

**Sponsored By: Town of Clay Recreation Dept.**



**Academy curriculum will focus on:**

<b>Techniques:</b>	<b>Foot Skills Repetition w/ Ball</b>	<b>Tactics:</b>	<b>Rules of the Game:</b>	<b>Fitness:</b>	<b>Mental:</b>
Passing	Coerver Ball Mastery Training	Staying spread out (not bunching)	No using hands in the field	Speed & Agility Obstacle Course Training developing motor skills: (Balance, stability, body control, coordination, agility, endurance, flexibility, muscular strength/power, acceleration & deceleration, ability to change of direction)	FUN!! FUN!! FUN!! FUN!! FUN!! FUN!! FUN!! FUN!!
Trapping (controlling the ball)	Basic moves to dribble past a defender	Look to pass & switch the ball to opposite side of field	Proper Throw-in		Self-Confidence
Dribbling	Change direction when dribbling the ball (pull back, cut inside, cut outside, step over)	1 v. 1 attaching	Weekly small sided games 4 v. 4		Friendship building
Shooting to score GOALS!!		1 v. 1 defending			Listening skills

**Academy Format: (1.2 -hr practice) (Tuesdays 6-7:10pm @ Roxboro RMS)**

<b>Station #1</b>	<b>Station #2</b>	<b>Station #3</b>	<b>Station #4</b>	<b>Small Sided Games</b>
Ball Skill Building/ Dribbling/ 1v. 1 Moves	Passing	Shooting	Speed & Agility Obstacle Course Relay Races	4 v. 4 scrimmage
15 min.	15 min.	15 min.	15 min.	15 min.

