



AFTERSCHOOL FOOTBALL PROGRAMME

2026 Football Syllabus

Created By:
Charlie Perkins

UEFA B Candidate & 1st class honours in Community Football Coaching & Administration

Jon Pinches

UEFA B and youth award & BSC 2:1 in Football coaching & Performance



2026/27



TACTICS LAB

ENHANCE YOUR PERFORMANCE

MEET THE COACHES

**JON
PINCHES**



**CHARLIE
PERKINS**





CHARLIE PERKINS

Tactics Lab
Coach/Director

PHILOSOPHY

"DEVELOP HIGH-PERFORMANCE ATHLETES THROUGH EXCELLENCE IN PHYSICAL PREPARATION, TECHNICAL MASTERY, & TACTICAL INTELLIGENCE."

CURRENT COACHING ROLE:

Manager at Stockwood Ladies FC
2023-Present

Director/ lead Coach at Tactics Lab
2023-Present

QUALIFICATIONS:

- UEFA C License (UEFA B Candidate)
- BSc in Community Football Coaching & Administration
- Level 2 in Youth Work Principles
- Level 3 Award in Principles of Safeguarding & Protecting

EXPERIENCE: 5 YEARS

Bristol City Robins Foundation

- Community Coach(2021-24)
- Teaching Assistant (2024-25)
- Mentor (2024-25)
- Project Lead (2024-Present)

Stockwood Wanderers FC (2021–Present)

- First Team Right Back (2021-Present)
- U18s Head Coach (2021–22)
- Ladies Assistant Manager (2022-23)
- Ladies First Team Manager (2023–Present)



JON PINCHES

Tactics Lab
Coach/Director

PHILOSOPHY

"I'M PASSIONATE ABOUT DEVELOPING ATHLETES PHYSICALLY, TECHNICALLY, & TACTICALLY TO HELP THEM REACH THEIR FULL POTENTIAL."

CURRENT COACHING ROLE:

First Team Coach Stockwood Mens
(Step 7)

Director/ lead Coach at Tactics Lab
2023-Present

QUALIFICATIONS:

- UEFA B License
- BSc in Community Football Coaching & Administration
- Level 2 in Youth Work Principles
- Level 3 Award in Principles of Safeguarding & Protecting
- PFSA Level 1 in Talent ID & Opposition Analysis
- AFPE Level 3
- FA Youth Award

EXPERIENCE: 15 YEARS

Bristol City Robins Foundation

- Women's & Girls Development Officer (2016-18)
- EFL Girls Talent ID Coordinator (2017-19)
- PL Kicks Project Lead (2019-23)
- Social Inclusion Manager (2023-Present)

Paulton Rovers

- Lead Coach 13s-16s (2014-17)

Stockwood Wanderers FC (2013–Present)

- Played Step 6 football for various clubs before playing for Stockwood Men's Teams (10 Years)
- Lead Coach Under 8s-16s Boys (2013–21)
- Lead Coach Under 16s Girls (2020-21)
- Lead Coach Men's Reserves (2022-23)
- Men's First Team Coach (2018-Present)

DESCRIPTION



- Our after-school football program offers children a fun and active way to end the school day while building skills and confidence. Following FA guidelines, we create a supportive environment for all abilities.

Foundation Phase (Ages 4–10)

- Fun, high-energy sessions introduce players to the game.
- Focus on ball skills, coordination, and movement through small-sided games.
- Emphasis on enjoyment, teamwork, and confidence growth.

Expectations for Parents and Children:

- Engaging sessions that keep kids active.
- Ample ball time for faster progress.
- Activities that foster confidence and decision-making.
- Qualified coaches ensure a safe, positive atmosphere.
- Focus on enjoyment, friendships, and personal growth.

Our goal is to provide a safe and enjoyable after-school experience for every child.

FOUNDATION PHASE



The objectives:



Ages: 4 –10

Core Focus: Ball mastery, confidence, fun, ABCs

Game Format: 2v2 / 3v3 / 4v4 / 5v5

Session Ratio:

- ~60% ball mastery & technical play
- ~40% small-sided games

Theme progression: From individual control → simple game actions



WEEKLY THEMES

Block Aim:

Develop confident players who love the ball and are brave in 1v1 situations. The block is revisited and adapted every 12 weeks.

Week | Theme | Focus | Game

- 1 | Ball Familiarity | Moving with ball | Free play SSG
- 2 | Dribbling | Close control | 1v1 games
- 3 | Turning | Turns & escapes | Dribble games
- 4 | Change of Speed | Disguise | 1v1 targets
- 5 | Shielding | Protecting ball | Keep-ball
- 6 | Beating a Player | Skill choice | 1v1 / 2v2
- 7 | Receiving | First touch | Directional SSG
- 8 | Passing | Short passing | 2v2 / 3v3
- 9 | Finishing | Ball striking | Scoring games
- 10 | Decisions | Dribble/pass | Conditioned SSG
- 11 | Awareness | Finding space | Free-flow SSG
- 12 | Festival | Creativity | Tournament

Physical (ABCs) Embedded Weekly

Running, stopping, turning

Jumping & landing

Balance challenges

Coordination games

TACTICS

ENHANCE YOUR PERFORMANCE



THANK YOU



We hope this gives you a clear understanding of what to expect each week from our TL afterschool provision. Any questions, please speak to TL coaches Charlie & Jon or contact us at tacticslab.bristol@gmail.com