



FOOTBALL COACHING

TABLE OF CONTENTS

SECTION ONE: INTRODUCTION AND HISTORY TO FOOTBALL

- _ OUTCOMES
- _ INTRODUCTION
- _ BRIEF HISTORY OF WORLD FOOTBALL
- _ WORLD FOOTBALL STRUCTURES
- _ FIFA STRUCTURES
- _ THE FIFA PRESIDENT
- _ CONFEDERATION AFRICAINE DE FOOTBALL (CAF)
- _ THE CAF PRESIDENT
- _ CAF IN SOUTH AFRICA
- _ INTERNATIONAL FOOTBALL COMPETITIONS
- _ THE WORLD CUP
- _ THE OLYMPIC GAMES
- _ WORLD YOUTH CHAMPIONSHIPS
- _ WORLD UNDER-17 CHAMPIONSHIPS
- _ CONFEDERATIONS CUP
- _ WOMAN'S WORLD CUP
- _ WORLD CHAMPIONSHIPS FOR INDOOR FOOTBALL
- _ WORLD CLUB CHAMPIONSHIPS
- _ AFRICAN FOOTBALL COMPETITIONS
- _ AFRICAN CUP OF NATIONS
- _ ALL AFRICA GAMES
- _ AFRICAN UNDER-20 CHAMPIONSHIPS
- _ AFRICAN UNDER-17 CHAMPIONSHIPS
- _ AFRICAN WOMAN'S CHAMPIONSHIPS
- _ AFRICAN INDOOR CHAMPIONSHIPS
- _ MERIDIAN CUP
- _ CHAMPIONS CUP
- _ CAF CUP
- _ HISTORY OF SOUTH AFRICAN FOOTBALL
- _ SOUTH AFRICAN FOOTBALL STRUCTURES AND COMPETITIONS
- _ STRUCTURES
- _ NATIONAL COMPETITIONS
- _ EVALUATION EXERCISE
- _ INTERACTIVE EXERCISE

SECTION TWO: FOOTBALL TERMS

- _ OUTCOMES
- _ INTRODUCTION
- _ FOOTBALL TERMS

- EVALUATION EXERCISE*
- INTERACTIVE EXERCISE*

SECTION THREE: VIEWS ON MODERN FOOTBALL

- OUTCOMES*
- INTRODUCTION*
- MODERN FOOTBALL*
- MOVEMENTS IN FOOTBALL*
- HOW TO BE A WINNER*
- GROUP ONE*
- GROUP TWO*
- GROUP THREE*
- EVALUATION EXERCISE*
- INTERACTIVE EXERCISE*

SECTION FOUR: WHAT MAKES A GOOD COACH

- OUTCOMES*
- INTRODUCTION*
- COACHING APPRENTICESHIP*
- CHARACTERISTICS OF A GOOD COACH*
- PATIENCE*
- RESPECT*
- LEAD BY EXAMPLE*
- HONESTY*
- COMMUNICATION*
- LIFE SKILLS*
- PLANNING AND DESIGNING COACHING PROGRAMMES / PERIODISATION*
- MACROCYCLE*
- MESOCYCLE*
- MICROCYCLE*
- MYOCYCLE*
- EXAMPLE OF MODEL FOR SOCCER: AMATEUR TEAM*
- IDEAL SEQUENCE FOR PRACTICAL TRAINING*
- EVALUATION EXERCISE*
- INTERACTIVE EXERCISE*

SECTION FIVE: TECHNIQUES USED IN FOOTBALL

- OUTCOMES*
- INTRODUCTION*
- PASSING THE BALL, CONTROLLING THE BALL, HEADING THE BALL,
TACKLING,
DRIBBLING AND SHOOTING THE BALL*
- PASSING*
- CONTROLLING THE BALL*



- _ HEADING THE BALL
- _ TACKLING
- _ DRIBBLING
- _ SHOOTING
- _ RUNNING WITH THE BALL, TURNING WITH THE BALL AND SHIELDING THE BALL
- _ RUNNING WITH THE BALL
- _ SHIELDING THE BALL
- _ TURNING WITH THE BALL
- _ THROW-INS, PENALTIES, KICKS, CORNER KICKS
- _ THROW-INS
- _ PENALTIES
- _ CORNER KICKS
- _ FREE KICKS
- _ EVALUATION EXERCISE
- _ INTERACTIVE EXERCISE

SECTION SIX: FOOTBALL TACTICS

- _ OUTCOMES
- _ INTRODUCTION
- _ DEFINITION OF "TACTICS"
- _ TACTICAL OBJECTIVES
- _ TACTICS
- _ GENERAL TACTICS
- _ INDIVIDUAL TACTICS
- _ GROUP TACTICS
- _ TEAM TACTICS
- _ FORMATIONS
- _ EVALUATION EXERCISE
- _ INTERACTIVE EXERCISE

