



**2025/26**

# ***TRAINING SYLLABUS***

**FOUNDATION PHASE**





# ELITE FOOTBALL COACHING

MONDAY 18th AUG	MONDAY 29th SEP	MONDAY 10th NOV	MONDAY 22nd DEC	MONDAY 2nd FEB	MONDAY 16th MAR	MONDAY 27th APRIL
PRE SEASON	MOVING & BALL MASTERY	CARRING & STAYING ON THE BALL	NO TRAINING	ATTACKING OVERLOADS	1v1's	STRIKING THE BALL
MONDAY 25th AUG	MONDAY 6th OCT	MONDAY 17th NOV	MONDAY 29th DEC	MONDAY 9th FEB	MONDAY 23rd MAR	MONDAY 4th MAY
PRE SEASON	PASSING & RECEIVING	1v1's	NO TRAINING	CONDITIONED GAMES	ATTACKING OVERLOADS	CARRING & STAYING ON THE BALL
MONDAY 1st SEP	MONDAY 13th OCT	MONDAY 24th NOV	MONDAY 5th JAN	MONDAY 16th FEB	MONDAY 30th MAR	MONDAY 11th MAY
STRIKING THE BALL	CONDITIONED GAMES	ATTACKING OVERLOADS	COACHES CHOICE	BALL MASTERY & SMALL SIDED GAMES	BALL MASTERY & SMALL SIDED GAMES	COACHES CHOICE
MONDAY 8th SEP	MONDAY 20th OCT	MONDAY 1st DEC	MONDAY 12th JAN	MONDAY 23rd FEB	MONDAY 6th APR	MONDAY 18th MAY
CARRING & STAYING ON THE BALL	COACHES CHOICE	MOVING & BALL MASTERY	STRIKING THE BALL	COACHES CHOICE	BALL MASTERY & SMALL SIDED GAMES	FUN GAMES WEEK
MONDAY 15th SEP	MONDAY 27th OCT	MONDAY 8th DEC	MONDAY 19th JAN	MONDAY 2nd MAR	MONDAY 13th APR	MONDAY 25th MAY
1v1's	BALL MASTERY & SMALL SIDED GAMES	CONDITIONED GAMES	CARRING & STAYING ON THE BALL	STRIKING THE BALL	CONDITIONED GAMES	NO TRAINING
MONDAY 22nd SEP	MONDAY 3rd NOV	MONDAY 15th DEC	MONDAY 26th JAN	MONDAY 9th MAR	MONDAY 20th APR	MONDAY 1st JUNE
ATTACKING OVERLOADS	STRIKING THE BALL	FUN GAMES WEEK	1v1's	CARRING & STAYING ON THE BALL	COACHES CHOICE	NO TRAINING

SCHOOL HOLIDAYS
  NO TRAINING

## 25/26 FOUNDATION PHASE SYLLABUS



<b>TOPIC</b>	<b>COACHING FOCUS</b>	<b>KEY COACHING POINTS</b>
<b>MOVING &amp; BALL MASTERY</b>	<b>BALL MANIPULATION</b>	<b>USE OF BOTH FEET, CHANGING DIRECTION, MOVEMENT</b>
<b>CARRYING &amp; STAYING ON THE BALL</b>	<b>DRIBBLING</b>	<b>EYES UP, USE OF BOTH FEET, CHANGE OF DIRECTION / SPEED</b>
<b>PASSING &amp; RECEIVING</b>	<b>PASSING / RECEIVING WITH ALL SURFACES OF THE FEET</b>	<b>USE OF BOTH FEET, OPEN BODY, FIRST TOUCH, SCANNING</b>
<b>STRIKING THE BALL &amp; FINISHING</b>	<b>STRIKING WITH ALL SURFACES OF THE FEET</b>	<b>USE OF BOTH FEET, STRIKE WITH POWER, STRIKE WITH PRECISION</b>
<b>1v1's</b>	<b>BEATING PLAYERS 1v1</b>	<b>CHANGE OF SPEED, CHANGE OF DIRECTION, ATTACK WITH PACE</b>
<b>ATTACKING OVERLOADS</b>	<b>ATTACKING AT PACE / DECISION MAKING</b>	<b>ATTACK WITH PACE, DECISION MAKING, FINISHING, 2v1's, 3v1's</b>
<b>DEFENDING</b>	<b>WINNING THE BALL 1v1 / DEFENSIVE TRANSITIONS</b>	<b>WIN THE BALL BACK STRONGLY &amp; QUICKLY, PRESSING, BODY SHAPE</b>
<b>CONDITIONED GAMES</b>	<b>IN GAME PLAY / DECISION MAKING</b>	<b>DECISION MAKING, MATCH INTELLIGENCE, TEAMWORK, PRESSING</b>
<b>COACHES CHOICE</b>	<b>ANYTHING THAT COACHES FEEL NEEDS ATTENTION</b>	<b>ALL OF THE ABOVE</b>