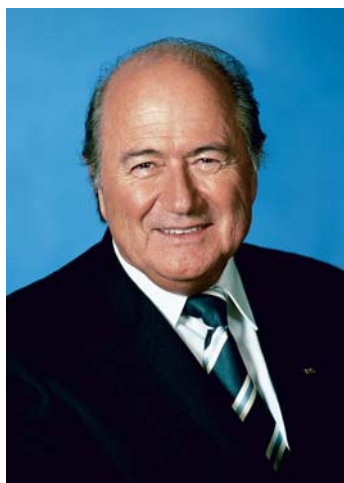


1

General part

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1. Foreword by FIFA President, Joseph S. Blatter



The FIFA Family numbers around 250 million members, and includes male and female football players of all ages, coaches, coaching staff, administrators, referees and assistant referees, as well as medical staff. For all of these people, our sport represents passion, pleasure and fascination. Football is part of their everyday lives, as well as being their favourite leisure pursuit. While some of them have made football their profession, for others it is a vocation.

Countless players are constantly seeking to improve their game, and therefore enlist the help of coaches to help them do so. And it is above all for instructors such as these that FIFA has produced this coaching manual. FIFA Coaching is a comprehensive and valuable tool for instructors wishing to improve their educational activities within the national associations, but it will also prove particularly suitable and rewarding for coaches who use it in their everyday work.

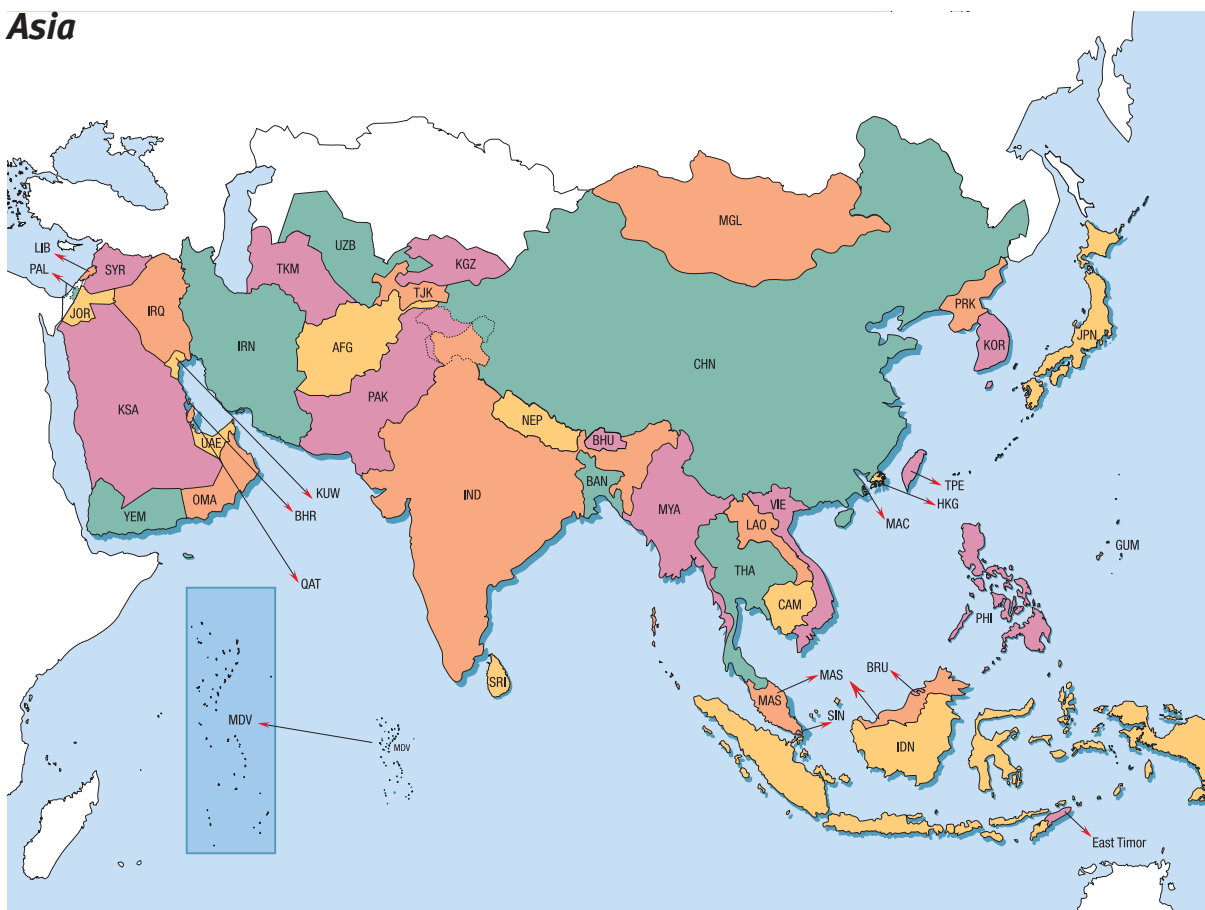
Various texts, illustrations, graphics and photographs have been assembled by a group of experts for inclusion in FIFA Coaching over a period of several months. The result of their labours is a well-balanced, detailed, clearly structured and easily understandable manual that deals with every aspect of modern coach education in the game of football. The manual is also largely geared to the future of the game, and therefore concentrates in particular on the training and development of young players.

