

AFC INTRODUCTORY COURSE

Topic

Ball Feeling 1

Objectives

To develop the ability to 'feel' the ball (sense of weight and pressure) with the various surface of both feet.

Organization

Grids of 10m x 10m

3 players per grid with 1 football each

Equipment

Cones/markers, footballs

Procedure

1. Players to move freely within the grid
2. Use various contact surface of both feet
3. Move in different directions
4. Allow sufficient recovery time (W:R ratio = 3:1)

Progression

1. Increase number of touches on the ball
2. Increase speed in movement and footwork
3. Introduce variety of turning techniques (outside hook, inside hook, drag back, Cruyff turn, etc)

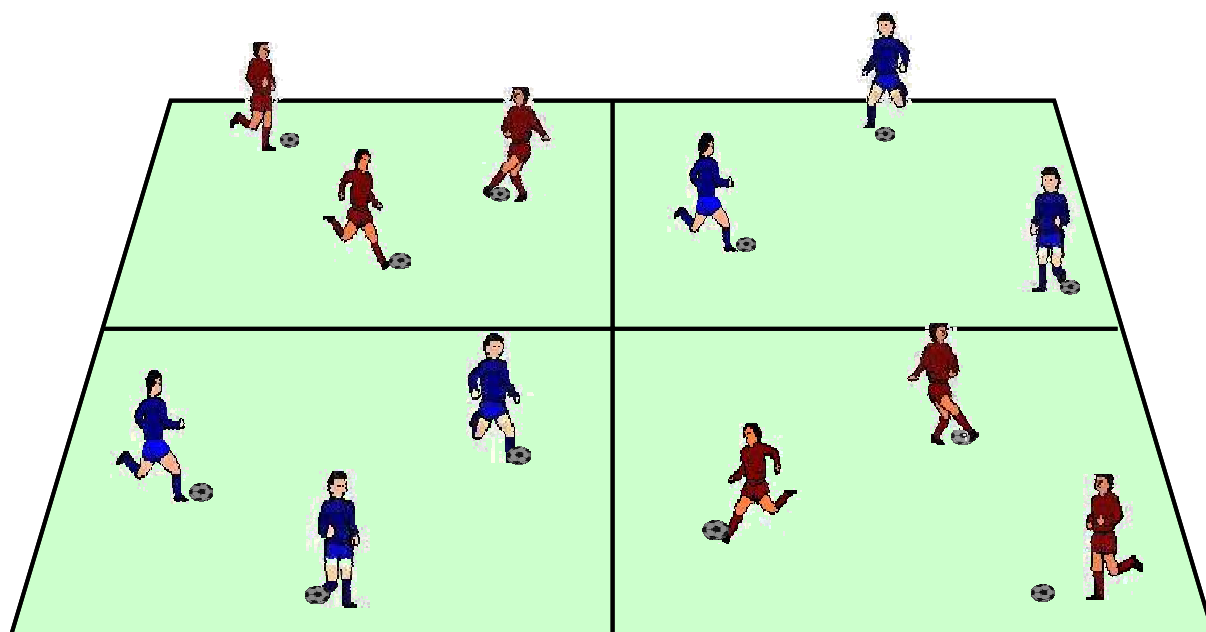
Key Coaching Points

1. Use the inside, outside and instep of the feet and the sole to tap the ball.
2. Tap with different pressure and weight.
3. Move in different directions with varying speed.
4. Ensure that players use both feet and keep good balance.
5. Progress from simple, slow movements to complex, quick movements.



AFC INTRODUCTORY COURSE

Topic	Dribbling
Objectives To develop dribbling technique Organization Grids of 10m x 10m 3 players per grid with 1 football each Equipment Cones, markers, footballs Procedure 1. Players to move freely within the grid 2. Players to use different dribbling technique - Body feint, scissors, double scissors, step overs, etc 4. Allow sufficient recovery time (W:R ratio = 2:1) Progression 1. Increase speed of feet movement and acceleration 2. Place 3 tall cones as 'defenders' inside grid	Key Coaching Points 1. Approach 'opponent' and slow down to execute movement - scissors, step over, etc 2. Push off away at an angle and accelerate 3. Beat 'opponent' both on the right and left 4. Encourage different techniques and footwork to deceive 'opponent' 5. Emphasize quick changes in direction and speed



AFC INTRODUCTORY COURSE

Topic	Short Pass 1
--------------	---------------------

Objectives

To develop good passing technique.

Organization

Grids of 10m x 10m

3 players per grid with 1 football

Equipment

Cones/markers, footballs

Procedure

1. Each player only move along one grid line at a time
2. The player with the ball shall make a pass to any player and then run to the unoccupied grid line

