

Sponsored By: Town of Clay Recreation Dept.



Academy curriculum will focus on:

| Techniques: Passing | Foot Skills Repetition w/ Ball Coerver Ball Mastery Training | Tactics: Staying spread out (not bunching) | Rules of the Game: No using hands in the field | Fitness: 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) | Mental: 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 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)*

| Station #1 | Station #2 | Station #3 |
|--|--|-----------------------|
| 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. |

