



Academy Session Week 2 - Tuesday

Category: Technical: Attacking skills

Difficulty: Moderate

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

Speed and Agility

Speed & Agility Relays

Objective: Increased foot speed and coordination during competitive phase

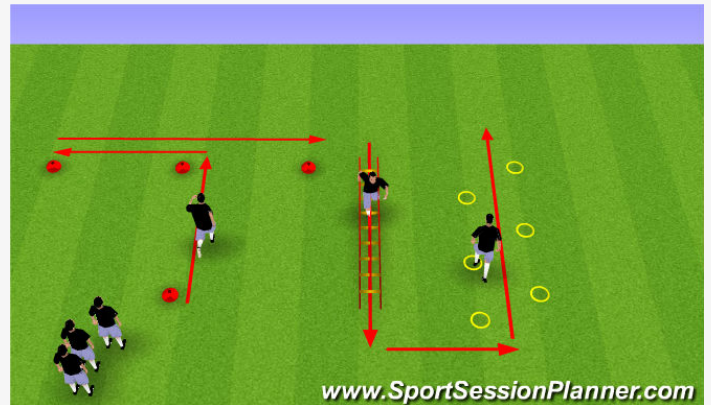
Focus: Lowering hips during change of direction, wide athletic stance in cuts, light footwork, don't round out turn in T Drill - 90 degree cut

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 T Drill

Progression:

- T Drill - sprint, sprint/shuffle, sprint/kareoka
- Vertical Ladder - lcky shuffle, RRRRLLLL, single foot alternating
- Rings - Remains the same (rings get further apart towards the end)



1v1 Mirror

1v1 Mirror

Objective: Improve comfortability with distance of 1v1 move and going directly at a defender

Focus: Depth at which attacker begins the move, after beating defender... next touch should go behind them, body feints to sell the movement

Setup:

- Each player with 1 partner, both players have a ball
- 3 cones 5yds in between each

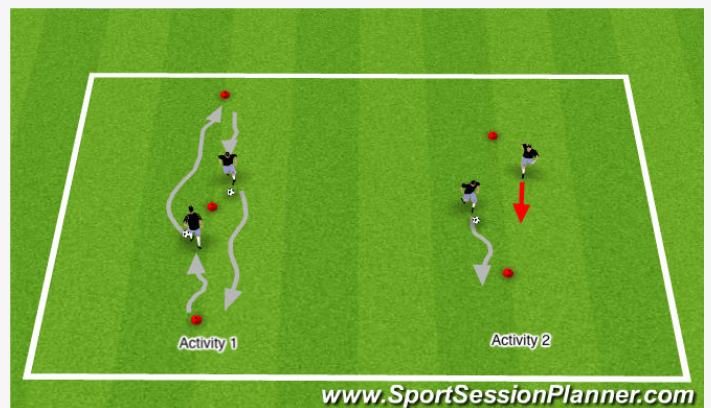
Action:

Activity 1

- Partners simultaneously dribble towards the central cone, perform a skill, then find the opposite cone
- Each skill should be performed in both directions (L/R)
- Competition between partner groups - 30 seconds to complete as many as possible, cannot begin dribbling until partner is ready to dribble as well

Activity 2

- Use only 2 cones from previous activity (only 1 player w/ ball)
- Both players must remain on their side of the mirror/gate. Defender cannot cross to take the ball.
- Defender protects the cones by placing their foot next to it
- Attacker attempts to dribble and stop the ball to the side of a cone before defender gets their foot down
- Play for 30 seconds then switch



BeastMode Competition (20 mins)

BeastMode Competition

Objective: Show more consistency in ball manipulation and deception to beat the defender

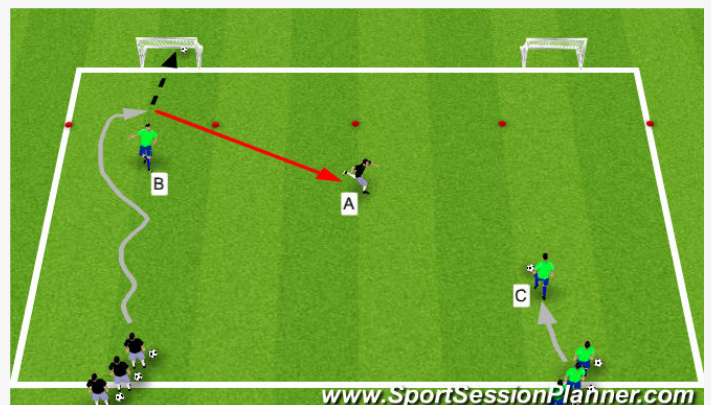
Focus: Showing one way then attacking another

Setup:

- 20x25 grid w/ two pugg goals
- Shooting line 5yds in front of puggs
- Two teams, every player w/ a ball
- If players are scoring too easily, bring nets closer together

Action:

- Play begins w/ a player from one team dribbling down and scoring unopposed
- Once player has scored, a player from opposite team can begin attack on either goal
- Player that just shot now becomes defender in 1v1
- Repeat until you have a winner (ex. first team to 10)



Flying 2v2's

Flying 2v2's

Objective: Increased confidence in dribbling at a defender rather than passing

Focus: Deception and skill to find space on the dribble

Setup:

- 20x30 grid w/ 4 pugg goals
- Shooting line 5yds in front of puggs
- Two teams, both in 2 lines ready to attack as partners

Action:

- Coach says 'go' to initiate both teams sprinting around opposite puggs
- Coach plays ball into any area for attack to begin

- Teams must dribble past shooting line to score a point

Progression:

- Introduce 'style points' for anyone that performs a skill correctly (coaches discretion)