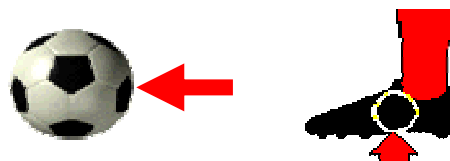
Progression

1. Introduce 2 touches and then 1 touch condition
2. Introduce outside foot pass only
3. Emphasize disguise in passing

Key Coaching Points

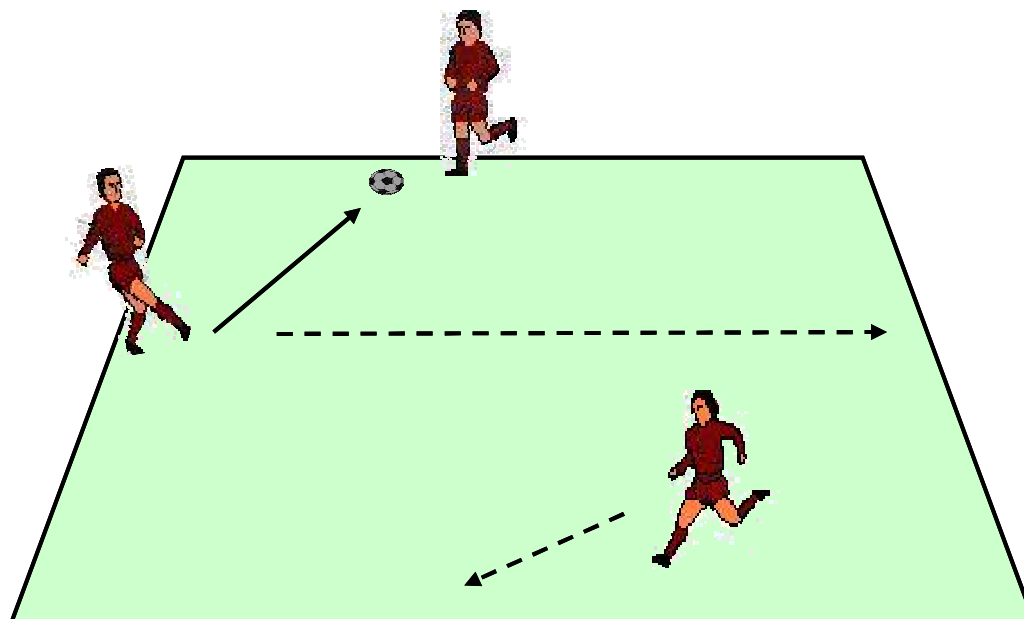
1. Technique

- Approach with non-kicking foot next to the ball
- Backswing of kicking foot
- Contact with centre of ball with firm ankle (See below)
- Follow through the line of the ball



2. Emphasize quality in passing

- Accuracy (Body facing receiver)
- Weight/pace (Controlled foot swing)
- Angle (Angle of foot surface upon contact with the ball)
- Timing (When to pass in relation to receiver's movements)
- Disguise (Facing or looking at a different direction whilst passing, feinting to pass, using flicks, heels, toes and quick feet)



AFC INTRODUCTORY COURSE

Topic

Short Pass 2

Objectives

To develop good passing technique

When, where and how to support player with the ball

Organization

Grids of 10m x 10m

3 players and 1 defender per grid with 1 football

Equipment

Cones/markers, footballs and colored bibs

Procedure

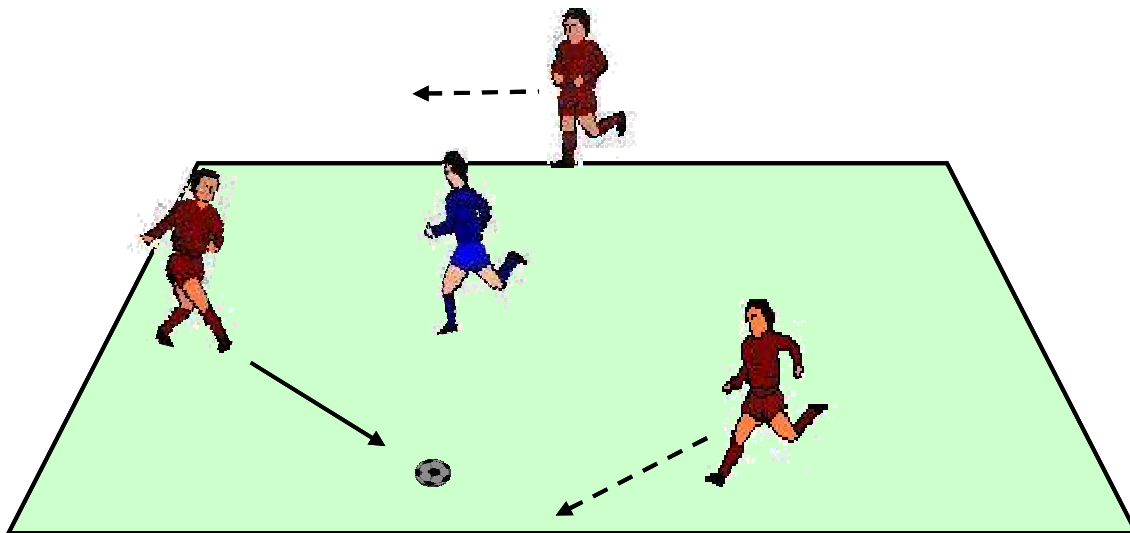
1. Attacking players to keep possession within the grid
2. Defender tries to regain possession by interception
3. 10 successful passes is equal to one goal
4. Change defenders after 3 interceptions or loss of possession

Progression

1. Introduce '2 touches only' condition
2. Reduce playing area
3. Increase number of defenders

Key Coaching Points

1. Technique
 - Accuracy, weight, angle, timing and disguise of passes to keep possession
2. When to support? As soon as teammate makes contact with the ball to pass
3. Where to support? Move into a space where teammate with the ball can make a pass without interception by defender



AFC INTRODUCTORY COURSE

Topic | Long Pass

Objectives

To develop good long passing technique

Organization

Grids of 10m x 30-50m

(Grid length depends on players age and ability)

