

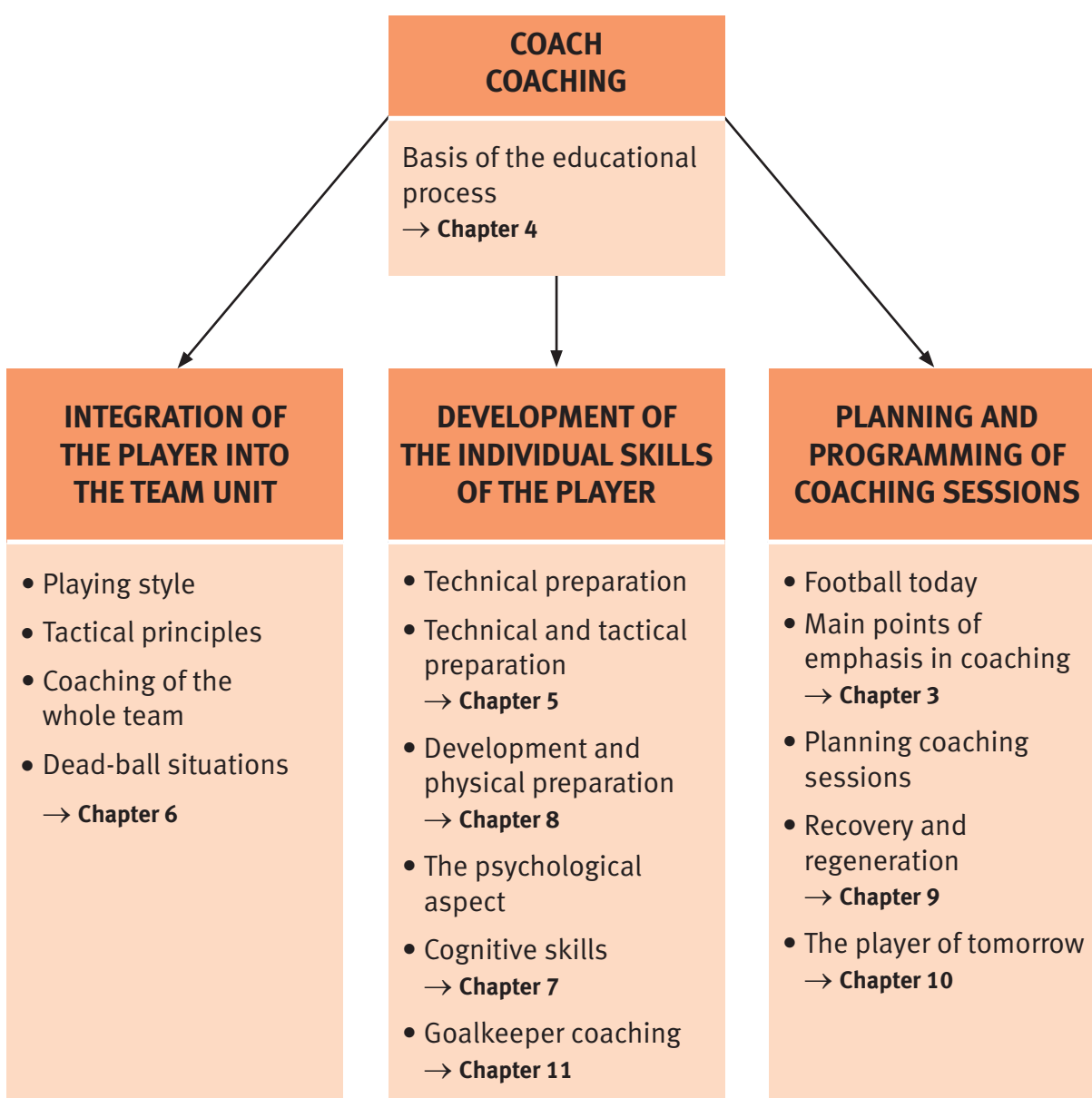
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Technical development programmes

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1. Introduction to the FIFA technical programme

The following elements form the core of FIFA's technical programme:
Training and development of and learning by young footballers



2. The basis and main emphasis of the technical programme

The basic concept of FIFA's technical development programme in recent years has been geared to the promotion of football and to standardisation in the training of players, not to mention the training and improvement of technical staff working in the game.

Even though it is difficult with football training to establish a precise direction that will satisfy the member associations of the various confederations as well as the participants, the FIFA technical programmes have proved extremely successful. Indeed, these programmes have been at the root of some spectacular results achieved by certain national teams in international competitions, notably at youth level by players from Asia and Africa.

