

CROWMARSH YOUTH FOOTBALL CLUB
SAMPLE COACHING SYLLABUS

	<i>Session Focus</i>	<i>Competence</i>
Week 1	Dribbling/Running with the Ball Skills/Tricks/Turns Ball Control	Ball Mastery
Week 2		
Week 3		
Week 4	Defending vs Attack In balance (1v1, 2v2) Out of balance (1v2, 2v3, as a team)	Defending/Attacking
Week 5		
Week 6		
Week 7	Possession passing Combination play Through balls & Crossing	Passing & Movement
Week 8		
Week 9		
Week 10	Finishing Heading & Aerial Finishing Shooting	Goal Scoring
Week 11		
Week 12		