

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

\*Water Breaks as needed.

## Academy Session #2

### 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.

### Coaching Points

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 movement

use the ball of the foot to pull the ball

10 Min (Inside blue box)

### Tag



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 tagger can not tag them.

### Knock Out



All players have a ball in a confined area. Each player tries to keep possession of their ball, while trying to knock out another player's soccer ball. If a player is knocked out, they must do 10 pull backs before coming back in.

10 Min  
\*Teach proper technique to move with the ball at speed and avoid defenders and shield.  
Pullbacks = Safe Move

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