

FCAD

FOOTBALL COACHING & DEVELOPMENT



25/26

**COACHING
FRAMEWORK**

WELCOME TO **FCAD** //

Our 2025-26 six-month training program is designed for optimum skill development during FCAD sessions. It is intended to be repeated twice yearly, offering players continual growth opportunities while reinforcing essential technical, tactical, physical, and mental attributes. Each skill category is broken down into targeted weekly objectives, helping players build from fundamental understanding to advanced application within realistic game scenarios.

The program is not only a guide for football-specific technical skills but also a developmental framework for producing well-rounded athletes who can perform consistently under pressure. Every session includes components of physical conditioning, spatial awareness, communication, and game intelligence to simulate real-game demands.



PASSING & RECEIVING //

This module focuses on instilling the fundamental skills required for effective ball distribution and control. The teaching aims include refining technical ability, ensuring accurate passes with the correct weight, improving spatial awareness, and fostering communication on the field. Across the four weeks, players work on short passes, dead ball techniques, lofted passes, and driven passes—all underpinned by game-like conditions. These exercises help players anticipate teammates' movements, improve vision, and become reliable playmakers in possession.

LEARNING SCHEDULE //

WEEK ONE – SHORT PASSING TECHNIQUE AND ACCURACY

WEEK TWO – RECEIVING WITH CORRECT BODY SHAPE

WEEK THREE – PASSING COMBINATIONS AND MOVEMENT

WEEK FOUR – PASSING UNDER PRESSURE

WEEK FIVE – SWITCHING PLAY AND PLAYING FORWARD

WEEK SIX – PASSING AND RECEIVING IN GAME SCENARIOS



SHOOTING //

Shooting drills are structured to help players understand how to strike the ball with various techniques and adapt their approach in different scenarios. Focus is placed on beating the goalkeeper, shooting with power and precision, and understanding how to curve or dip the ball when necessary. Weekly targets include shooting while running, driven shots, and mastering first-time finishes. The aim is to develop composure, decision-making, and creativity in front of goal.

LEARNING SCHEDULE //

WEEK ONE – STRIKING TECHNIQUE AND BODY POSITION

WEEK TWO – FINISHING FROM CLOSE RANGE

WEEK THREE – SHOOTING ON THE MOVE

WEEK FOUR – LONG-RANGE FINISHING AND POWER SHOTS

WEEK FIVE – FINISHING UNDER PRESSURE AND 1V1S

WEEK SIX – COMBINATION PLAY AND GAME-REALISTIC FINISHING



BALL CONTROL //

Possession begins with control. This section of the plan develops players' comfort with receiving the ball under pressure. Emphasis is placed on directional control, cushioning the ball, disguising intent, and creating space through first touches. Training exercises teach players how to master body positioning, develop confidence receiving the ball in tight spaces, and create separation from defenders.

LEARNING SCHEDULE //

WEEK ONE – FIRST TOUCH AND CONTROL BASICS

WEEK TWO – CONTROLLING WITH DIFFERENT SURFACES

WEEK THREE – RECEIVING AND MOVING WITH THE BALL

WEEK FOUR – CONTROL UNDER PRESSURE

WEEK FIVE – AERIAL CONTROL AND CUSHIONING TOUCHES

WEEK SIX – BALL CONTROL IN GAME SCENARIOS



DRIBBLING //

Dribbling is more than just ball control; it is a vital skill for breaking lines and gaining an attacking advantage. The program helps players develop agility, close control, balance, and the ability to beat opponents with skill or pace. Sessions incorporate structured drills such as 1v1s, overload situations like 2v1s, and open dribbling to beat defenders. Players also engage in complex dribbling sequences, emphasizing spatial control, feints, and rapid directional changes.