FIFA Coaching will prove just as valuable for instructors in the women's game as it will for those working in men's football. The various chapters cover topics as wide-ranging as technical skills, tactics, physical fitness, goalkeeper training, psychological and mental aspects of the game, as well as planning. This instruction manual will therefore form an important component of FIFA's instructors' and coaches' courses.

FIFA's motto is For the Good of the Game. FIFA Coaching will undoubtedly play its part in making the "beautiful game" even better and even more attractive. And I am convinced that you will share this view after reading and using the manual for yourselves.

2. The FIFA Family

Asia



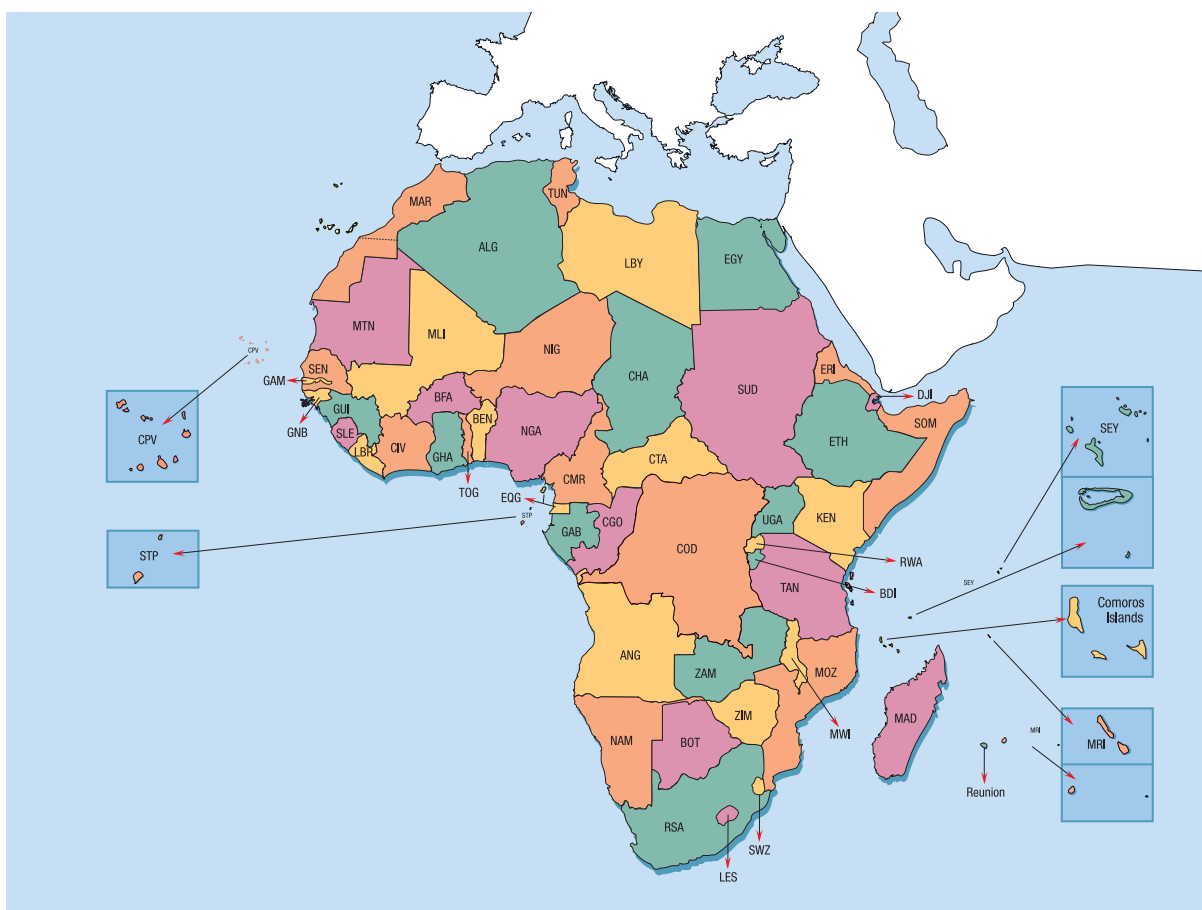
Members (44)

