



## TECHNICAL SYLLABUS - LEARNING OUTCOMES

OUT OF POSSESSION (WEEK 1-2) – Wednesday 4 <sup>th</sup> & 11 <sup>th</sup> October					
THEME	TECHNICAL	TACTICAL	PHYSICAL	PSYCHOLOGICAL	SOCIAL
Defending as an Individual 1v1 & 2v1	Body shape, Balance, Engage, Slow down, Sit down, Shut down	Dominate 1v1, delay 2v1, Closing down, decision making, Recovery	Speed, Strength, Deceleration, Agility	Attitude to win the ball, Determination, Bravery	Learning triggers from environment & opposition
2v2 & 3v2 defending	Positioning, Pressure, Cover, balance, Tackling technique	when to press / drop, working as a pair to close of space	Speed, Strength, Deceleration, Agility	Attitude to win the ball, Determination, Bravery	Learning triggers from environment & opposition
TRANSITION – REGAIN (WEEK 3-4) - Wednesday 18 <sup>th</sup> October & Wednesday 1 <sup>st</sup> November					
THEME	TECHNICAL	TACTICAL	PHYSICAL	PSYCHOLOGICAL	SOCIAL
Attack quickly on Regain	Passing – positive Movement – create, Dribbling, Quick play	Exploit opposition, Look to play forward, Composure on ball	Speed, Agility, Power, Strength	Bravery on ball, Positive approach, Decision Making, Awareness	Communication, Support team mates
Possession Play on Regain	Passing – Retain, Movement – support, Ball protection	Purpose of possession, Move opposition, Composure on ball	Speed, Agility, Power, Strength, Use of body and limbs	Bravery on ball, Positive approach, Decision Making, Awareness	Communication, Support team mates
IN POSSESSION (WEEK 5-6) – Wednesday 8 <sup>th</sup> & 15 <sup>th</sup> November					
THEME	TECHNICAL	TACTICAL	PHYSICAL	PSYCHOLOGICAL	SOCIAL
Dribbling 1v1	Ball Mastery, Turning, Skills, dribbling at speed, ball protection	Changing direction to beat player, Positive with ball, exploit space	Speed, Agility, Power, Strength, Use of body and limbs	Confidence, Decision making, self-belief, Composure	Desire to beat players and be the best
Combination play 2v1, 2v2, 3v2	Ball Mastery, Turning, Skills, Quick play, ball protection, Awareness	Combination play, Create & Exploit space, Positive play	Speed, Agility, Power, Strength, Use of body and limbs	Confidence, Decision making, self-belief, Composure	Desire to beat players and be the best, Communication
TRANSITION – LOSS OF POSSESSION (WEEK 7-8) – Wednesday 22 <sup>nd</sup> & 29 <sup>th</sup> November					
THEME	TECHNICAL	TACTICAL	PHYSICAL	PSYCHOLOGICAL	SOCIAL
Defend to Delay ALTERNATIVE SPORT	Shape – Press from strength, recovery, cover, screen, balance	Block passing channels, Screening players, Distance of units	Speed, Agility, Power, Strength, Use of body and limbs	Decision making, Determination, Attitude to recover	Communication, Team work
Defend Early / high up the pitch	Press quickly, Support pressure, Tackling Techniques, Triggers	Distance between units & players, Win ball quickly, Launch counter attack	Speed, Agility, Power, Strength, Use of body and limbs	Decision making, Attitude to win ball, Determination, Bravery	Learning triggers from environment & opposition
OUT OF POSSESSION (WEEK 9-10) – Wednesday 6 <sup>th</sup> & 13 <sup>th</sup> December					
THEME	TECHNICAL	TACTICAL	PHYSICAL	PSYCHOLOGICAL	SOCIAL
Defending Out of Shape	Delay ball, Organization, Recovery runs, Pressure, Fill gaps in units	Decision & type of press, Where to recover, Role of GK, area of pitch	Speed, Agility, Power, Strength	Decision making, Determination, Attitude to recover	Communication, Team work
Defending when in shape	Dictate opposition, win ball back, types of triggers, pressure	Distance in units, press from strength, counter on regain	Speed, Agility, Power, Strength	Decision making, Attitude to win ball, Determination, Bravery	Learn triggers from environment & opposition,
TRANSITION (TURNOVER & REGAIN) (WEEK11-12) – Wednesday 10 <sup>th</sup> & 17 <sup>th</sup> January					
THEME	TECHNICAL	TACTICAL	PHYSICAL	PSYCHOLOGICAL	SOCIAL
Attacking Wide Areas	Crossing – type of cross, Finishing, Forward runs, Movement of wide player	End product, Switch play, Overlaps / underlaps, Exploit in behind	Speed, Agility, Power, Strength	Confidence, Decision making, Composure	Desire to beat players and be the best, Communication
Attacking / forward Runs without the ball	Look to break lines, runs to receive, runs to create space, Over/underlaps	Disrupt opposition, Exploit opposition, Create space, Penetrate	Speed, Agility, Power, Strength	Desire, Understanding of why, Decision making	Communication, Helping team with no personal reward
IN POSSESSION (WEEK 13-14) – Wednesday 24 <sup>th</sup> & 31 <sup>st</sup> January					
THEME	TECHNICAL	TACTICAL	PHYSICAL	PSYCHOLOGICAL	SOCIAL
Attacking through No9	Position / movement of 9, Receiving skills of 9, direct play into 9, 9 in	Exploit space in front of and behind 9, Support runs, Combination play	Speed, Agility, Power, Strength, Use of body and limbs	Confidence, Decision making, Composure	Communication, Team work
Creativity in final 1/3	Combination play, Random, Movement, individuality	Surprise opposition, Create goal scoring opportunities	Speed, Agility, Power, Strength, Use of body and limbs	Confidence, Decision making, Composure	Communication, Individuality



LOSS OF POSSESSION (WEEK 15-16) – Wednesday 7 <sup>th</sup> & 14 <sup>th</sup> February					
THEME	TECHNICAL	TACTICAL	PHYSICAL	PSYCHOLOGICAL	SOCIAL
Press early or regain shape	Pressure – when, how, why. Decision making, Delay – Recovery runs	Areas of the pitch, Game management effect on decision	Speed, Agility, Power, Strength, Use of body and limbs	Decision making, Attitude to win ball, Determination, Bravery	Learn triggers from environment & opposition,
Defending around penalty box	Pressure on ball, Block shots or crosses, Defend rebounds	Tracking of runs, Fill gaps, show away from goal, importance of 2 <sup>nd</sup> ball	Speed, Agility, Power, Strength, Use of body and limbs	Decision making, Attitude to win ball, Determination, Bravery	Learn triggers from environment & opposition,
THEME	TECHNICAL	TACTICAL	PHYSICAL	PSYCHOLOGICAL	SOCIAL
THEME	TECHNICAL	TACTICAL	PHYSICAL	PSYCHOLOGICAL	SOCIAL
PHASE 4					
THEME	TECHNICAL	TACTICAL	PHYSICAL	PSYCHOLOGICAL	SOCIAL
THEME	TECHNICAL	TACTICAL	PHYSICAL	PSYCHOLOGICAL	SOCIAL
THEME	TECHNICAL	TACTICAL	PHYSICAL	PSYCHOLOGICAL	SOCIAL
THEME	TECHNICAL	TACTICAL	PHYSICAL	PSYCHOLOGICAL	SOCIAL