final third (based on width, depth). Rotating and filling-in.</li> <li>Consolidate decision-making on forward pass selection from all thirds (penetration, improvisation, risk).</li> <li>Emphasise creating space for others in attacking third - up-back-through/third man running; overlaps; blind-side runs; crossovers; one-twos (8v8, 11v11).</li> <li>Diagonal runs and passes.</li> <li>Crossing to near and far post (attacking runs, timing, targets).</li> <li>When and where to switch play.</li> <li>Advanced set-pieces (disguise, deception).</li> <li>Delivery, options, players' roles.</li> <li>Counter attacks; keeping possession - changing the tempo (how, when, where?).</li> </ol>
<b>TACTICAL AWARENESS</b> <b>10 Team/Player not in possession</b>	<p><b>Based on 2v2; 3v3; 6v6</b></p> <ol style="list-style-type: none"> <li>Challenging opponent nearest ball (closing down).</li> <li>Pressurising and covering (2v2; 3v3)</li> <li>Making and tracking an opponent (goalside, inside, body position)</li> <li>Blocking shots and forward passes.</li> <li>Recovering behind ball and supporting teammates.</li> <li>Defending the goal area as a team/unit (3v3, 4v4)</li> </ol>	<p><b>Based on 4v4; 6v6; 8v8</b></p> <ol style="list-style-type: none"> <li>Pressuring and covering (3v3 to 4v4).</li> <li>Marking players and marking space (how, when, where, where?: passing-on; 3v3 to 4v4).</li> <li>Channeling and forcing as a unit 9v2/3v3) or team (4v4/6v6).</li> <li>When to delay/challenge and when to intercept.</li> <li>Regaining possession</li> <li>Keeping possession when regained (support in front/behind - depth).</li> </ol>	<p><b>Based on 4v4 to 11v11</b></p> <ol style="list-style-type: none"> <li>Tracking and delaying opponents. Stop ball being played forward (4v4; 6v6).</li> <li>Challenge, cover and support (4v4, 6v6, 11v11 - who, when, where? - angle, distance, communication).</li> <li>Forcing and challenging as a unit (midfield, defence, attack) and as a team (6v6 to 11v11).</li> <li>Defending at set pieces in own half/penalty area (throw-ins, free- kicks, corners: 6v6 to 11v11).</li> <li>Regaining possession</li> <li>Keeping possession when regained (support play).</li> </ol>	<p><b>Based on 6v6 to 11v11</b></p> <ol style="list-style-type: none"> <li>Marking, tracking and delaying opponents. Stop ball being played forward (8v8; 11v11).</li> <li>Pressurising as a team (who, when, where?). Consolidate forcing and channeling - making play predictable (defence, midfield, attack).</li> <li>Recovery runs and lines.</li> <li>Defending at set pieces (corners, free-kicks, throw-ins: 11v11). Roles and responsibilities (players, space).</li> <li>Communication between GK defenders.</li> </ol>

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<b>TECHNICAL MASTERY</b> <b>1. Footwork</b>	<ol style="list-style-type: none"> <li>Ball manipulation with all parts of the foot and both feet (eg basic turns, rolling, stopping, juggling).</li> <li>Using ball manipulation to keep possession of the ball when challenged.</li> </ol>	<ol style="list-style-type: none"> <li>Develop and combine turns with both feet and all parts of the foot. Advance juggling (more touches, more body parts).</li> <li>Combine turns to keep possession of the ball when challenged.</li> </ol>	<ol style="list-style-type: none"> <li>Refine turns with both feet (quicker, more disguise, under pressure - time &amp; space). Advance juggling (more touches, more body parts, in pairs/groups).</li> <li>Practice turning to cross, shoot, pass.</li> <li>Sid's and Jack's</li> </ol>	<ol style="list-style-type: none"> <li>Increase speed and consistency of turns. Transfer ball to other foot on first touch (quick feet).</li> <li>Consolidate turning away from players in tighter areas; spins (balance, use of arms) and sideways moves to make space to pass, shoot, cross.</li> </ol>
<b>2 Passing</b>	<ol style="list-style-type: none"> <li>Passing along the ground over short distances with both feet (inside and outside of foot).</li> <li>Passing off the front foot.</li> <li>Accuracy, timing, weighting, and simple forms of disguise when passing.</li> </ol>	<ol style="list-style-type: none"> <li>Driven along the ground and swerve (20m), both feet.</li> <li>Lofted and chip pass.</li> <li>Passing off front foot at pace.</li> <li>Accuracy, timing, weighting and disguise under great pressure (disguise when passing and receiving).</li> </ol>	<ol style="list-style-type: none"> <li>Refine drive along the ground and swerve (20-30m), both feet (inside/outside).</li> <li>Refine lofted and chip pass.</li> <li>Refine timing, weighting, disguise and selection of passes (accuracy should be displayed regularly).</li> <li>Passing to space/to feet in smaller areas, when less time.</li> <li>Creating angle/space to pass forward or cross (short and long).</li> </ol>	<ol style="list-style-type: none"> <li>Longer and more lofted passes (30-40m), both feet and under increasing pressure. Drive and bend.</li> <li>Selection of long/short passing. Emphasise disguise when accuracy consistent.</li> <li>One-touch passing and volleyed pass.</li> <li>Competitive/game related passing practices to increase pressure on technique.</li> <li>Long diagonal passing to space/to feet - timing to hit forward runners.</li> </ol>