Just as it is clear that FIFA has to continue to pursue its conception of the development of football, albeit by making certain adjustments along the way to ensure that greater attention is paid to all areas of today's game, it is also logical to maintain a technical programme that meets the demands of the modern game and the expectations of the associations as far as training and development are concerned, as well as of the coaches themselves, whose role is becoming increasingly important.

In the recent technical reports produced by FIFA on the major international competitions and the recommendations issued by acknowledged expert technicians and coaches from a number of different confederations, the consensus has been that the game of football can still improve. There is room for improvement with technique in the game and with players' individual skills, not only as far as their quality of performance when playing the game is concerned, but also with their mental approach and their personality.

To bring this improvement about, better development is needed for young players, a development that is based on a truly formative philosophy, with programmes and methods that are best suited to the players' age and to their level of development.

Football therefore has to take in a youngster's education as well and, in the words of FIFA President Joseph S. Blatter, to become a "school of life" for them.

At a time when several countries in all of FIFA's confederations are seeking solutions to ensure that football progresses, and are making resources available to set up better adapted training and coaching staff structures, we feel that it is important to gear our technical programme over the next few years to an educational approach and to the basic training of young footballers, thereby preparing them better for tomorrow's game.

The ongoing training of coaches

It is not possible to imagine implementing a programme that is aimed at young footballers without such a programme placing emphasis on training and education. This obviously means that qualified coaches are required as well.

Even though thousands of coaches have had the opportunity to receive instruction and improve their skills at FIFA courses in recent years, we feel that the science of coaching, with its emphasis on physical, pedagogical and psychological aspects, is continuously progressing and breaking new ground. Moreover, in view of the current evolution of the game and of the ever increasing demands of the players, it is imperative that today's coaches and educators – the true "architects" of the individual and collective preparation of players – can be better "equipped" to face all the demands of their work. And to achieve this, it is our intention to provide them with this technical programme.

This programme has been designed methodologically and is based on a well-established, progressive approach that is geared to the preparation of young footballers. It is, however, also suitable for use by coaches of top-level teams. The programme is suitable for use with both male and female players.

The programme of the courses

As was the case with courses in the past, this course programme has been designed with flexibility in mind. Consequently, instructors can choose the topics that have been drawn up by FIFA, while also taking into account the demands of the individual national associations and the level of the participants.

The organisation of the course programme and the choice of content are also adapted to suit the expectations of the countries concerned. Countries will be asked to submit their specific wishes regarding the main points of emphasis of the course and their own objectives. In agreement with the course organisers, the FIFA instructors involved in the programme will then draw up the teaching plan for the course, together with the supplementary activities requested by the associations, while also specifying the length of the course.

The course programme and teaching programmes presented here serve as examples and as a reference for organising an instruction and training course.

The national associations will continue to be responsible for the choice of participants; this will depend on the objectives of the course, on the level of the course and on the participants.

FIFA nevertheless reserves the right to request a list of the participants and details of their professional background. If he considers this necessary, the FIFA instructor running the course may ask participants to take admission tests at the start of the course. The national association organising the course may also request that the participants be assessed at the end of a coach education course. This request must be addressed to FIFA at least three weeks before the start of the course. The methodological approach of the training programme to be found in this coaching manual may also be used by the national associations on a domestic level in training courses for their own technicians, or even within clubs that wish to acquaint themselves better with the concept of training and development.

The Coaching Handbook

To meet the wishes of the national associations, but primarily those of the participants on these courses, this new FIFA coaching manual will serve as a basis for the instruction given. Once the course is over, the Handbook will provide the course participants with methodological information and coaching material that they will be able to refer back to on a regular basis. The practical coaching content of the courses is always linked to the theory part of the teaching in the corresponding chapter of the Handbook.

The ring binder system used will also allow the participants to supplement the major topics covered in the course with their own personal notes or with other reference documents.

Notwithstanding the considerable differences between the continents and even between certain countries as far as the training of young footballers is concerned, FIFA is convinced that constant cooperation between the national associations, coupled with exchanges between coaches, will bring about an improvement in the coaching of players and will enable the level of football around the world to be improved still further.

