Technical Performance Homework Programme

A five-part route for players who want to turn a match problem into focused work at home—and take the improvement back into the game.

> **Do not train everything. Find one repeated match problem, practise it for a week, then review the same situation again.**

How to use this

1. Complete the Match-to-Practice Review.
2. Choose the practice that matches the repeated problem.
3. Complete three short sessions during the week.
4. Record your score instead of guessing whether you improved.
5. Look for the same situation in your next match.

You will usually need

- one ball;
- a safe wall, partner or rebound source;
- two or three markers;
- a safe, clear practice area;
- ten to twenty focused minutes.

01 Review the match

02 First touch

03 Passing

04 Beat a player

05 Finishing

Built from FCA-owned player-analysis, technical, ball-mastery, striker and Game Model teaching. Use an appropriate safe environment and adult support where required.

STEP 1 · CHOOSE THE RIGHT WORK

Match-to-Practice Review

360TFT
FOOTBALL COACHING ACADEMY

This helps when

You want to improve but do not know what to practise next. Choose three moments from your latest match—good moments or moments you want to improve.

Write down each moment

1. What happened: receiving, passing, dribbling, shooting, defending or moving?
2. Where were you on the pitch?
3. Where did the pressure come from?
4. What did you decide to do?
5. What happened next?

Find the repeated pattern

- Ball gets away from you → 360@Home.
- First touch blocks the next action → First Touch.
- Pass direction or weight breaks down → Passing.
- Skill works alone but not against a defender → Beating a Player.
- The chance breaks down before or during the shot → Finishing.
- The ball in the air is difficult → Keep Up Challenge.

Write your weekly focus

This week I am practising:

because it happened:

when:

Make it stronger

Easier: review only one half or ask a coach for three moments.

Harder: compare the same action across two matches.

Next: use one matching practice for one week. Then review the same match situation before changing focus.

PRACTICE 1 · RECEIVE FOR THE NEXT ACTION

First Touch & Receiving

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Set up

One ball, a safe wall or partner, and two markers about two strides apart. Stand four to six strides from the wall.

Practice

1. Pass against the wall.
2. Check over one shoulder while the ball travels.
3. Receive side-on when the return allows it.
4. Use the first touch to move through either side of the gate.
5. Alternate feet and exit direction.

Complete 3 sets of 8 returns.

Look for

- Scan before the ball arrives.
- Make the first touch serve the next action.
- Cushion to keep it close; redirect when space is available.

Take it into the game

If you can turn, let the first touch help you go forward. If you cannot turn safely, protect it or play the way you face.

Score out of 24

Count a success when the first touch passes through the chosen gate and the next action needs no rescue touch.

Session 1 ___ / 24
Session 2 ___ / 24
Session 3 ___ / 24

Change the challenge

Easier: move closer, slow the pass or widen the gate.

Harder: receive a late left/right call, then add delayed pressure.

Source: FCA Controlling the Ball, Receiving Under Pressure and Game Model teaching.

PRACTICE 2 · DIRECTION AND WEIGHT

Passing With a Wall or Partner

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Set up

One ball, a safe wall or partner, and a target roughly one stride wide. Stand four to seven strides away.

Practice

1. Pass through the target with the inside of the foot.
2. Receive the return with one foot.
3. Move the first touch across your body or into the next passing line.
4. Pass with the other foot.
5. Complete 10 accurate passes, rest, then repeat.

Complete 3 sets of 10.

Look for

- Non-kicking foot alongside the ball.
- Firm ankle; strike through the centre.
- Follow-through towards the target.
- Pass weight that helps the receiver's next action.

Take it into the game

A useful pass does more than reach a teammate: its direction and weight support what happens next.

Score out of 30

Pass through the target and control the return without stretching or an emergency touch.

S1 ___ / 30 · Longest ___
S2 ___ / 30 · Longest ___
S3 ___ / 30 · Longest ___

Change the challenge

Easier: widen the target, reduce distance or take two control touches.

Harder: narrow the target, alternate one/two touch, or react to a late direction signal.

Source: FCA Short Passing, Passing & Receiving and Passing Detail teaching.

PRACTICE 3 · APPROACH, DECEIVE, ESCAPE

Beating a Player

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Set up

One ball, three markers and a safe area six to ten strides long. One marker is the defender; two exit gates sit beyond it.

Practice

1. Approach the defender marker under control.
2. Use one familiar 360@Home action.
3. Push the exit touch through either gate.
4. Accelerate for two or three strides.
5. Reset from the other side and use both feet.

Complete 4 repetitions through each gate, then repeat.

Look for

- Control the approach distance.
- Sell the direction with body, eyes or touch.
- Escape into useful space—the move is not finished at the trick.

Take it into the game

Sometimes the best choice is to beat the defender; sometimes it is to protect, pass or move elsewhere. This is an option, not an instruction to dribble every time.

Score out of 16

Approach controlled + action clean + exit touch within playing distance.

Session 1 ___ / 16
Session 2 ___ / 16
Session 3 ___ / 16

Change the challenge

Easier: walk through it, widen gates or repeat one direction.

Harder: passive defender → one gate blocked → direction-limited live defender.

Source: 360@Home, FCA Elite Ball Mastery, 1v1 material and Game Model progression.

Finishing

Set up

A goal or safe marked target, two markers, balls and a partner or safe rebound source where possible. Nobody should be behind the target.

Practice

1. Receive through the starting gate.
2. Set the ball into a realistic shooting line.
3. Choose placement or power before striking.
4. Finish towards a marked target area.
5. Repeat from both sides and with both feet where appropriate.

Complete 3 sets of 6 finishes.

Look for

- First touch prepares the shot.
- Head becomes steady enough to see ball and target.
- The striking surface matches the finish.
- Follow for a rebound when safe.

Take it into the game

Practise the type of chance you actually receive. Notice the run, pressure, decision and first touch—not only the strike.

Record 3 scores out of 18

Set-up touch in line / shot hit target / both happened.

S1 ___ / ___ / ___
S2 ___ / ___ / ___
S3 ___ / ___ / ___

Change the challenge

Easier: stationary ball, closer range or larger target.

Harder: vary service, add movement or time pressure, then passive pressure.

Source: FCA Striker Clinic, finishing library and Game Model teaching.

WEEKLY RECORD · THREE SHORT SESSIONS

Your Practice Week

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FOOTBALL COACHING ACADEMY

My repeated match problem

My chosen practice and success score

SESSION	DATE	SCORE	WHAT IMPROVED OR REMAINED DIFFICULT?	DONE
01				☐
02				☐
03				☐

After the next match

Did the same situation appear? What did you recognise earlier? Was the decision better, the execution cleaner, or the recovery quicker?

Choose the next action

☐ Repeat the same practice ☐ Make it harder ☐ Change focus after a new match review ☐ Ask the FCA coaches

Your question for the coaches

State the match situation, the practice used and the scores recorded. Then ask one specific question.