AFG	Afghanistan	KGZ	Kyrgyzstan	PHI	Philippines
BAN	Bangladesh	KOR	Korea Republic	PRK	Korea DPR
BHR	Bahrain	KSA	Saudi Arabia	QAT	Qatar
BHU	Bhutan	KUW	Kuwait	SIN	Singapore
BRU	Brunei Darussalam	LAO	Laos	SRI	Sri Lanka
CAM	Cambodia	LIB	Lebanon	SYR	Syria
CHN	China PR	MAC	Macao	THA	Thailand
GUM	Guam	MAS	Malaysia	TJK	Tajikistan
HKG	Hong Kong	MDV	Maldives	TKM	Turkmenistan
IDN	Indonesia	MGL	Mongolia	TPE	Chinese Taipei
IND	India	MYA	Myanmar	UAE	United Arab Emirates
IRN	Iran	NEP	Nepal	UZB	Uzbekistan
IRQ	Iraq	OMA	Oman	VIE	Vietnam
JOR	Jordan	PAK	Pakistan	YEM	Yemen
JPN	Japan	PAL	Palestine		

Associate Member to the Confederation

TLS Timor Leste (East Timor)

Africa



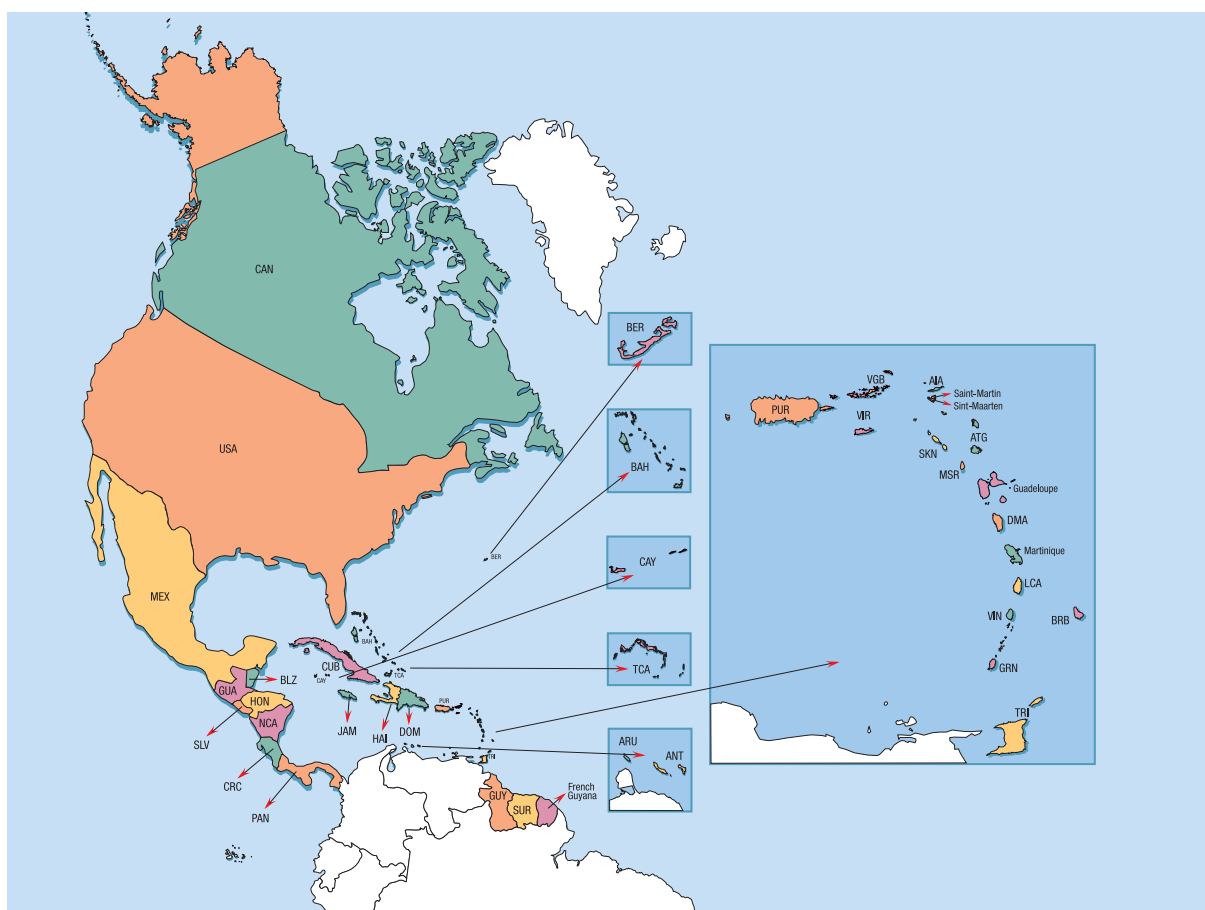
Members (52)

