



FPF Syllabus of Learning and Playing

Model 2024 – 2025.

CYCLE OVERVIEW

TECHNICAL

1. Creating v Denying Space
2. Receiving Skills v Marking
3. Passing v Intercepting
4. Dribbling v 1v1 Defending
5. Attacking v Defending over / under loaded
6. Finishing v Blocking

TACTICAL

1. Finishing v Blocking Individuals & Units positions to occupy the field
2. Individuals positions to occupy the opponent
Individuals movements to unbalance the opposition
3. Defending as a 2 & 3
4. Midfield Rotations as a 2 & 3
5. Attacking as a 1, 2 & 3

PHYSICAL

1. Agility – Evasive Games & Practices
2. Balance – Left & Right sided technical & physical practices
3. Co – ordination – Multi dimensional technical practices
4. Speed – Acceleration & Deceleration (without a ball)
5. Functional Movements eg. Running, jumping, throwing, catching, linear / lateral movements.

SOCIAL / PSYCHOLOGICAL

1. Creative / Thoughtful movements
2. Collaborative work (small groups / player led)
3. Self & Peer Analysis & Feedback
4. Video (Veo) Analysis – Coach & Player & Team
5. “Myself, my mate, my opponent...”
6. Oppositions Strength & Weakness – Unit & Individual.

WEEK 1. CREATING AND DENYING SPACE.

TECHNICAL

Creating v Denying Space *for self & others*

1. "Scan" see spaces.
2. Penetrating "Forward" runs.
3. Rotations / Counter Movements.
4. Lateral v Vertical Movements.
5. Occupy Defender through Positioning.
6. "Pocket" Spaces / Standing Still.
7. Long - Short v Short - Long.
8. In - Out v Out - In.
9. Clearing and Filling Spaces.
10. Overloading Areas.

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WEEK 2. RECEIVING SKILLS AND MARKING.

TECHNICAL

Passing v Intercepting

1. Scan and Plan.
2. No Touch – Hips, Body, Mind Ready.
3. Half Turn – “See picture”
4. On the run
5. Creativity.
6. Back to Goal.
7. Use of Different Surfaces.
8. Aerial.
9. Movements.
10. Preparedness – 360 degrees.

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WEEK 3. PASSING AND INTERCEPTING.

TECHNICAL

Passing v Intercepting

1. Part of the Foot – Part of the Ball.
2. Non kicking Foot Position – Relationship to the Ball.
3. Ball Speed – Fast v Slow.
4. Inside Foot.
5. Outside Foot..
6. Laces – Punced “knuckle”
7. Value of the Pass – Why?
8. Lofted Pass.
9. Swerved Pass.
10. Disguise Pass – Reverse / No Look.

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WEEK 4. DRIBBLING AND DEFENDING.

TECHNICAL

Passing v Intercepting

1. Body Feints and Disguise.
2. First Touch. Where? Why?
3. "Hiding" the Ball.
4. Chops and Turns.
5. Eyes / Shoulders / Arms / Hips / Feet / Ball.
6. Changes of Speed – Slow to GO!
7. Attack Space.
8. Attack Defender.
9. Ball Distance / Control.
10. Attack opposite shoulder to where you want to end up!

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WEEK 5. ATTACKING V DEFENDING.

TECHNICAL

Attacking v Defending over / under loaded

1. 1v1 / 2v2 / 3v3 / 4v4
2. Overloaded / Underloaded.
3. Angles / Width / Depth.
4. Draw in Opponent to Exploit Spaces Behind.
5. Back to Goal / Facing Goal.
6. Ball from Wide / Aerial.
7. Ball played into Space - "Chase."
8. Aerial.
9. Defending Triggers.
10. Recognise Pressure & Space

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WEEK 6. GOAL SCORING V BLOCKING.

TECHNICAL

Finishing v Blocking

1. 1st Time Finish.
2. 2 Touch Finish – Shift & Finish.
3. Reactive / Instinctive – Part of The Body?
4. Awareness of Pressure & GK.
5. Type of Finish – Placed / Driven / Lob / Chip / Header.
6. Eyes / Hips / Disguise.
7. Creativity.
8. Volley.
9. Acrobatic.
10. 1st Touch / Preparedness.

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FUTURE PRO FOOTBALLER ACADEMY PHILOSOPHY...

**Technical Fundamentals
within The FPF Syllabus,
driven by the needs of the
Future Pro Footballer.**

**At FPF we Educate through
a Variety of Game Situations to
allow Growth and Development
at an Accelerated Pace.**

**Physical Literacy Programme
within Every FPF Session to
enhance the Development of ALL
players within ALL Practices.**

**At FPF we look to Challenge
each Individual Socially and
Psychologically in being
RUTHLESS, RESILIENT and
RESPECTFUL.**

AT FPF WE AIM TO ALLOW A GROWTH PLATFORM FOR EVERY INDIVIDUAL AT EVERY LEVEL THROUGH FOOTBALL.

Our game Model is underpinned by our FPF Syllabus and is to Play an Exciting Style of Football which allows the children to Explore and Express themselves.

Using a Stretch v Support model allowing for Individualisation and a High Challenge, Stress environment where necessary. Our Head of Coaching, Tom Donati has worked in Elite Football for over 23 Years. He has worked at and with a number of Top Football Clubs, Pro Men's Teams, Pro Ladies Teams, Academies and International Teams.

Donati has to date worked with a number of Youth players now totaling over £150 million pounds net worth. At FPF WE know what it takes. We will give you everything you need to progress... The Choice is Yours...



Thank You

✉ info@fpfacademy.com

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