2 players per grid with 1 football

Equipment

Cones/markers, footballs, bibs

Procedure

1. Players shall stand at each end of the grid
2. Player with the ball shall make a long pass to the other player at the opposite end
3. Upon receiving the pass, this player now makes a return long pass

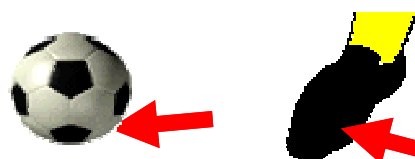
Progression

1. Introduce '2 touches only' condition
2. Increase grid length
3. Introduce defender in the middle to intercept passes
4. Allow defender to apply pressure from 10m out

Key Coaching Points

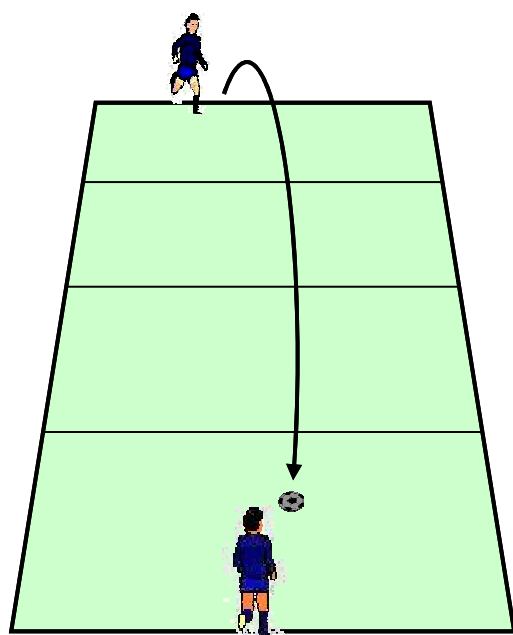
1. Technique

- Approach at an angle
- Place non-kicking foot behind and away from the ball
- Full back swing of kicking foot
- Contact below middle line of the ball with the instep (see below)
- Follow through the line of the ball

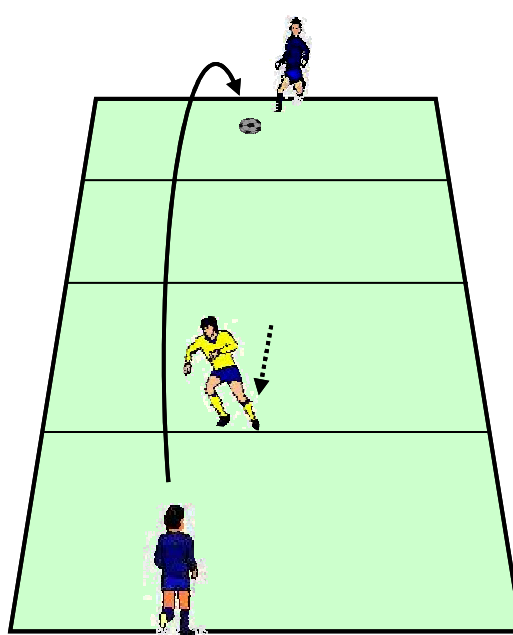


2. Emphasize

- Accuracy (Body facing receiver)
- Weight/pace (Controlled foot swing)
- Angle (Angle of foot surface upon contact with the ball)
- Timing (When to pass in relation to receiver's runs/movements)
- Swerving or spinning the ball (contact to the right or left of the ball)

