



ACADEMY CURRICULUM

SPORTING SESSIONS
U16 TRAINING SESSIONS



ACADEMY CURRICULUM

Name: SKC Coaching Staff		Team: SKC U16 Academy		Date:	
Mesocycle: Fall 2015		Microcycle/Day:			
Training Objectives: Passing patterns to goal Quick movement, quality touches, and good angles of runs. Competition day with finishing patterns and 8v8 game involving quick transitions. 3 Teams of 7-8.					
	I.WARM-UP		Intensity: MED	Activity Time: 9m	
	Duration: 20m		Intervals: 2	Recovery Time: 1m	
	Organization (Physical Environment/Equipment/Players)				
	Group jog around field. 3 lines of 7-8 players. Passing lines with quick combinations movements. Dynamic stretching in between.				
COACHING POINTS/KEY CONCEPTS					
Communication and quality of pass and touch. First progression player that lays ball off sprints to end of opp. line. Second progression player that lays ball off sprints to support opp. end.					
	II.Small-Sided Act.		Intensity: HIGH	Activity Time: 4m	
	Duration: 20 m		Intervals: 3	Recovery Time: 2m	
	Organization (Physical Environment/Equipment/Players)				
	3 lines. Right, Central, and Left (right and left mirrored.) Passing patterns to 3 big goals. Keep track of goals.				
COACHING POINTS/KEY CONCEPTS					
Up-back and through pattern, following pass. Outside group's turn and finish, central group lays off for finish. Lose defender with good movement. Quality of pass, layoff, and finish. Middle group point of attack is determined by initial run of first player and can start to either side.					
	III.Expanded Act.		Intensity: HIGH	Activity Time: 3m	
	Duration: 20m		Intervals: 6	Recovery Time: 30s	
	Organization (Physical Environment/Equipment/Players)				
	Same 3 lines with 3 groups. 12 total balls/opportunities for each group. Count goals. Rotate through twice. Outside groups restricted to 1-touch finish (right/left foot depending on side)				
COACHING POINTS/KEY CONCEPTS					
Game-like movements and pace of play. Quality of pass/shot. Hold each other accountable. Movement on the outside changes to up-back so players need to open up run to receive the ball.					
	IV. GAME		Intensity: HIGH	Activity Time: 3m	
	Duration: 20m		Intervals: 6	Recovery Time: 30s	
	Organization (Physical Environment/Equipment/Players)				
	Goals in tight. 50yds long/40 yds wide. 3 teams (7-8). 3 min games or win by 2 goals. Winner stays on. Make it take it.				
COACHING POINTS/KEY CONCEPTS					
Team shape. Quick transitions. Team resting enters field of play as if in quick defensive transition as game continues upon coaches cue.					

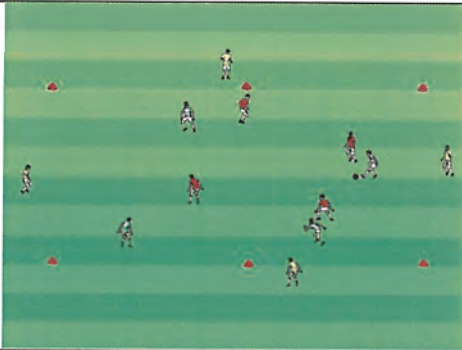


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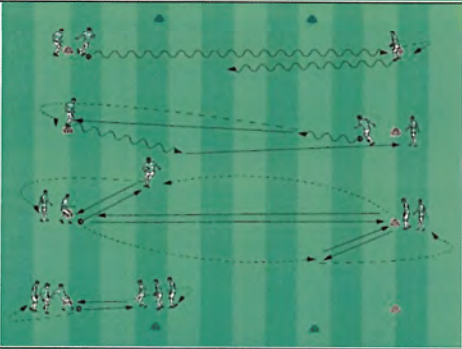
Name: SKC Coaching Staff	Team: SKC U16 & 18 Academy	Date:
Mesocycle: Fall 2015	Microcycle/Day:	

Training Objectives: Station Training

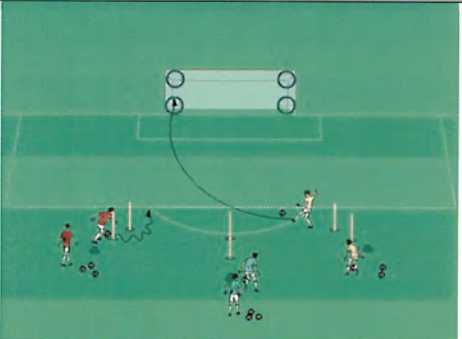
Improve technical abilities in attacking play.