SECTION SEVEN: YOUTH TRAINING

- _ OUTCOMES
- _ INTRODUCTION
- _ AGES AND GAMES
- _ BASIC TRAINING FOR JUNIOR FOOTBALL
- _ FIELD SIZES FOR JUNIORS
- _ EVALUATION EXERCISE
- _ INTERACTIVE EXERCISE

SECTION EIGHT: THE ART OF GOALKEEPING

- _ OUTCOMES
- _ INTRODUCTION



_ ATTRIBUTES, ROLES AND RESPONSIBILITIES OF THE GOALKEEPER AND THE

GOALKEEPER COACH

- _ CLOTHING AND EQUIPMENT FOR GOALKEEPER TRAINING***
- _ COMMUNICATION BETWEEN THE GOALKEEPER AND OTHER PLAYERS***
- _ THE LANGUAGE OF GOALKEEPING***
- _ COMMUNICATION BETWEEN THE GOALKEEPER, GOALKEEPER COACH AND HEAD COACH***
- _ THE GOALKEEPER'S STANCE***
- _ PREPARATION FOR TRAINING AND GAMES (WARM-UPS***
- _ PHYSICAL TRAINING***
- _ SKILLS FOR GOALKEEPERS***
- _ SHOT HANDLING***
- _ DIVING SAVES***
- _ DEFLECTING***
- _ CROSSES***
- _ PUNCHING***
- _ BREAKAWAYS OR ONE ON ONE'S***
- _ OUTFIELD PLAYER SKILLS***
- _ DISTRIBUTION***
- _ TACTICS***
- _ PHYSIOLOGICAL ASPECTS OF GOALKEEPING***
- _ RULES FOR THE GOALKEEPER AND GOALKEEPING***
- _ THE GOALKEEPER'S PERFORMANCE AND PROGRESS***
- _ READING THE GAME***
- _ EVALUATION EXERCISE***
- _ INTERACTIVE EXERCISE***

SECTION NINE: THE PHYSIOLOGICAL PRINCIPLES OF TRAINING

- _ OUTCOMES***
- _ INTRODUCTION***
- _ PROGRESSIVE LOADING***
- _ VOLUME AND INTENSITY***
- _ HYPER COMPENSATION***
- _ COMPONENTS OF PHYSICAL CONDITION***
- _ THE PHYSICAL DEMANDS OF FOOTBALL***
- _ FLEXIBILITY***
- _ BALANCE***
- _ STRENGTH***
- _ POWER***
- _ AGILITY***
- _ ENDURANCE***
- _ AEROBIC AND ANAEROBIC EXERCISE***
- _ METHODS OF TRAINING***
- _ MUSCLE FIBRE TYPES AND ATHLETIC PERFORMANCE***

- _ TYPE 1-SLOW TWITCH FIBRES
- _ TYPE 2-FAST TWITCH FIBRES
- _ ACCLIMATISATION TO TRAINING IN HEAT AND COLD
- _ ACCLIMATISATION TO TRAINING IN HEAT
- _ ACCLIMATISATION TO TRAINING IN COLD
- _ OVERTRAINING
- _ WARM-UP AND STRETCHING
- _ EVALUATION EXERCISE
- _ INTERACTIVE EXERCISE

SECTION TEN: LIFESTYLE, DIET AND WELLBEING

- _ OUTCOMES
- _ INTRODUCTION
- _ THE 3 NO-NO'S: SMOKING, DRUGS AND DRINKING
- _ REST AND SLEEP FOR FOOTBALLERS
- _ NUTRITION FOR TOP PERFORMANCE
- _ WHAT DO I NEED FOR A HEALTHY DIET?
- _ SHOULD I BE EATING ANYTHING SPECIAL BECAUSE I PLAY FOOTBALL?
- _ WHY ARE CARBOHYDRATE FOODS IMPORTANT?
- _ IS FAT BAD?
- _ IS PROTEIN IMPORTANT?
- _ HOW CAN I GET ENOUGH VITAMINS AND MINERALS?
- _ BEFORE, DURING AND AFTER A MATCH
- _ CRAMPING
- _ MEAL AND SNACK IDEAS FOR AN ENERGY-PACKED DIET
- _ FOOTBALL INJURIES
- _ CAUSES OF INJURIES
- _ PREVENTING INJURIES
- _ TREATMENT
- _ EMERGENCY PLANS
- _ COMMON FOOTBALL INJURIES AND THEIR CARE
- _ BANNED DRUGS
- _ STEPS IN DRUG TESTING: 13 STEPS TO SAMPLE COLLECTION
- _ EVALUATION EXERCISE
- _ INTERACTIVE EXERCISE

BIBLIOGRAPHY