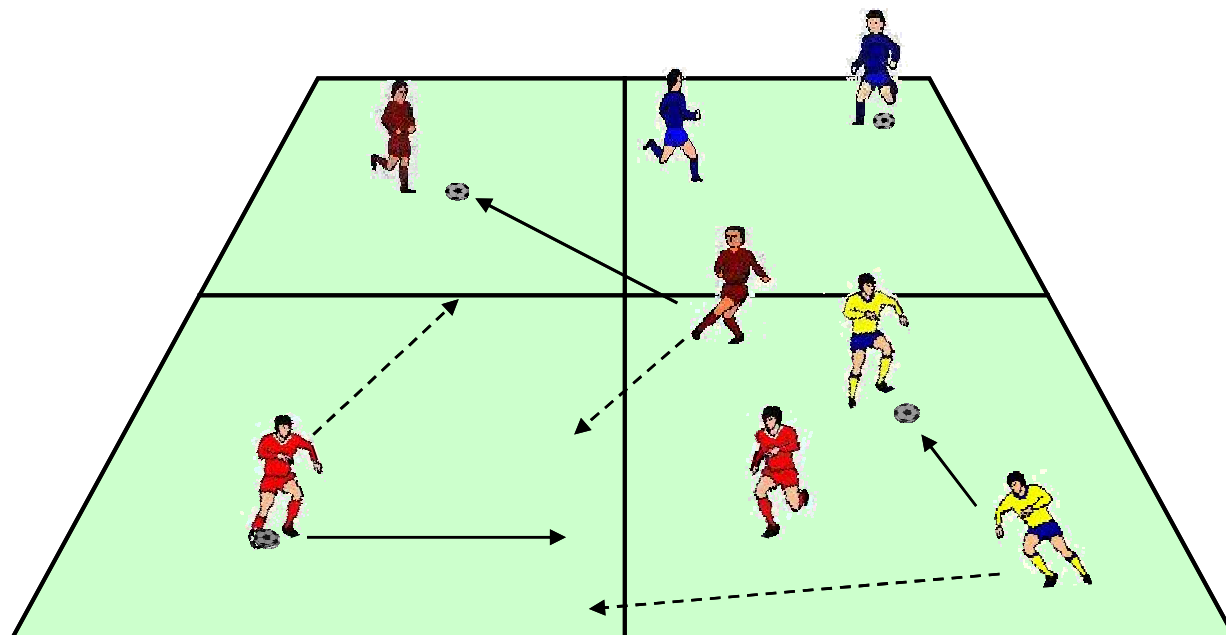


Progression



AFC INTRODUCTORY COURSE

Topic	Ball Control
Objectives To develop receiving ability and controlled touches Organization Grids of 20m x 20m with 4 zones inside 2 players wearing same colored bibs per zone with 1 football Equipment Cones/markers, footballs, bibs Procedure 1. Players to move freely within the zones 2. After making a pass, the player must move into any of the other 3 zones to receive the return pass 3. Ensure passes are not intercepted or deflected off players Progression 1. Introduce '2 touches only' condition 2. Reduce playing area	Key Coaching Points 1. Keep head up and scan before receiving 2. This will create awareness of ball flight, team-mates, other players and own space 3. Move to get 'in-line' with ball flight 4. Decide on body surface to be used for controlling the ball - feet, chest, thigh 5. Decide on where to direct the ball to and how far, depending on space, other players, intended direction, etc. 6. Bring surface to make contact with the ball and immediately withdraw or cushion the ball to reduce it's pace 7. Angle the surface to desired direction



AFC INTRODUCTORY COURSE

Topic Shooting 1

Objectives

To develop shooting technique

Organization

Grids of 10m x 30-40m

(Grid length depends on players age and ability)

2 tall cones placed 8m apart on the mid-line as goals

2 players at each end line with 5 footballs

One goalkeeper (GK)

Equipment

Cones, markers, footballs, bibs

Procedure

1. End players to shoot at goal from each end of the grid alternately with a stationary ball
2. Allow goalkeeper sufficient time to re-position and for recovery

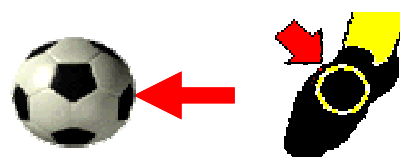
Progression

1. Shoot moving ball
2. Introduce server at the position shown to serve ball towards the player from different directions
3. Introduce '2 touches only' and '1 touch' condition

Key Coaching Points

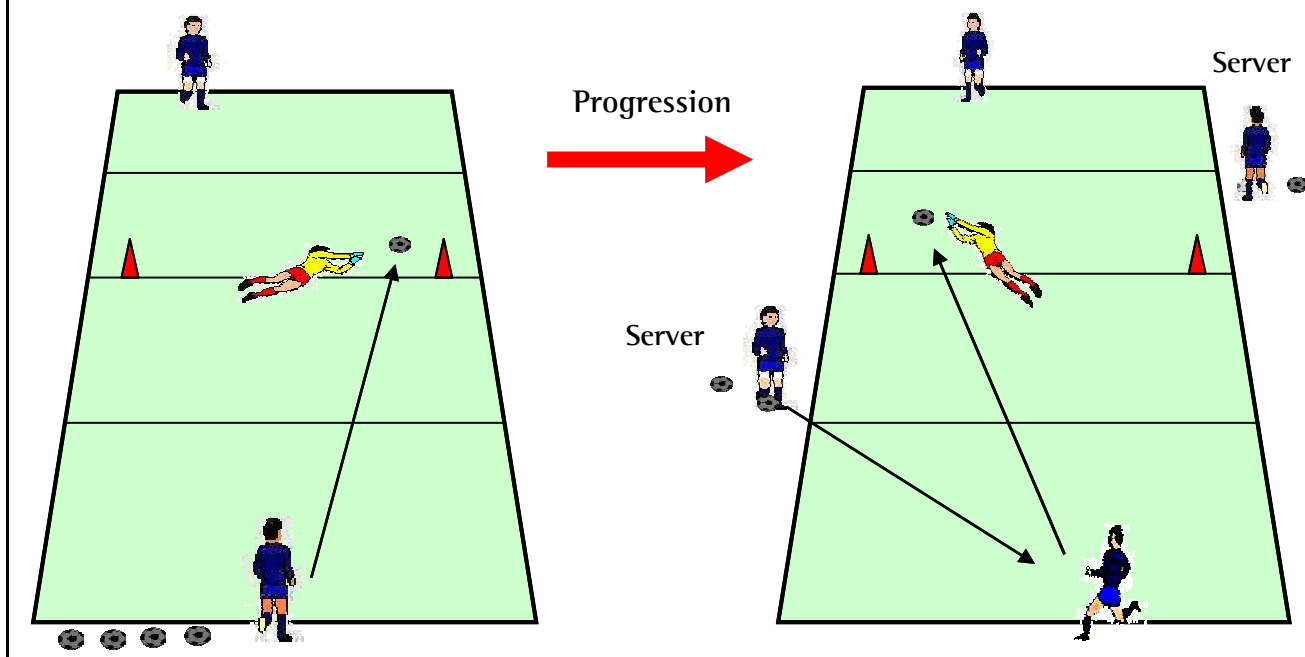
1. Technique

- Be aware of GK position by looking up
- Place non-kicking foot beside the ball with body over the ball
- Full back swing of kicking foot
- Contact at the middle line of the ball with the instep/laces (see below)
- Follow through the line of the ball



2. Emphasize

- Accuracy before power
- Angle the shots at the corners away from GK reach
- Follow through on re-bounds or deflections



