

TEACHING FOOTBALL GAME

Covering all four main football areas

▪ FOOTBALL TECHNIQUE TRAINING



- DRIBBLING
- PASSING
- RECEIVING
- SHOOTING
- FAKING
- HEADING
- GOALIE TECHNIQUES



▪ FOOTBALL TACTICS TRAINING

Coming together is a beginning, staying together is progress, and working together is success.

- DEFENDING & ATTACKING
- INDIVIDUAL, GROUP & TEAM
- PRESSING & COUNTERATTACKING
- SWITCHING THE POINT OF ATTACK
- SYSTEMS OF PLAYING
- GAME ANALYSIS
- SMALL-SIDED GAMES
- GOALKEEPING TACTICS



▪ FOOTBALL CONDITION/FITNESS



- ENDURANCE
- SPEED
- STRENGTH
- POWER
- AGILITY
- MOBILITY
- COORDINATION
- NUTRITION



▪ FOOTBALL PSYCHOLOGY

- MOTIVATION
- COMMUNICATION
- COACHING
- TEAM MANAGEMENT
- WINNING MENTALITY





