

\*Adopt session and set up as needed. Make it fun and have fun.

\*Water Breaks as needed.

## Academy Session #1

### Warm Up: Colored Cones

Players perform different athletic movements at each cone. Arm Saws, High knees, on toes every week. Proceed to previous week foot skill between cones.

### Description

Arm Saws, High Knees, On Toes are key!

Work on new foot skill between cones

### Time Management

#### Coaching Points

- \* 5 min going cone to cone without ball
- \* 5 min reviewing previous footskills
- \*Water Break

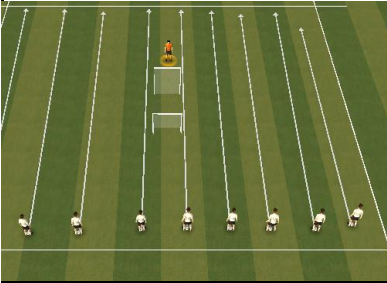
### New Foot Skill: Pull Back

Small Steps into change of direction

Use the ball of the foot to pull ball.

10 Min (Inside blue box)

### Sharks and Minnows



All players have a soccer ball in the designated area. Kids dribble around and try to avoid the taggers. Two players have a pinnie and are the taggers. When a tagger tags someone the tagger gives that player the pinnie.

10 Min

- \*Keep the ball close
- \*Small touches
- \*If the player does a pullback the shark can not tag them.

### Storm the Castle



Players are split in half. Half are selected to guard the castle and the rest are going to storm the castle. The players protecting the castle from soccer balls (fire balls) must block the other team from getting soccer balls into their castle (goal). Switch the roles of the group and the number of soccer balls they are allowed to get at one time.

10 Min

- \* Feet only
- \*Pull back to activate Fireball
- \*Be aware of surroundings

3V3 or 4V4 games for last 15 min. 5 min games with water break and coaching points.