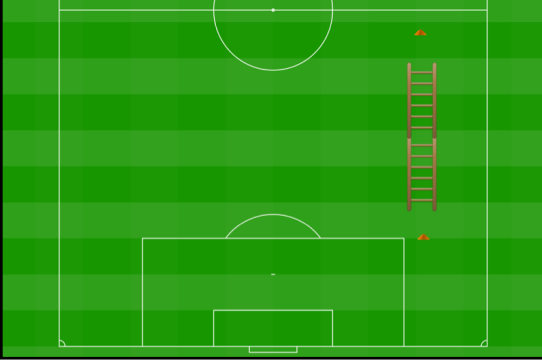


# Day 1 Academy

Date: 2/14/16, 10:27 PM

## Warmup



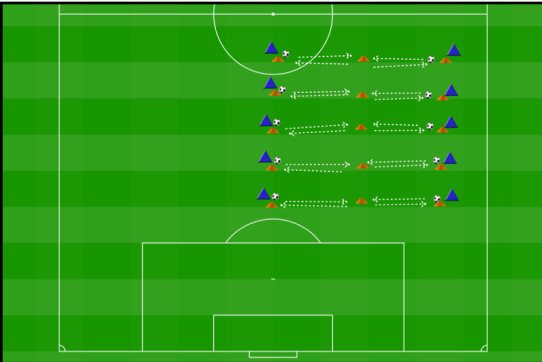
### Warm-Up Speed Ladder

#### Speed Ladder

Speed Ladder. Each one twice. Finish at cone.

1. One Foot In.
2. Two Feet In.
3. Sideways 2 Feet High Knees/Switch Sides.
4. Zig Zags (Ickey Shuffle).
5. Zig Zags Backwards (Ickey Shuffle).
6. Sideways Two Feet In/Switch sides.
7. Boxer Shuffle Sideways.
8. One Foot Hops/Each Foot.
9. Hop Scotch.
10. Hop Scotch Two Feet In Two Out
11. Two Up One Back

## Exercises



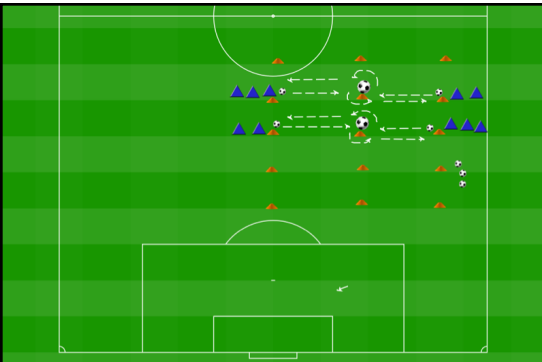
### Day 1

#### Footskills

Cones 10 yards apart. Players on the outside cones with a ball. Show foot skill then players work towards the middle cone and back 3 times each or for time.

Foot skills:

1. Inside the Feet.
2. Right Foot Inside/Outside, then left foot.
3. Right Foot only Inside/Inside/Outside/Outside, then left.
4. Inside Right/Inside Left/ Stop Right (Both Feet).
5. Right Foot only Inside/Stop/Outside/Stop, then left foot.
6. Right Foot Inside/Outside/Stop (inside/outside one motion).
7. Sideways Rolls (down with Right/back with left, face same way)
8. Inside Left/Outside Right/Inside Right/Outside left.
9. Inside/Outside/Stop.
10. Roll Outside Stop-Roll with Right Foot to Left/Outside Left/Stop Switch.
11. Scissors (Step over ball with Right/Push outside left/Stop) Switch



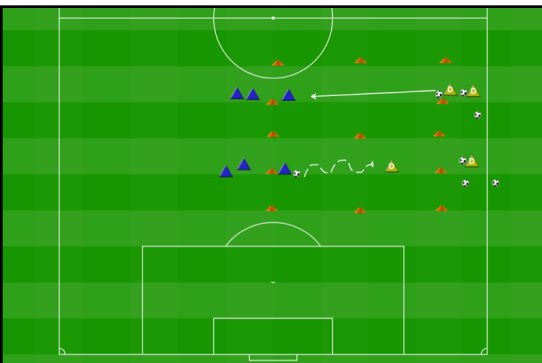
### Day 1

#### Moving Footskills

Cones 10 yards apart. Players on the outside cones, first player in each line has a ball. Show foot skill then both players dribble toward center cone, perform the move, then accelerates to the next cone and gives the ball to the first player in line.

Moves:

1. Step left push right
2. Step right push left
3. Inside outside right foot
4. Inside outside left
5. Stop, push outside right foot
6. Stop, push outside left foot
7. Inside left outside right
8. Inside right outside left
9. Roll with left push outside right
10. Roll with right push outside left
11. Scissors - step left push right
12. Scissors - step right push left

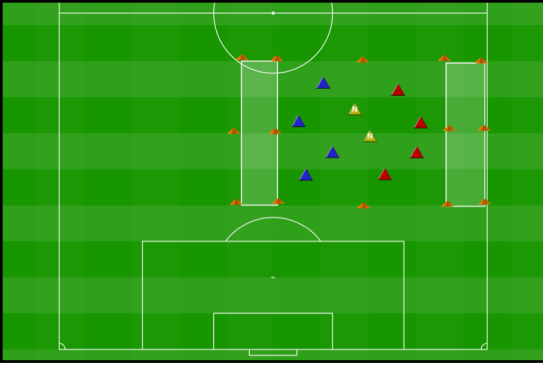


### Day 1/Day 3

#### 1v1 Footskills

1v1. 2 grids with one line on each side. Defenders are on one side with balls. Defender plays ball across to the attacking player, attacking player runs at the defender with pace, and tries to beat the defender and carry the ball over the end line. If defender wins it, they carry the ball of other end line. Stay in same lines. Switch defenders after a few rotations.

Coach: good first touch, dribble at defender with pace, have controlled touches, burst of speed when you go past the defender.



**Day 1**

4v4+2

4 vs 4 with 2 neutral players. A team gets a point by dribbling the ball into the end zone and stopping it. Defenders can't go into neutral zone