AFC INTRODUCTORY COURSE

Topic Shooting 2

Objectives

To develop shooting skills under pressure

Organization

Grids of 10m x 30-40m

(Grid length depends on players age and ability)

One goalpost constructed by placing 2 cones 8m apart along the middle line

1 player at each end line

1 defender 10m away with 5 footballs on each side

One goalkeeper (GK)

Equipment

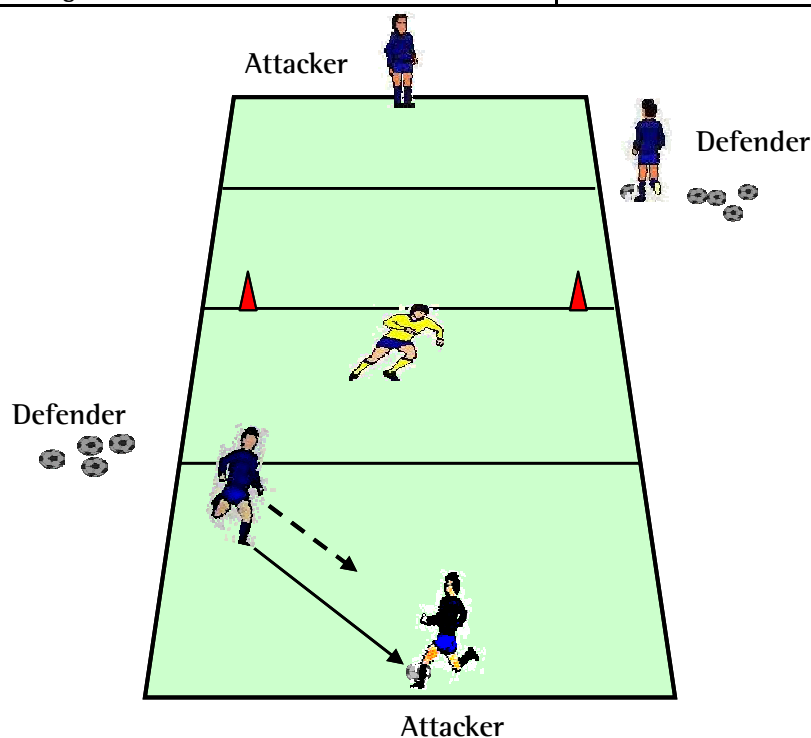
Cones, markers, footballs, bibs

Procedure

1. Defender shall make firm pass to attacking player
2. After attacker makes first contact, defender must apply immediate pressure to block or prevent the shot
3. Attacking player must finish by shooting
4. Rotate positions
5. Serve from both right and left

Key Coaching Points

1. Technique/Skill
 - Look up to see GK position, speed and direction of approaching defender
2. Decide
 - If need to shoot first time or to control ball away from defender to create better shooting angle
3. Technique
 - Shooting technique as in previous practice
4. Emphasize
 - Quick and correct decision making i.e., shoot first time? Which side to go?, etc
 - Optimal first touch to set up the shot
 - Correct technique execution
 - Accuracy before power
 - Angle the shots at the corners away from GK reach
 - Follow through on re-bounds or deflections



AFC INTRODUCTORY COURSE

Topic Individual Defending 1

Objectives

To develop individual defending skill in 1 versus 1 duels

Organization

Grids of 10m x 30m with mini-goals (4m wide) at each end made from different coloured pair of cones

2 pairs of players in different coloured bibs per grid

Equipment

Cones, markers, footballs, bibs

Procedure

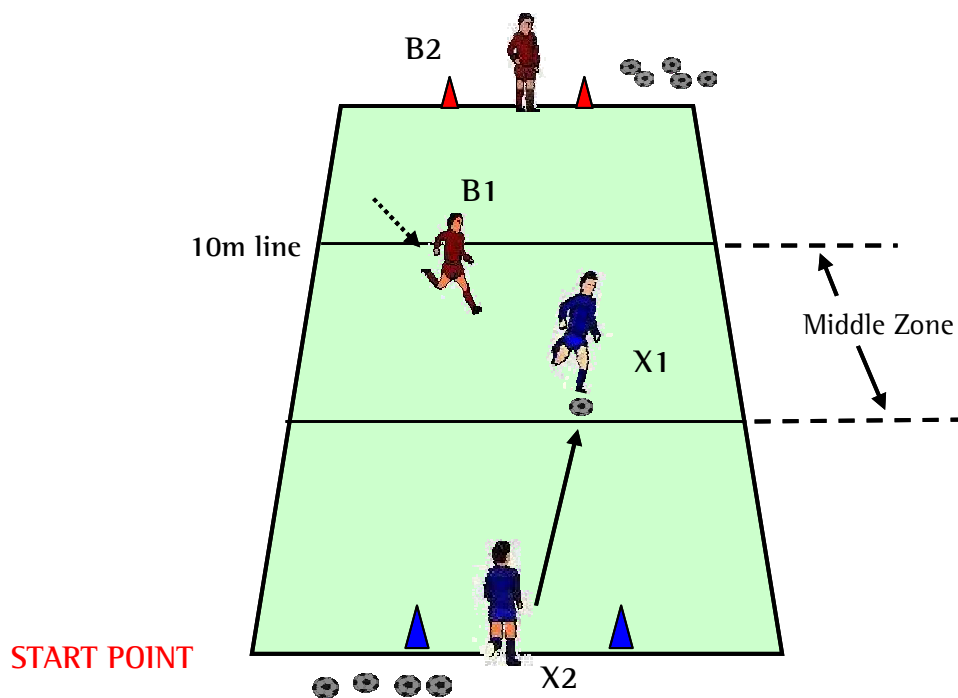
1. X1 and B1 take positions in the middle zone
2. X2 must take 2 touches - first touch to play the ball out and second touch to make the pass to X1
3. B1 start defending after X2 makes the first touch
4. X1 must turn to score by passing to B2 at the RED cones while B1 must defend
5. Re-start play from opposite end
6. Switch roles of end players and players in the grids
7. Ensure correct start positions of players
8. Give enough recovery time

