

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

*Water Breaks as needed.

Academy Session #4

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: Foundation

Small Steps into movement

Inside of the foot, drive the knees

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.