

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

*Water Breaks as needed.

Academy Session #6

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)

BullDog



All players are dribbling a soccer ball from one end to the other end of a 20x25 yard grid. The coach begins as the "bulldog" and tries to kick the steal players' soccer balls out of the grid. Once a player's soccer ball is stolen by the bulldog, he/she becomes a "bulldog". If a ball gets kicked out both players are bulldogs.

10 Min

*Look for changes of speed and direction to get away from the bulldog
*Pulls are safe move, bulldog can not take the ball.

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