



Academy Session Week 2 (Sunday)

Category: Technical: Attacking skills

Difficulty: Moderate

Forrest Randall, Richfield, United States of America
Individual-Young Member

Speed and Agility (10 mins)

Speed & Agility Relays

Objective: Increased foot speed and coordination during competitive phase

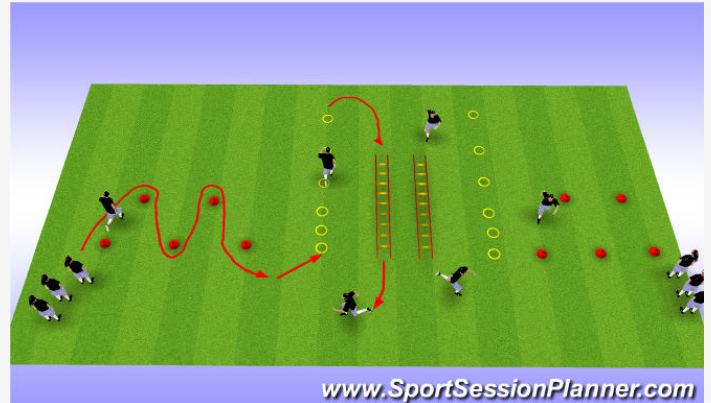
Focus: Lowering hips during change of direction, wide athletic stance in cuts, light footwork

Setup:

- Age group split into two teams
- Equipment as detailed in picture
- Teams begin with 2 repetitions for practice, followed by 1-2 competitions
- Next person in line begins as teammate completes cone slalom

Progression:

- Cone Slalom - Any footwork kid want, Forward/backpedal, lateral shuffle
- Rings - Remains the same (rings get further apart towards the end)
- Vertical Ladder - Icky shuffle, RRRRLLLL, single foot alternating



Free Skill (20 mins)

Free Skill Dribbling

Objective: Introduce multiple surface techniques to improve individual ball mastery

Focus: Dribbling under control while utilizing different surfaces and techniques

Setup:

- 20x20 grid w/ 7x7 grid inside
- Each player with a ball, coach with their own ball

Action:

- Coach introduces an individual skill for the players to perform in the larger grid
- Phase 1: Players get 1-2 minutes to practice each skill, followed by 30 second competition where you count your own score
- Phase 2: Players must dribble into central box, then to an outside cone, while performing set amount of skills in between (ex. dribbling inside central box, perform 3 scissors on way to outside cone, then repeat process back towards central box). 1pt for dribbling inside box then finding outside cone while performing the skill!



BeastMode Competition (20 mins)

BeastMode Competition

Objective: Improve confidence in 1v1 dribbling

Focus: Distance to begin skill/move, accelerate during change of direction

Setup:

- 20x20 grid w/ 1 pugg nets on each side
- Age group split into two teams
- Players not active can be spread around grid to collect balls (optional)
- Several balls with the coach

Action:

- Players perform 2v2 for 1 minute then rotate new pairs in
- Coach plays in new ball when player scores or ball goes out of bounds

Optional Progressions to Promote Dribbling:

- Players must beat someone in 1v1 before scoring
- Place three to four 2yd 'gates' around the grid players must dribble through before attacking goal



Scrimmage (20 mins)

Final Scrimmage

Objective: Create confidence in recognizing and implementing 1v1 situations

Focus:

- Finding space on the dribbling
- Closer space = closer touch & more touches
- Deceptive = show one way, move the other
- Shielding the ball = arm out into hip, don't expose the ball

Setup:

- Two 20x30 fields of 4v4 or 5v5
- Shooting line 7yd from each goal
- Balls split evenly between each goal

Action:

- Standard 4v4 scrimmage to goal
- Attackers must cross shooting line before attempting a shot
- First team to 6 wins

