

# Concept 4 Soccer International Coaching Syllabus



## Under 11's & Under 12's

Topic	Type	Technique	Decision Making	Creating Space	Tactical
<b>Passing</b>	<ul style="list-style-type: none"> <li>• Inside of foot (short passing)</li> <li>• Laces (Long passing)</li> <li>• lofted pass</li> <li>• Wall pass</li> <li>• Swerve / Chip / Driven</li> <li>• Outside of Foot</li> </ul>	<ul style="list-style-type: none"> <li>• Accuracy</li> <li>• Body Position</li> <li>• 1st touch</li> <li>• Weight of pass</li> <li>• Disguise</li> <li>• 1st touch passing</li> <li>• Left &amp; Right Foot</li> </ul>	<ul style="list-style-type: none"> <li>• When to pass</li> <li>• Type of pass</li> <li>• Where to pass</li> <li>• Safe side / into space</li> </ul>	Observation 1- As a individual 2- Basic as a team 3 - 1st touch to create space to pass	<ul style="list-style-type: none"> <li>• Possession based Games</li> <li>• Basic team Shape</li> </ul>
<b>Running with the Ball</b>	<ul style="list-style-type: none"> <li>• Into space</li> <li>• Unopposed</li> <li>• Opposed</li> <li>• Straight / Diagonal</li> </ul>	<ul style="list-style-type: none"> <li>• Laces</li> <li>• Into Space</li> <li>• Change Of Speed</li> <li>• Both Feet</li> <li>• Balance</li> </ul>	<ul style="list-style-type: none"> <li>• When</li> <li>• Why</li> <li>• Where</li> <li>• Awareness</li> </ul>	1 - As a individual 2 - Basic as a team 3 - 1st touch to Exploit space	Attacking Space Conditioned Games
<b>Dribbling</b>	<ul style="list-style-type: none"> <li>• Unopposed</li> <li>• Opposed</li> <li>• Feints</li> </ul>	<ul style="list-style-type: none"> <li>• Ball Manipulation</li> <li>• Movement of Body</li> <li>• Change Of Speed</li> </ul>	<ul style="list-style-type: none"> <li>• When</li> <li>• Why</li> <li>• How</li> </ul>	1 - As a individual 2 - Basic as a team	Conditioned Games
<b>Ball Protection</b>	<ul style="list-style-type: none"> <li>• When Receiving</li> <li>• When Dribbling</li> <li>• When Turning</li> </ul>	<ul style="list-style-type: none"> <li>• Body Position</li> <li>• Ball Safe Side</li> <li>• Use Of Arms</li> </ul>	<ul style="list-style-type: none"> <li>• Where is the Defender</li> <li>• Where is the Ball</li> <li>• Where is the space</li> </ul>	• To Receive	Conditioned Games
<b>Defending</b>	<ul style="list-style-type: none"> <li>• Basic Tackling</li> <li>• Basic Covering</li> <li>• 1v1 / 2v2 / 2v1 / 3v2</li> <li>• Marking</li> <li>• Jockeying</li> </ul>	<ul style="list-style-type: none"> <li>• Body Position</li> <li>• Type of Tackle</li> <li>• Goal Side (touch tight)</li> <li>• Timing</li> <li>• Angle of Approach</li> <li>• Distance of Cover</li> </ul>	<ul style="list-style-type: none"> <li>• Tackle or Jockey ?</li> <li>• Positioning</li> <li>• Basic Tracking of Runners</li> </ul>	Denying Space for a individual or apposing team	Basic Defending as a Team
<b>Finishing</b>	<ul style="list-style-type: none"> <li>• 1v1 with GK</li> <li>• Power</li> <li>• Placement</li> <li>• From Crosses</li> <li>• Follow up's</li> <li>• Heading</li> </ul>	<ul style="list-style-type: none"> <li>• Accuracy</li> <li>• Type of Shot</li> <li>• Body Position</li> <li>• Left or Right Foot</li> <li>• Heading</li> </ul>	<ul style="list-style-type: none"> <li>• When to Shoot</li> <li>• Where to Shoot</li> </ul>	• As a individual	Basic Finishing conditioned Games
<b>Turning</b>	<ul style="list-style-type: none"> <li>• OutSide / Inside Hook</li> <li>• Stop Turn</li> <li>• Cryuff Turn</li> <li>• Step Over Turn</li> <li>• Maradona Turn</li> </ul>	<ul style="list-style-type: none"> <li>• In Slow out Quick</li> <li>• Disguise</li> <li>• Balance</li> <li>• Body Position</li> <li>• End Product</li> </ul>	<ul style="list-style-type: none"> <li>• When to Turn</li> <li>• Which technique to use</li> </ul>	Turn to create space 1 - As a Individual 2 - For a team mate	Conditioned Games

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Topic	Type	Technique	Decision Making	Creating Space	Tactical
<b>Receiving</b>	<ul style="list-style-type: none"> <li>• Feet</li> <li>• Thigh</li> <li>• Chest</li> <li>• Head</li> <li>• Back Foot</li> </ul>	<ul style="list-style-type: none"> <li>• 1st Touch</li> <li>• Body Position</li> <li>• Receive to: Pass / Shoot / Turn / Change Direction / Dribble</li> </ul>	<ul style="list-style-type: none"> <li>• Awareness Of Space</li> <li>• Awareness Of Others</li> <li>• Type of Control</li> <li>• End Product</li> </ul>	Turn to create space 1 - As a Individual 2 - For a team mate	Conditioned Games
<b>Movement / Creating Space</b>	<ul style="list-style-type: none"> <li>• Individual</li> <li>• Passing Options</li> <li>• Basic Team</li> </ul>	<ul style="list-style-type: none"> <li>• Angles</li> <li>• Distances</li> <li>• Support</li> </ul>	<ul style="list-style-type: none"> <li>• When</li> <li>• How</li> <li>• Disguise</li> </ul>	<ul style="list-style-type: none"> <li>• Double Runs</li> <li>• Forward Runs</li> <li>• Movement without the ball</li> </ul>	As a Team Possession Based Conditioned Games
<b>Heading</b>	<ul style="list-style-type: none"> <li>• Basic Contact</li> <li>• Defensive</li> <li>• Attacking</li> </ul>	<ul style="list-style-type: none"> <li>• Basic Techniques</li> <li>• Body Position</li> <li>• Eyes Open</li> </ul>	<ul style="list-style-type: none"> <li>• When</li> <li>• Type of Heading Required</li> </ul>		Conditioned Games
<b>Crossing</b>	<ul style="list-style-type: none"> <li>• On the Run</li> <li>• Stationary</li> <li>• Driven</li> <li>• Passed</li> </ul>	<ul style="list-style-type: none"> <li>• Both Feet</li> <li>• Timing</li> <li>• Part of Foot</li> </ul>	<ul style="list-style-type: none"> <li>• How</li> <li>• Where to Cross</li> <li>• When to Cross</li> <li>• Type of Cross</li> </ul>	Turn to create space to cross the ball 1 - As a Individual 2 - For a team mate	Conditioned Games