Key Coaching Points

1. Start position of X1
 - Stay goalside, i.e. in between opponent and the goal
 - Stay low and mobile, be ready to accelerate or change directions
2. Decide
 - When the pass is made, decide if it is possible to intercept/re-gain possession
 - If not, close down opponent and make immediate clearance
3. Pressure
 - Apply constant pressure by maintaining tackling distance and stop opponent from turning

Remember

- to delay, be patient and not to rush in
- not to committ fouls
- react to ball movement only
- to defend until the end



AFC INTRODUCTORY COURSE

Topic Individual Defending 2

Objectives

To develop individual defending skill in 1 versus 1 duels

Organization

Grids of 10m x 30m with mini-goals (4m wide) at each end made from different coloured pair of cones

Equipment

Cones, markers, footballs, bibs

Procedure

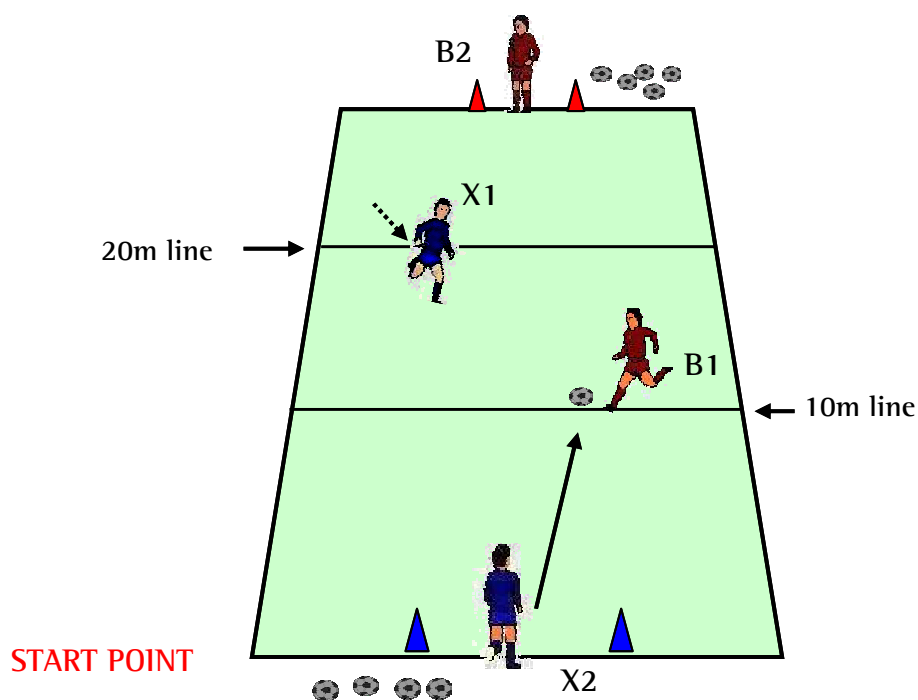
1. Player X2 must take 2 touches to pass to B1 standing on the 10m line, who must score through RED cones
2. Defender X1, starting from the 20m line, must stop B1 from scoring only after B1 makes first ball contact
3. If X1 wins possession, he must try to score through opposite BLUE cones, and B1 shall now defend.
4. Play will re-start from opposite end with B2 taking 2 touches before passing to X1 to repeat the procedure
5. Switch roles of end players and players in the grids
6. Ensure correct start positions of players on the lines
7. Give enough recovery time

Key Coaching Points

1. Start position of X1
 - Stay goalside, i.e. in between opponent and the goal
 - Stay low and mobile, be ready to accelerate or change directions
2. Decide
 - The direction you want the opponent to go
 - If you can dispossess the opponent with a block tackle or toe-poke
3. Pressure
 - Apply constant pressure within tackling distance

Remember

- to delay, be patient and not to lunge in
- not to committ fouls
- to react to ball movement only
- to defend until the end



AFC INTRODUCTORY COURSE

Topic	Individual attacking play
--------------	----------------------------------

Objectives

To develop attacking abilities in 1 versus 1 situations

Organization

Grids of 15m x 15m

2 pairs of BLUE goals and 2 pairs of RED goals (2m wide)

2 groups of 3 players (See their start position below)