ALG	Algeria	GAB	Gabon	NIG	Niger
ANG	Angola	GAM	Gambia	RSA	South Africa
BDI	Burundi	GHA	Ghana	RWA	Rwanda
BEN	Benin	GNB	Guinea-Bissau	SEN	Senegal
BFA	Burkina Faso	GUI	Guinea	SEY	Seychelles
BOT	Botswana	KEN	Kenya	SLE	Sierra Leone
CGO	Congo	LBR	Liberia	SOM	Somalia
CHA	Chad	LBY	Libya	STP	São Tomé e Príncipe
CIV	Côte d'Ivoire	LES	Lesotho	SUD	Sudan
CMR	Cameroon	MAD	Madagascar	SWZ	Swaziland
COD	Congo DR	MAR	Morocco	TAN	Tanzania
CPV	Cape Verde Islands	MLI	Mali	TOG	Togo
CTA	Central African Republic	MOZ	Mozambique	TUN	Tunisia
DJI	Djibouti	MRI	Mauritius	UGA	Uganda
EGY	Egypt	MTN	Mauritania	ZAM	Zambia
EQG	Equatorial Guinea	MWI	Malawi	ZIM	Zimbabwe
ERI	Eritrea	NAM	Namibia		
ETH	Ethiopia	NGA	Nigeria		

Associate Members to the Confederation (2)

COM	Comoros Islands
REU	Reunion

North, Central America and Caribbean



Members (35)

AIA	Anguilla	DMA	Dominica	PAN	Panama
ANT	Netherlands Antilles	DOM	Dominican Republic	PUR	Puerto Rico
ARU	Aruba	GRN	Grenada	SKN	St. Kitts and Nevis
ATG	Antigua and Barbuda	GUA	Guatemala	SLV	El Salvador
BAH	Bahamas	GUY	Guyana	SUR	Surinam
BER	Bermuda	HAI	Haiti	TCA	Turks and Caicos Islands
BLZ	Belize	HON	Honduras	TRI	Trinidad and Tobago
BRB	Barbados	JAM	Jamaica	USA	USA
CAN	Canada	LCA	St. Lucia	VGB	British Virgin Islands
CAY	Cayman Islands	MEX	Mexico	VIN	St. Vincent /Grenadines
CRC	Costa Rica	MSR	Montserrat	VIR	US Virgin Islands
CUB	Cuba	NCA	Nicaragua		

Associate Members to the Confederation (5)

