

# Sponsored By: Town of Clay Recreation Dept.



## Academy curriculum will focus on:

| <u>Techniques:</u>              | <u>Foot Skills Repetition w/ Ball</u>  | <u>Tactics:</u>  | <u>Rules of the Game:</u>       | <u>Fitness:</u>   | <u>Mental:</u>   |
|---------------------------------|--|--|---------------------------------|---|--|
| 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!!<br>FUN!! FUN!!<br>FUN!! FUN!!<br>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 attacking   | Weekly small sided games 5 v. 5 |   | Friendship building                                      |
| Shooting to score GOALS!!       |  | 1 v. 1 defending   |                                 |   | Listening skills   |

## Academy Format: (1-hr practice) (Tuesdays 6-7pm @ Roxboro RMS)

| <u>Station #1</u>  | <u>Station #2</u>  | <u>Station #3</u>     |
|--|--|-----------------------|
| Ball Skill Building/ Attacking & Defending Concepts/ 1v. 1 Moves | Passing/Trapping/Shooting/ Dribbling/Speed & Agility Obstacle Course | 5 v. 5 Scrimmage Game |
| 20 min.  | 20 min.  | 20 min.               |