The content of the courses: Table 1

The courses at pre-development level (12-15 years of age): Table 2

The courses at development level (16-19 years of age): Table 3

Table 1: Technical programme – Courses for coaches

Table 1: Technical programme – Courses for coaches					Content of the courses	
Introduction Modern football	Coach/Coaching	Technique	Technique and Tactics	Playing style Tactics	Physical preparation Planning	The psychological and personalised aspect
THEORY	THEORY	THEORY	THEORY	THEORY	THEORY	THEORY
• Today’s football • Tomorrow’s training • National football • The centre of excellence (Academy)	• Coach/Coaching – Personality – Function • Coach/Coaching – Match situation – Training • Coach/Educator • Team coaching	• Technique – Basics – Co-ordination • Training – Methodology – Coaching	• Game principles – Analysis and explanation • Offensive play – Attacks • Defensive play – Zonal marking – Pressing – Others • Training – Methodology – Coaching	• Game concept – System – Organisation • Tactical principles • Dead-ball situations • Others – Depending on the course	• Physical preparation – Performance-related factors • Methods of training • Planning of training sessions – Preparation – Competition • Recovery/Regeneration	• Mental attitudes • Cognitive skills • The player and his personality – How should he be developed? • Fair Play • Laws of the Game and refereeing • Doping • Miscellaneous other items
	PRACTICAL WORK	PRACTICAL WORK	PRACTICAL WORK	PRACTICAL WORK	PRACTICAL WORK	PRACTICAL WORK
→ By seminars/discussions → Educational back-up with overhead projector → Participation of the national association	• Model training session – Direction – Coaching • Methodological application with the course participants → Putting the participants in an active situation – Direction – Observation	• Model technical session – Co-ordination – Basics → With workshops → With technical training circuits → With drills - playing • Training – Dribbling + shooting – Passing + controlling – Heading – 1v1 duels → Training drills chosen by the instructor • Technical games → Reduced-size pitches • Goalkeeper coaching	Attack • Gradual build-up • Rapid attack • Counter-attack Games to work on finishing Defence • From 1v1 to 4v4 – Zonal – In blocks • From 4v4 to 8v8 – In blocks – Pressing • Games attack – defence	• Coaching of the whole team 11v1/11v6/11v11 – Emphasis on attack and defence – Organisation and occupation of the pitch • Model session with the whole team – Depending on the playing system and playing style • Dead-ball situations • Match for evaluation → With participants acting as the observers	• Training with the main emphasis on physical aspects – Endurance (aerobic-anaerobic) – General and specific strength – Speed • Model of a physical training session • Specific strength in youngsters → Depending on their level • Recovery session – Suppleness	• Specific training – Working on mental aspects – Working on cognitive aspects → Practical examples

Table 2 : Technical programme – Coach

Courses at pre-development level (12 to 15 years of age)

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7	DAY 8
- ORGANISATION OF THE COURSE - WELCOMING OF THE PARTICIPANTS - OPENING OF THE COURSE	THEORY COACH/EDUCATOR - Coaching of matches/training sessions PRACTICAL WORK MODEL SESSION - Example of a training session - Methodology of a training session	THEORY TECHNICAL/TACTICAL - Attack - Defence PRACTICAL WORK TE/TA – 1v1 - Attack/Defence - Dribbling and feinting - Tackling GAMES TO APPLY THEORY AND PRAXIS WORKED ON	THEORY TACTICS - Styles of play - Analysis of the game PRACTICAL WORK TA/TE – 2v2/4v4 - Defence (zonal) - Tactical principles GAMES TO APPLY THEORY AND PRAXIS WORKED ON	THEORY TRAINING OF PHYSICAL CONDITION - Performance-related factors PRACTICAL WORK PHYSICAL SESSION - Strength - Endurance GAMES TO TEST ENDURANCE	THEORY TRAINING SESSION PLANNING - For a preparation period - For a competition period PRACTICAL WORK TE/TA/CO RAPID ATTACKING - Speed - Shooting on goal GAMES TO APPLY THEORY AND PRAXIS WORKED ON	THEORY EDUCATION OF YOUNGSTERS → Tasks of the participants (preparation of a training session) PRACTICAL WORK TEAM UNIT Training with the team (11v1/11v5) (9v3/9v6) MATCH – 9v9/11v11	THEORY/PRACTICAL WORK GOALKEEPER TRAINING - Specific/individual - With the team
THEORY MODERN FOOTBALL - Analysis of the game - Main points of emphasis and objectives of the learning process PRACTICAL WORK YOUTH MATCH - Observation → Youth team (U-13/U-14)	THEORY TRAINING OF YOUNG PLAYERS - Methodology PRACTICAL WORK TECHNICAL TRAINING - Co-ordination - Basic technical skills TECHNICAL GAMES SUPPLENESS	THEORY CO-ORDINATION AND TECHNIQUE PRACTICAL WORK TE/TA - Passes - Losing a marker - Occupying the zones GAMES TO APPLY THEORY AND PRAXIS WORKED ON	THEORY MENTAL PREPARATION AND COGNITIVE SKILLS PRACTICAL WORK TE/TA – 3v3/4v4 - Offensive play - Co-ordination - Shooting on goal GAMES ON REDUCED-SIZE PITCHES COGNITIVE GAMES	ORGANISING A TOURNAMENT WITH YOUNGSTERS SOS Children's village	PRACTICAL WORK SPECIFIC INDIVIDUAL SESSION Objective: Working on technical and mental approach (to be chosen by the instructor) GAME WITHOUT ANY SPECIFIC TECHNICAL INSTRUCTIONS (with the course participants)	PRACTICAL WORK TRAINING SESSION - To be run by the participants a) U-13 team b) U-15 team (2 x 1 hour) (complete session)	EVALUATION OF THE COURSE CLOSING CEREMONY
MATCH EVALUATION		INTERNATIONAL YOUTH FOOTBALL (video)		POSSIBLE SEMINAR (free choice of content)		REFEREEING	