GLP	Guadeloupe	Saint-Martin
GUF	French Guyana	Sint-Maarten
MTQ	Martinique	

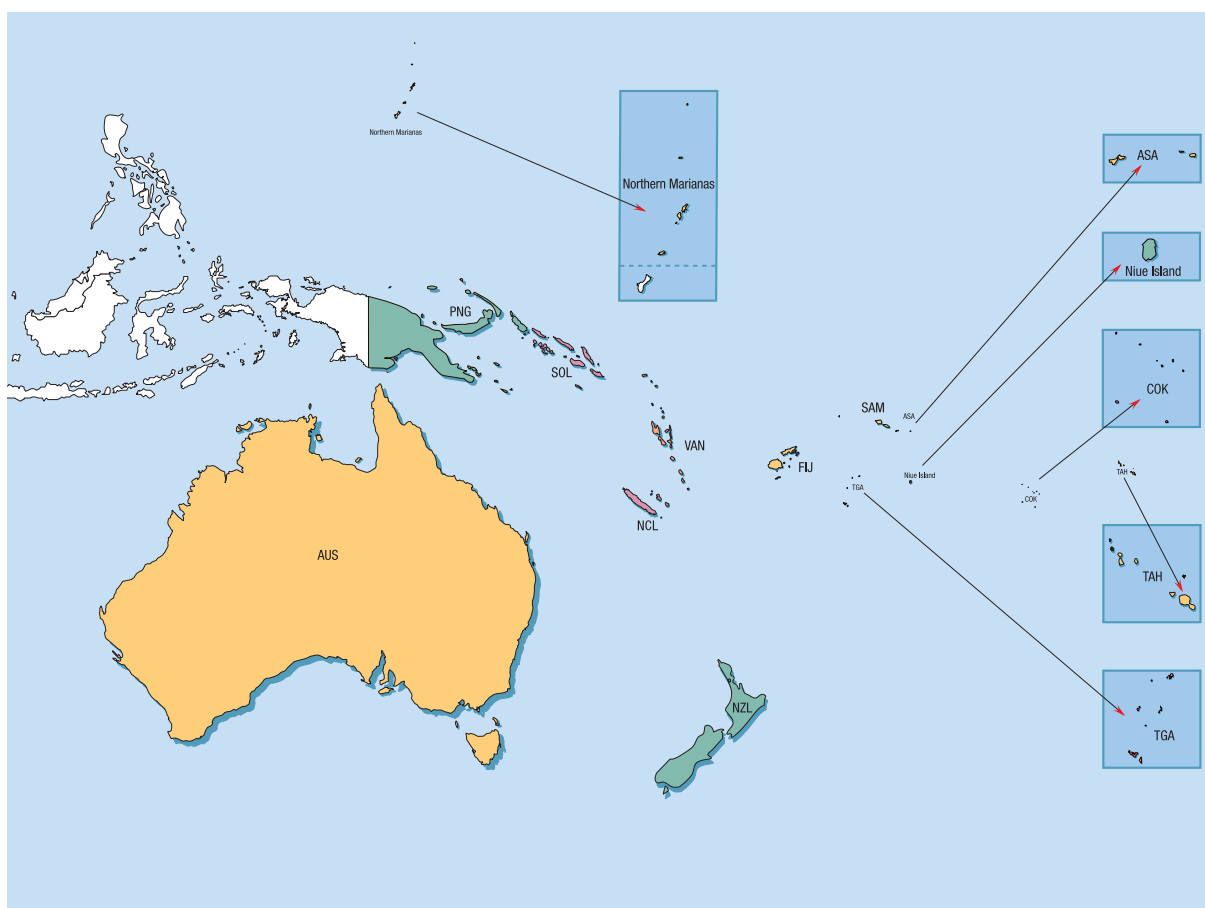
South America



Members (10)

ARG	Argentina	ECU	Ecuador
BOL	Bolivia	PAR	Paraguay
BRA	Brazil	PER	Peru
CHI	Chile	URU	Uruguay
COL	Colombia	VEN	Venezuela

Oceania



Members (11)

ASA	American Samoa	SAM	Samoa
AUS	Australia	SOL	Solomon Islands
COK	Cook Islands	TAH	Tahiti
FIJ	Fiji	TGA	Tonga
NZL	New Zealand	VAN	Vanuatu
PNG	Papua New Guinea		