Equipment

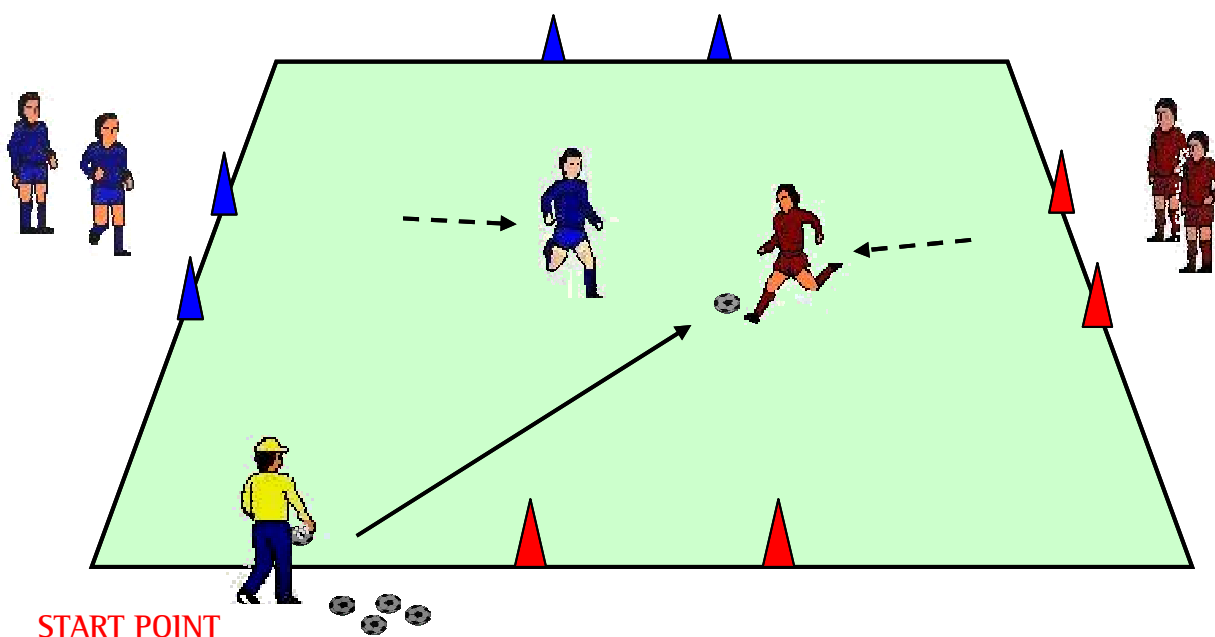
Cones, markers, footballs, bibs

Procedure

1. 1 player from each group shall start at a time
2. The Coach shall start the practice by serving the ball to RED player (Attacking player)
3. Attacking player must then try to score through the BLUE cones
4. BLUE player must defend, re-gain possession and score through the RED cones
5. Play stops once a goal is scored or after one minute
6. Next pair of players shall start with the coach serving
7. Allow enough recovery time (W:R ratio = 1:2)

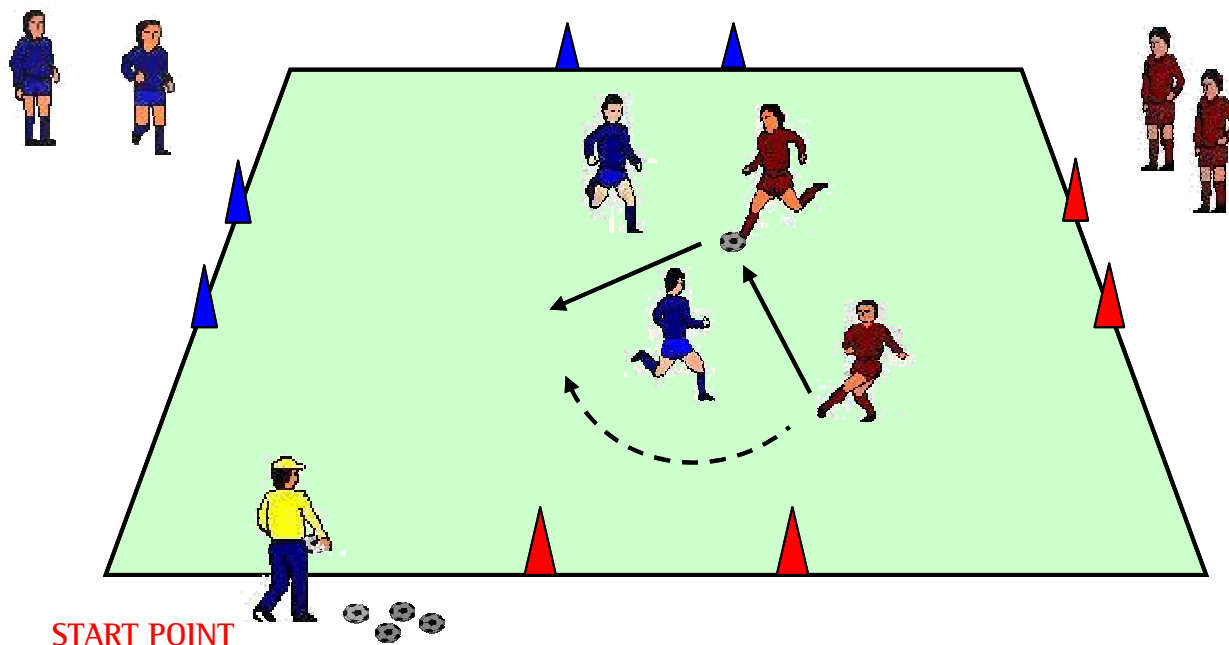
Key Coaching Points

1. Look up for awareness of space and opponent position
2. Control the ball in preparation for the next action, e.g. dribble, run, shoot
3. If under pressure, screen/shield the ball by placing body in between ball and opponent
4. Decide
 - on WHERE to go (right, left, middle, backward, forward or static)
 - on WHEN to go (early, late or stay)
 - on HOW to go (dribbling, running with ball, change of speed and direction)
5. Skills efficiency
 - Receiving, shielding, turning, dribbling running and finishing

