

#EVERYBODYSGAME

FERDINAND FOOTBALL DEVELOPMENT

AGES 6 - 16 YEARS

F Ferdinand
Football Group





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INTRODUCING FFG FOOTBALL DEVELOPMENT

Football Ferdinand Group provides children aged between 6 – 16 years the opportunity to receive extra technical coaching, in addition to their fun community and grassroots based provision. The FFG Baller Development Centre is highly suitable for players who either want to begin their football journey or already playing at high level. In addition we teach in a positive learning environment for players whether that's in game related practices, individual and group – team challenges to encourage them to improve their technique, individuality, communication skills, physicality, decision making and game related tactics.

Players within our Development Centres will have the opportunity to play organised In-house games against FFG Ballers from different centres to showcase their skills they have been learning in their classes.

Our staff follow a structured syllabus to ensure each player gets the upmost out of each session throughout the season, nationwide.



IN POSSESSION

We are keen for all ages and groups to develop a style of play that is based on possession/staying on the ball. The aim will be to produce players that are competent on the ball, when they are challenged and when under pressure. At FFG the aim is for all the age groups and players to try and play out from the back and through the thirds of a football pitch (defensive, midfield, attacking). In addition, as they progress through the age groups they will be required to develop their decision making in situations when the ball may have to be more direct or dealing with a team playing in a direct style.

OUT OF POSSESSION

Upon losing possession our players shall look to react immediately to either regain possession as soon as possible. The preferred option being to press from the front or to drop and establish a compact defensive shape.

TRANSITIONING IN & OUT

Players to make instinctive intelligent decisions. Positive intelligent attacking reactions. Positive intelligent defending reactions. Players to create and exploit overloads. Players to understand how to delay and defend a counter attack.

FFG BALLER EXPECTATIONS

- 1 EFFORT & ATTITUDE** - MOST IMPORTANT!
- 2 RESPECTFUL** - SAY HELLO TO STAFF AND TEAM MATES, FIST BUMP OR WAVE.
- 3 ARRIVE READY** - KIT, LACES AND WATER
- 4 BE COACHABLE** - TAKE ADVICE ON BOARD
- 5 STANDARDS** - SET HIGH STANDARDS PERSONALLY AND COLLECTIVELY, PUT DEMANDS ON EACH OTHER
- 6 OWNERSHIP** - NO EXCUSES; YOUR TRAINING, YOUR CHOICES

FERDINAND U7+ DEVELOPMENT MODEL



FFG BALLER TERMINOLOGY

EYES UP	Look and scan
LINK	Look and move the ball through the pitch
BE SELFISH	Be confident and go alone
BE POSITIVE	Play forwards
BE AGGRESSIVE	Encourage positive actions with and without the ball
COMBINE	Look to use team mates to exploit overloads
DON'T HIDE	Make yourself available for the ball

TECHNICAL BREAKDOWN

SPECIFIC PASSING	Short/mid/long	Technique types	One-touch	Disguised	On the Move
RECEIVING	To control	To turn	Under pressure	To protect	To step in
RUNNING WITH BALL (RWB) & DRIBBLING	Ball mastery	Explode into space	RWB - Big touches	Body movements/ Faints	
TURNING & SIDE MOVES	Stop turn	Outside/inside hook	Protect the ball	Role models	
COMBINATION PLAY	One twos	Take overs	Over/under laps	One touch	3rd man running
SUPPORT PLAY	From midfield	Stepping in	Forward runs	Overlaps	
SHOOTING/FINISHING	Types	Composure	Volley & half volleys	One touch	
CROSSING	Whipped, driven, floated	On the run	Cut backs	Touch to deliver	
COUNTER ATTACKS	Regains	Interceptions	Exploiting overloads	Combination play	
DEFENDING	Outnumbered	As a unit	Pressing	Screening	Organised
MOVEMENT	Opposite movement	As a team	Runs in behind	Pin defender	
1 V 1 DOMINATION	Outplay opponent	Turns	1 v 1 moves	Combination play	

SESSION STRUCTURE EXAMPLE

THEME	PASSING	
17:00 - 17:15	ARRIVAL ACTIVITY	SAQ, BALL MANIPULATION - SSG , INTRODUCING THE THEME
17:15 - 17:30	TECHNICAL PRACTICE 1 OPPOSED/UNOPPOSED	PASSING: SHORT & LONG, HIGH & LOW, DIFFERENT TECHNIQUES OF HOW TO PASS
17:30 - 17:45	TECHNICAL PRACTICE 2 OPPOSED	WHEN &WHERE TO USE THE RIGHT PASS, DIFFERENT TECHNIQUES OF A PASS TO ENSURE THE CORRECT ONE IS BEING USED, WHEN TO PASS TO FEET OR INTO SPACE (RUNNING ONTO THE BALL), UNDERSTANDING THE CORRECT SPEED OF THE PASS.
17:45 - 18:00	FREE PLAY GAME & DEBRIEF (PLENARY)	PLAYERS CAN WORK ON WHAT THEY HAVE LEARNED IN TRAINING. PLAYER AND COACH DE-BRIEF

FFG FOOTBALL DEVELOPMENT SYLLABUS 16-20 WEEK BLOCK

WEEK

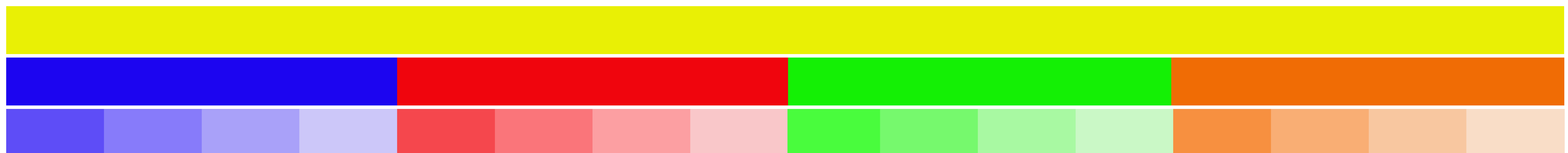
2023/24 COACHING SYLLABUS

Shorter cycles for development as:
4 weeks training
1 week testing
4 learning blocks before re-cycle

Key development themes: 1v1's/2v2's & Dribbling, Finishing, Passing, Defending

Each cycle is broken down: Finishing = 1 week of inside the box, 1 week outside the box etc.

Each cycle broken down further: Passing = 1-week short passing, 1 week-long passing, 1 week crossing etc.



FFG FOOTBALL DEVELOPMENT SYLLABUS 16-20 WEEK BLOCK

WEEK	THEME
1	Running with the ball
2	Turning
3	Moves to beat players
4	Dribbling under pressure/Close control dribbling
5	Testing
6	Short to Mid Range passing
7	Mid to Long Range Passing
8	Passing in a unit/as a group/team
9	Possession under pressure
10	Testing

FFG FOOTBALL DEVELOPMENT SYLLABUS 16-20 WEEK BLOCK

WEEK	THEME
11	Finishing Inside the box
12	Finishing outside the box
13	Finishing touches
14	Finishing under pressure
15	Testing
16	1v1 Defending
17	2v2 Defending
18	Recovery Defending/Defending overloaded
19	Defending as a unit
20	Testing



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FOR BOOKINGS AND FULL CONTACT DETAILS

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