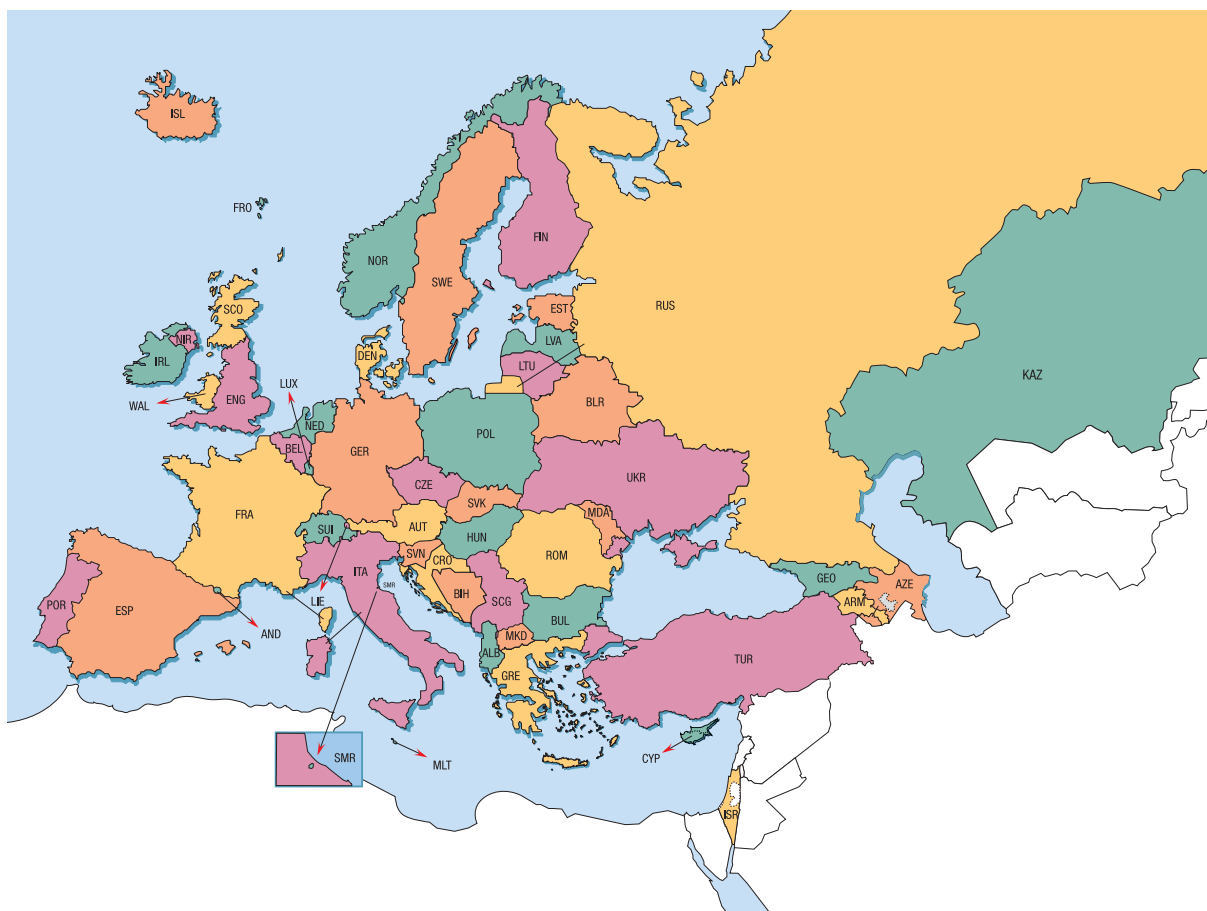
Provisional Member to the Confederation

NCL New Caledonia

Associate Members to the Confederation (2)

MNP Northern Marianas
NIU Niue Island

Europe



Members (52)

ALB	Albania	FRO	Faroe Islands	NIR	Northern Ireland
AND	Andorra	GEO	Georgia	NOR	Norway
ARM	Armenia	GER	Germany	POL	Poland
AUT	Austria	GRE	Greece	POR	Portugal
AZE	Azerbaijan	HUN	Hungary	ROM	Romania
BEL	Belgium	IRL	Republic of Ireland	RUS	Russia
BIH	Bosnia-Herzegovina	ISL	Iceland	SCG	Serbia and Montenegro
BLR	Belarus	ISR	Israel	SCO	Scotland
BUL	Bulgaria	ITA	Italy	SMR	San Marino
CRO	Croatia	KAZ	Kazakhstan	SUI	Switzerland
CYP	Cyprus	LIE	Liechtenstein	SVK	Slovakia
CZE	Czech Republic	LTU	Lithuania	SVN	Slovenia
DEN	Denmark	LUX	Luxembourg	SWE	Sweden
ENG	England	LVA	Latvia	TUR	Turkey
ESP	Spain	MDA	Moldova	UKR	Ukraine
EST	Estonia	MKD	FYR Macedonia	WAL	Wales
FIN	Finland	MLT	Malta		
FRA	France	NED	Netherlands		