

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

\*Water Breaks as needed.

## Academy Session #7

### 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: L-Behind

Small Steps into movement

Pull Back behind standing leg, cut behind with inside of the foot. Lean forward

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 L-Behind

### 1v1 Double Goal



In adding an additional goal, players must be aware offensively to the open space. Encourage use of L-Behinds as a means to bait a defender into coming in for a challenge. Reward players for good decision making in finding open space and finishing in the open goal. Have more than one game going on at a time.

10 Min  
\*Spatial Awareness  
\*Creativity with the ball  
\*Can we bait defenders into challenge?  
\*L- Behind

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