

**HOD FOOTBALL FOCUSED GROUP**  
**CURRICULUM FOR 8-WEEKS FOOTBALL 2026 SUMMER SESSION**

**Vision:**

To raise a people after God's heart in every nation of the earth

**Mission:**

To bring people into an experience of God's unconditional love that transforms them into men and women passionate about influencing their world through the principles of the Kingdom

**Duration:** 8 weeks

**Start Date:** [insert date]

**Physical meeting:** Saturdays, [insert time] Church football pitch

**Whatsapp Community:** Midweek activities (Discussion prompts, tactical reviews, Q&A, Prayer focus, match review)

**SUMMARY OF PLANNED ACTIVITIES:**

- Introduction of facilitators and participant (1st week)
- Creation of teams and selection of team players
- Virtual meetings
- Whatsapp chat and discussions and prayer meetings
- Physical football trainings
- Cup league tournament

**Midweek Whatsapp community engagement**

- **Fridays**

Discussion prompts, in-game training reviews, tactical reviews, prayer. (8pm – 8:30pm)

**Football training/match**

- **Saturdays**

Team bonding, Fitness, Mini-games, Training (fitness drills, ball control, passing, penalty kicks, freekicks)

## **MEETING SCHEDULE**

Date	Description of Event	Platform / Venue	Presenter
May 2026	Week 1: introduction of facilitators and participant, Devotion & Team Bonding	Physical meeting (church auditorium)	Coach
May 2026	Week 1: Training (Fitness, Ball Control, Passing, Mini Games) and creation of team	Football Field	
May 2026	Week 2: Prayer, Devotion, Team Bonding & Tactical review	Virtual (WhatsApp)	Oluwatayo Stephen
May 2026	Week 2: Training (Fitness, Ball Control, Passing, Mini Games)	Football field	
May 2026	Week 3: Prayer, Devotion, Team Bonding & Tactical review	Virtual (WhatsApp)	Oluwatayo Stephen
May 2026	Week 3: Training (Fitness, Ball Control, Passing, Mini Games)	Football field	
June 2026	Week 4: Tactical Review	Virtual (WhatsApp)	Oluwatayo Stephen
June 2026	Week 4: Cup League Match Day	Football Field	
June 2026	Week 5: Tactical Review	Virtual (WhatsApp)	Oluwatayo Stephen
June 2026	Week 5: Cup League Match Day	Football field	
June 2026	Week 6: Tactical Review	Virtual (WhatsApp)	Oluwatayo Stephen
June 2026	Week 6: Cup League Match Day	football Field	
June 2026	Week 7: Tactical Review	Virtual (WhatsApp)	Oluwatayo Stephen
June 2026	Week 7: Semi-finals Cup League Match Day	Football Field	
July 2026	Week 8: Tactical Review	Virtual (WhatsApp)	Oluwatayo Stephen
July 2026	Week 8: FINALS Cup League Match Day	Football Field	Oluwatayo Stephen

## **8 WEEKS SESSION OVERVIEW**

### **Week 1 – Introduction, Orientation and Team Bonding**

Welcome to HOD football!

We'll introduce ourselves, share our expectations, and dive into the vision behind this focused group.

**Main Activity:** Participant introductions + orientation and Team bonding.

### **Week 2 – Teamwork and Unity**

Football is a team sport that requires players to work together toward a common goal. Unity builds trust, improves coordination, and helps the team perform better during matches. A united team supports one another both on and off the pitch.

**Action Task:** Team bonding activity after training and matches

**Practical work:** pair communication drills, 5-side teamwork exercise

### **Week 3 – Discipline and Commitment**

Discipline is essential for growth in football. Players must be punctual, respectful, consistent in training, and committed to team objectives. Commitment helps the team stay focused and organized throughout the competition.

**Key focus:** Respect, Consistency, commitment.

**Practical work:** attendance and punctuality monitoring, fitness endurance drills

### **Week 4 – communication on the pitch.**

Effective communication helps players understand each other during matches. Talking, giving instructions, and encouraging teammates improve teamwork, reduce mistakes, and strengthen match performance.

**Action Task:** communicate with players on the pitch

**Practical work:** on pitch communication drills, captain-led coordination exercises, silent play vs communication play practice sessions

### **Week 5 –Match preparations and Tactics**

Good preparation increases confidence before a game. Teams should understand their tactics, player positions, and responsibilities. Proper planning helps players stay organized and execute strategies effectively during matches.

**Key focus:** tactical walkthrough before matchday

**Practical work:** Formation practice and set-piece training.

### **Week 6 – Handling pressure in matches**

Pressure is part of football, especially during important games. Players must remain calm, focused, and confident under difficult situations. Mental strength helps teams make better decisions and avoid panic during matches.

**Key focus:** Confidence and encouragement sessions

**Action Task:** penalty shootout simulation, High pressure mini-matches

### **Week 7 – Finishing & Decision making and Defensive Awareness**

Scoring opportunities should be taken with confidence and accuracy. Players must also make quick and smart decisions during matches. Defensive awareness helps the team stay organized and prevents unnecessary goals.

**Action Task:** fast decision making match scenario

**Practical work:** shooting and finishing drills, 1v1, 2v1, 2v2 & 2v3 defending exercise.

### **Week 8 – Lesson learnt and Team reflection**

At the end of the competition, the team should reflect on their progress, strengths, and areas for improvement. Learning from victories and defeats helps players grow individually and as a team. We'll close out with testimonies, final reflections. You'll also receive your Certificate and medal of Participation.

## **Football equipment to be used:**

### **Basic Training Equipment**

1. Footballs
2. Training Bibs/Jerseys
3. Football Boots
4. Goal Posts or Portable Goals
5. Goalkeeper Gloves
6. Whistle
7. Stopwatch or Timer
8. Pump and Needle for Footballs

### **Fitness & Conditioning Equipment**

1. Cones/Markers
2. Speed Hurdles
3. Resistance Bands
4. Skipping Ropes
5. Fitness Mats
6. Training Poles/Slalom Poles

### **Match & Tactical Equipment**

1. Tactical Board/Whiteboard
2. Marker Pens
3. Team Sheets/Attendance Register
4. Match Fixtures Schedule
5. Score Sheet or Match Record Book
6. Corner Flags
7. Referee Cards (Yellow & Red)
8. Referee Whistle

### **Medical & Safety Equipment**

1. First Aid Box
2. Ice Packs
3. Bandages and Tape
4. Water Bottles
5. Towels
6. Stretching Bands

### **Recommended Team Kits**

- Team Jerseys and shorts
- Football Socks
- Captain Armband