Table 3 : Technical programme – Coach

Courses at pre-development level (16 to 19 years of age)

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7	DAY 8
• ORGANISATION OF THE COURSE • WELCOMING OF THE PARTICIPANTS • OPENING OF THE COURSE	THEORY COACH/EDUCATOR • Coaching of training sessions	THEORY TECHNICAL/TACTICAL TRAINING – Principles of play	THEORY OFFENSIVE PLAY • Attacks	THEORY PHYSICAL PREPARATION • Endurance (aerobic/anaerobic)	THEORY PHYSICAL PREPARATION • Strength • Speed	THEORY THE PSYCHOLOGICAL AND MENTAL ASPECT	PRACTICAL WORK EVALUATION SESSION • Training session organised and conducted by the participants → Youth team (U-18)
	PRACTICAL WORK MODEL SESSION • Example of a training session – Methodology of training	PRACTICAL WORK TE/TA • 1v1/2v2 • Dribbling and shooting • Tackling	PRACTICAL WORK TE/TA • Pass/One-two • Rapid attack • Counter attack	PRACTICAL WORK PHYSICAL SESSION • Co-ordination • Endurance (separate and integrated)	PRACTICAL WORK PHYSICAL SESSION • Strength – Muscle strengthening – multi-faceted • Speed (separate and integrated)	PRACTICAL WORK MENTAL TRAINING • Cognitive skills (tactical awareness) • TE/TA	
		GAMES TO APPLY THEORY AND PRAXIS WORKED ON	GAMES TO APPLY THEORY AND PRAXIS WORKED ON	ENDURANCE GAMES	GAMES	CONCLUDING GAMES (reduced-size pitches)	EVALUATION OF THE SESSION
THEORY MODERN FOOTBALL • Video analysis • Playing systems • Trends for the future PRACTICAL WORK YOUTH MATCH • Observation tasks • Coaching → Youth team (U-17/U-18)	THEORY THE PLAYER • Development and training PRACTICAL WORK TECHNICAL SESSION • Co-ordination • Basic technique • Controlling + passing TECHNICAL GAMES • Passing	THEORY DEFENSIVE PLAY • Zonal marking PRACTICAL WORK TA/TE • Zonal • Pressing • 4v4/6v6 • Controlling + passing DRILLS AND GAMES TO APPLY THEORY AND PRAXIS WORKED ON	THEORY COACH-EDUCATOR • Match coaching PRACTICAL WORK TE/TA • Crossing + finishing (with volley, etc.) • Gradual build-up • Attacking from the wings GAMES TO APPLY THEORY AND PRAXIS WORKED ON	OTHER ACTIVITIES • Organisation of cultural and sporting activities involving the participants SOS Children's Village	THEORY PLAYING STYLE • For the whole team PRACTICAL WORK TEAM UNIT TRAINING WITH THE TEAM • Offensive play (1 1v4/1 1v6) • Defensive play (6v8/7v11) MATCH – 11v11	THEORY PLANNING OF THE TRAINING PROGRAMME • Annual programme • Weekly programme → Participants will be asked to work on this PRACTICAL WORK GOALKEEPER COACHING • Specific/individual • In a real match situation	EVALUATION OF THE COURSE CLOSING CEREMONY
	INTERNATIONAL YOUTH FOOTBALL	THEORY SPORTS MEDICINE (Diet, hygiene in sport)		SITUATION OF DOMESTIC FOOTBALL IN THE COUNTRY CONCERNED	REFEREEING	SEMINAR (preparation of a training session)	