

GOALS

Tactical: Direction of attack, direction of defence
Technical: Teaching comprehensive ball control, kicking ability
Physical: General development with emphasis on correct technique of running, jumping, balancing. The more exercise the better
Psycho-social: Self-confidence, cooperation with a group, ability to cope with successes and failures
Game: Any game with clear and transparent principles in the dominant systems from 1x1 to 4x4 (dominant game 3x3)

Important principles:

- explain only the next game rather than the entire training
- use simple language, using facial expressions and tone of voice
- motivate with questions: who can do more? who can do it faster? who will succeed?
- praise, praise, and then praise some more
- take active part in the training
- do not abuse the whistle
- discuss - show - let them try

Additional scope of responsibilities:

- Communication with parents
- Encouraging children and parents to exercise together in various kinds of projects and commercial events related to football
- Teach how to hydrate the body during trainings (every 15-20 minutes)

ORGANISATION

Number of trainings per week: **2** Duration of the training: **60'**
 Number of players in a team: **20** Duration of the match: **n/a**
 Size of football pitch: **half of "5-a-side or 7-a-side" pitch** Duration of the macro-cycle: **12 months**

Training method based on games and fun shaping general psycho-motor development of children. Coaches should ensure friendly atmosphere, in which each trainee can feel safe and comfortable. Due to the children's age, trainings should be "dressed" in a leading story, aimed at educating and bringing up through sports.

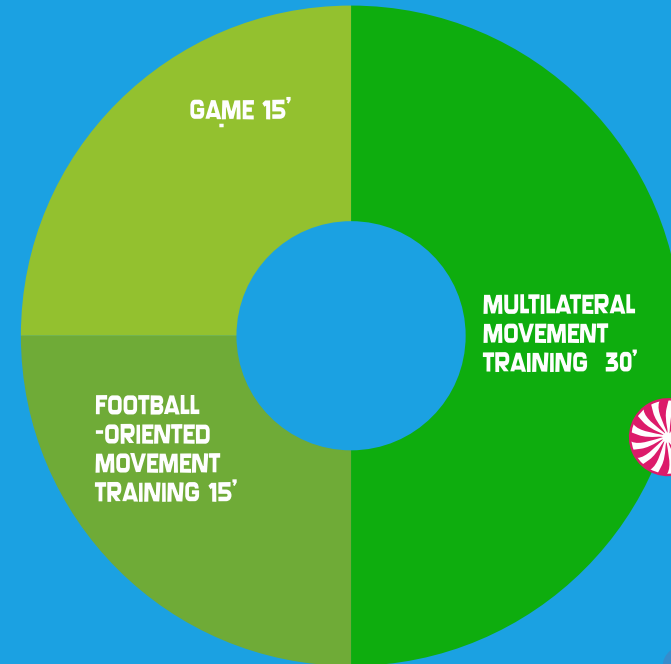
Structure of a training unit:

Multilateral movement training	30'
Football-oriented movement training	15'
Game	15'

CONTENT



TRAINING SCOPE OF "BECKHAM" GROUP



Multilateral movement training:

- basic forms of movement (running, jumping, balancing, rolling, etc.)
- high number of interesting tag variants (forms of rivalry)
- use of various kinds of tools (not necessarily football-related) stimulating the senses and interest

Football-oriented movement training:

- various dexterity tasks with a ball
- simple movement tasks with the ball at the foot
- comprehensive fun with the ball

Game:

- from 1x1 to 2x2, 3x3 and 4x4
- simple principles, having fun with the game