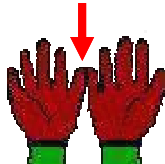


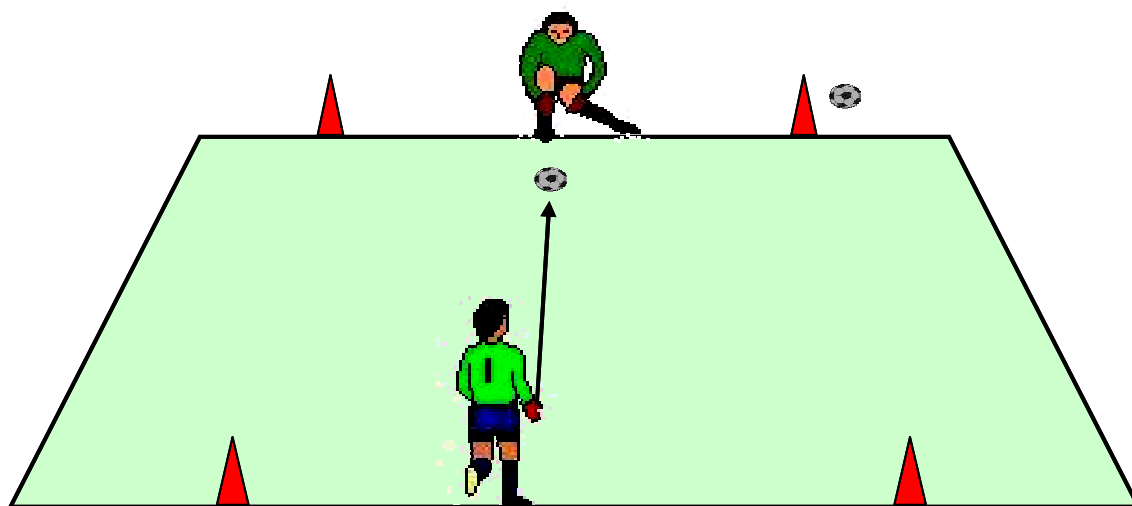
AFC INTRODUCTORY COURSE

Topic	Attacking play
Objectives To develop and encourage creativity in attack Organization Grids of 20m x 20m 2 pairs of BLUE goals and 2 pairs of RED goals (2m wide) 4 groups of 2 players Equipment Cones, markers, footballs, bibs Procedure 1. 2 players from each group shall start at a time 2. The Coach shall start the practice by serving the ball to RED team (Attacking team) 3. RED team must then try to score through the BLUE cones 4. BLUE team must defend, re-gain possession and score through the RED cones 5. Play stops once a goal is scored or after 2 minutes 6. Next pair of players shall start with the coach serving 7. Allow enough recovery time (W:R ratio = 1:3)	Key Coaching Points 1. Look up for awareness of space, teammate and opponents positions 2. Player with the ball - Control the ball for the next action, e.g. dribble, pass, run, etc 3. Screen/shield the ball when under pressure by placing body in between ball and opponent 4. Player without the ball (Support player) - Movement towards player with the ball receive pass, combine play, etc - Movements away to create space and pulling opponents 5. Both players must DECIDE - on WHERE to go (right, left, middle, backward, forward or static) - on WHEN to go (early, late or stay) - on HOW to go (dribbling, passing, combination play, i.e wall pass, take overs



AFC INTRODUCTORY COURSE

Topic	Basic Goalkeeping (Handling low ball)
Objectives To develop ball handling technique, stance and footwork for Goalkeepers Organization Grids of 10m x 10m with cones placed 6-8m apart on opposite ends (goal size depends on players age/ability) 2 goalkeepers per grid with 1 football each Equipment Cones, markers, footballs Procedure 1. GKs to serve the ball to each other on the ground 2. Alternate throwing and catching 3. Give enough time for GKs to re-position and recover Progression 1. Progress from throwing to shooting 2. Progress to catching ball at chest level and above the head with the required Key Coaching Points	Key Coaching Points 1. Technique Position - Shoulder width apart, leaning slightly forward on the balls of the toes, knees slightly bent - Arms to the sides and away from the body - Head steady, looking at player and ball Ball handling (Cupping) for low ball - Judge direction and speed of the ball - Get behind the line of the ball by moving sideways without feet crossing over - Bring knees down in 'K' shape (See below) - Bring palms together, facing up with the last fingers joined (See below) - Scoop the ball up as it arrives and let it roll up into arms  



AFC INTRODUCTORY COURSE

Topic	Basic Goalkeeping (Diving)
--------------	-----------------------------------

Objectives

To develop diving technique for Goalkeepers

Organization

Grids of 10m x 15m with cones placed 6-8m apart on opposite ends (goal size depends on players age/ability)
2 goalkeepers per grid with 1 football each

Equipment

Cones, markers, footballs

Procedure

1. GKs to serve the ball to each other
2. Alternate throwing and catching
3. Give enough time for GKs to re-position and recover

Progression

1. Progress from throwing to shooting
2. Reduce serving distance to 10m

Key Coaching Points

1. Technique

Position - as in previous practice

Diving

- Judge the speed and direction of the ball
- Quick movement of feet to get across
- Collapse leg nearest to the ball
- Body open to the ball
- Stretch arms out with palms together in 'W' formation (See below)
- Cushion fall with hips, and upper body
- Secure ball by bringing into the chest and wrapping both arms around it

'W'