<b>3 Running with the ball</b>	<ol style="list-style-type: none"> <li>Running with the ball and combined turning.</li> </ol>	<ol style="list-style-type: none"> <li>Running with the ball and combined turning.</li> <li>Running through space with change of pace and control.</li> </ol>	<ol style="list-style-type: none"> <li>Breaking with ball into middle third or running with ball away from chasing player (to shoot or cross).</li> </ol>	<ol style="list-style-type: none"> <li>Breaking with ball into final and middle third, looking for gaps between players, running past or away from chasing players (to shoot or cross).</li> <li>Changes of direction at speed, with ball.</li> <li>Increase speed and pressure on technique. Smaller areas.</li> </ol>
<b>4 Dribbling</b>	<ol style="list-style-type: none"> <li>Dribbling with a change of speed, direction and using dummies and feints (eg scissors, Beardsley, Matthews).</li> <li>Practice to use all parts of foot and both feet.</li> </ol>	<ol style="list-style-type: none"> <li>Attacking opponent with change of direction, speed, feint.</li> <li>Dribbling to create space to cross, shoot, pass.</li> </ol>	<ol style="list-style-type: none"> <li>Dribbling to create space to cross, shoot, pass under increased pressure (time, space, opponents).</li> <li>Refine selection of dribbling technique (which, where, when?).</li> </ol>	<ol style="list-style-type: none"> <li>Dribbling to create space in attacking areas to cross, shoot, pass under increased pressure (time, space, opponents).</li> <li>Refine selection of dribbling technique (which, where, when?).</li> </ol>
<b>5 Receiving and controlling</b>	<ol style="list-style-type: none"> <li>Controlling the ball on the ground with all parts of the foot and both feet.</li> <li>Basic controlling with the thigh and chest (body position, in-line, cushion etc)</li> </ol>	<ol style="list-style-type: none"> <li>Controlling the ball with both feet, thighs and chest to keep possession.</li> <li>Receiving balls from different heights and angles.</li> <li>Shielding the ball - receiving and turning under pressure (1v1; 2v2).</li> <li>Pining defenders using arms and body prior to receiving the ball.</li> </ol>	<ol style="list-style-type: none"> <li>Receiving balls from different heights, speeds, angles to keep possession and/or create passing angle.</li> <li>Receive and control under increased time and space pressure, pinning defenders</li> <li>Pining, Shielding the ball - receiving and rolling the defender under increased time/space pressure 92v2; 4v4).</li> <li>Creating space to receive and pass forward under pressure (2v2; 4v4).</li> </ol>	<ol style="list-style-type: none"> <li>Pinning, receiving and controlling with back to goal to keep possession, lay-off, rolling the defender or making space to shoot/cross.</li> <li>Consolidate quality of 'first touch' when receiving to feet, thigh, chest. Resist challenges.</li> <li>Increase pressure on awareness of space to receive ball, to play ball (with first touch/lay-off).</li> <li>Creating space to receive and pass forward under pressure (6v6; 11v11).</li> </ol>
<b>6 Shooting (and crossing)</b>	<ol style="list-style-type: none"> <li>Low driven strike at target with both feet (to corners, across goalkeeper).</li> </ol>	<ol style="list-style-type: none"> <li>Low driven strike with both feet, varying service (ball rolling away, towards, from side).</li> <li>Volleys, clips, overheads (minimal opposition).</li> </ol>	<ol style="list-style-type: none"> <li>Low driven strike with both feet (20m) under challenge (eg facing GK or chasing defender) and from free-kick).</li> <li>Improvise volleys, clips, overheads under pressure and from variety of service (eg crosses, free kicks). Swerving and shooting off front foot.</li> </ol>	<ol style="list-style-type: none"> <li>Power shooting in and around penalty area (15-25m), with both feet.</li> <li>Finishing in penalty area 9eg first time, side footers, volleys, near post flicks).</li> <li>Running onto ball and striking at goal (targets, decisions-when, where?)</li> <li>Set piece strikes (inc penalties, corners).</li> </ol>