

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

*Water Breaks as needed.

Academy Session #8

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 (Monkey Pull)

Small Steps into movement

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

10 Min (Inside blue box)

Combine

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
- *Monkey Pulls are safe move, bulldog can not take the ball.

1v1 Double Goal



In adding an additional goal, players must be aware offensively to the open space. Encourage use of monkey pulls, pulls, or 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?
- *Monkey Pulls

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