

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

\*Water Breaks as needed.

## Academy Session #5

### 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: Pulls

Small Steps into movement

Pull ball across body with the bottom of the foot

10 Min (Inside blue box)

### Shield - Steal



Pair up the players with one ball. One player starts with the ball and at coach's command his/her partner tries to steal the ball away. Play 30-45 second matches. The player who ends with the ball gets a point. If the ball goes out of bounds, one of the players must get it back in play very quickly.

10 Min  
\*Show proper shielding technique during the demonstration  
\*Encourage use of Pulls

### Number Game



The players are in two teams, one on either side of the coach. The players should have numbers. Call a number and throw a ball out and the two players are trying to score opposite from where their team is. Make a rule that the kids have to **Pull** the ball before they can score. Play to five then switch sides and play again.

10 Min  
\*Step into the strike  
\*Follow through to your target.  
\*Do a Pull before striking the ball.

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