LEARNING SCHEDULE //

WEEK ONE – BALL CONTROL AND CLOSE TOUCHES

WEEK TWO – DRIBBLING WITH BOTH FEET

WEEK THREE – CHANGE OF DIRECTION AND SPEED

WEEK FOUR – SHIELDING AND PROTECTING THE BALL

WEEK FIVE – 1V1 DRIBBLING AND BEATING DEFENDERS

WEEK SIX – DRIBBLING IN GAME SCENARIOS AND DECISION MAKING



TURNING TECHNIQUE //

Turning drills are designed to allow players to escape pressure and maintain possession. Players learn at least three core turns such as the Cruyff turn, drag back, and outside cut. They are also taught how to protect the ball using their body and how to read situations to know when and where to turn. Through weekly repetition and small-group games, players internalize these movements, making them second nature during competitive matches.

LEARNING SCHEDULE //

WEEK ONE – INTRODUCTION TO TURNING TECHNIQUES

WEEK TWO – INSIDE AND OUTSIDE FOOT TURNS

WEEK THREE – DRAG BACKS AND CRUYFF TURNS

WEEK FOUR – BODY FEINTS AND QUICK DIRECTION CHANGES

WEEK FIVE – TURNING UNDER PRESSURE AND SHIELDING

WEEK SIX – TURNING IN GAME SCENARIOS AND DECISION MAKING



POSSESSION //

Possession-focused drills emphasize patience, tactical awareness, and control. The curriculum introduces players to transitional play, positional rotations, and concepts like pressing resistance. Game-like scenarios are used to teach players how to maintain control under pressure, identify support options, and play out of tight spaces. Activities include small-sided games, 1v1 and 2v2 situations, and pattern-based exercises through the thirds of the pitch.

LEARNING SCHEDULE //

WEEK ONE – RETAINING THE BALL UNDER PRESSURE

WEEK TWO – CREATING PASSING OPTIONS AND SUPPORT

WEEK THREE – MOVEMENT OFF THE BALL

WEEK FOUR – SWITCHING PLAY AND CHANGING TEMPO

WEEK FIVE – POSSESSION IN SMALL-SIDED GAMES

WEEK SIX – TRANSITION AND POSSESSION IN GAME SCENARIOS



SKILLS & BALL CONTROL //

Skill-based sessions focus on developing individual creativity, confidence, and ball mastery. The curriculum builds from fundamental technical ability to advanced attacking moves and combinations under pressure.

Players are encouraged to express themselves, use both feet, and apply learned techniques in realistic game situations such as 1v1s and small-sided games.

LEARNING SCHEDULE //

WEEK ONE – BALL MASTERY AND CONTROL

WEEK TWO – DRIBBLING AND TURNING

WEEK THREE – FIRST TOUCH AND RECEIVING

WEEK FOUR – 1V1 ATTACKING SKILLS

WEEK FIVE – SKILL COMBOS AND FEINTS

WEEK SIX – APPLYING SKILLS IN GAME SCENARIOS



DEFENDING //

Defending-focused drills emphasize discipline, communication, positioning, and teamwork. The curriculum develops players' understanding of defensive shape, pressing triggers, and recovery runs. Sessions focus on reading the game, delaying attackers, and working as a unit to regain possession.

Game-based activities include 1v1 defending, group pressing drills, and transition exercises that teach when to step, cover, and balance defensive lines.

LEARNING SCHEDULE //

WEEK ONE – DEFENDING 1V1 AND DELAY

WEEK TWO – PRESSING AND COVER SUPPORT

WEEK THREE – COMPACTNESS AND DEFENSIVE SHAPE

WEEK FOUR – RECOVERY RUNS AND TRACKING

WEEK FIVE – DEFENDING IN UNITS AND COMMUNICATION

WEEK SIX – TRANSITION TO DEFEND AND GAME APPLICATION



ADDITIONAL BENEFITS //

In every session, key physical and cognitive attributes are developed alongside technical skills. This includes speed, stamina, coordination, and strength, all of which support athletic performance. Sessions also aim to cultivate spatial awareness, body control, and risk assessment—critical skills for decision-making during matches.

Throughout the six-month period, players also grow in their understanding of football tactics and team dynamics. Whether it is defending as a unit, creating attacking overloads, or maintaining shape in possession, players are consistently engaged in learning the "why" behind their movements. Discussions and video analysis [where applicable] are used to improve game IQ, making sure players understand team shape, transitional play, and how to adapt to various match scenarios.