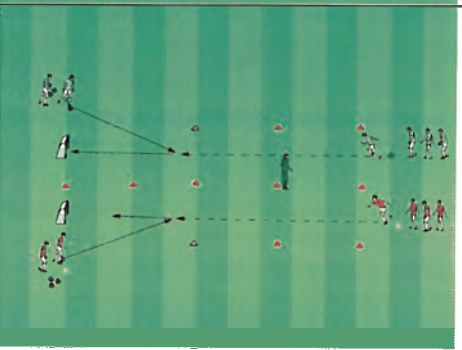
I. STATION 1	Intensity: MED	Activity Time: 5m
Duration: 20m	Intervals: 3	Recovery Time: 2m
Organization (Physical Environment/Equipment/Players)		
4v4 +4; 20 yards long by 40 yards wide; Start with possession; Pass and move with 2 touches; Keep ball on ground; Open up, get/stay connected; Find triangles; Rotate neutral group every 5 minutes; Switch neutral and defense/attacking team after 1-2 wins;		
COACHING POINTS/KEY CONCEPTS		
Pause to check shape for triangles; Movement off ball to separate from defenders; Passing angles; When ball lost organize defensive shape; Always provide the player on the ball multiple options in attack; Move off the ball with urgency		



II. STATION 2	Intensity: HIGH	Activity Time: 3m
Duration: 20m	Intervals: 5	Recovery Time: 1m
Organization (Physical Environment/Equipment/Players)		
Various dribbling/passing line variations, focusing on specific technical abilities, combinations, etc. (keep smaller groups to increase repetitions)		
COACHING POINTS/KEY CONCEPTS		
Quality of pass, of touch, of reception, etc.; check over shoulder before receiving ball; game-speed: move with urgency/purpose		



III. STATION 3	Intensity: HIGH	Activity Time: 4m
Duration: 20m	Intervals: 4	Recovery Time: 1m
Organization (Physical Environment/Equipment/Players)		
Shooting: block/cover on goal with openings at each corner; 4 minute rounds		
COACHING POINTS/KEY CONCEPTS		
Rotate so teams shoot from all 3 spots; Teams compete each round for number of top corner goals (must score outside penalty box); Game-like: movement, speed		



IV. STATION 4	Intensity: HIGH	Activity Time: 6m
Duration: 20m	Intervals: 3	Recovery Time: 1m
Organization (Physical Environment/Equipment/Players)		
Speed & agility station, combined with 1-time finish on goal; two teams compete 1v1; on coaches command, players sprint towards goal; once they've passed 20-yard line, teammate can play them the ball, which they need to try and finish 1 st time on goal; 1 st to score wins.		
COACHING POINTS/KEY CONCEPTS		
Sprinting technique; starting position & initial acceleration; control/technique in 1-time finish; quality/timing/angle/direction of entry pass from teammate		



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Name: SKC Coaching Staff	Team: SKC U16 Academy	Date:
Mesocycle: Fall 2015	Microcycle/Day:	

Training Objectives: Competition Day
 Possession and speed of play with urgency to move ball.



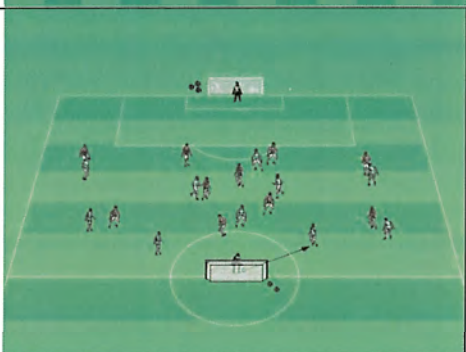
I.WARM-UP	Intensity: MED	Activity Time: 3m
Duration: 20m	Intervals: 4	Recovery Time: 2m
Organization (Physical Environment/Equipment/Players)		
Organize team into two groups, e. simultaneously going through identical warm-ups; end with race		
COACHING POINTS/KEY CONCEPTS		
Vary movements in general warming & dynamic stretching; move from simple to complex, activating all key muscles		



II.Small-Sided Act.	Intensity: HIGH	Activity Time: 2m
Duration: 20m	Intervals: 7	Recovery Time: 1m
Organization (Physical Environment/Equipment/Players)		
Competition Style Rondo (rotate DEF every 1-2 min); ATT: 1 point for e. pass completed; DEF: 1 point for winning the ball & completing a pass to the other defender & 1 point if attacker loses the ball w/o pressure		
COACHING POINTS/KEY CONCEPTS		
Which group can complete most passes? How many times can the 2 in the middle win the ball each round? Competition needs to come from within; Urgency in play is a must		



III.Expanded Act.	Intensity: HIGH	Activity Time: 2m
Duration: 20m	Intervals: 7	Recovery Time: 1m
Organization (Physical Environment/Equipment/Players)		
(7+7) v7 (3 teams); Defensive team rotates every round (1-2 minutes each round); 1 point for every pass completed by attack; 1 bonus point for completing 3 passes inside one of the inner grids; 1 point if defensive team wins ball and completes pass to teammate, or if ATT loses ball		
COACHING POINTS/KEY CONCEPTS		
Possess with numbers around the ball; switch POA with urgency & purpose; pressure early and with numbers when possible. Variation: After 3 rounds switch to a transition game, team that loses possession becomes defensive team, 5 minute rounds; 1 touch for attacking team		



IV. GAME	Intensity: HIGH	Activity Time: 6m
Duration: 20m	Intervals: 3	Recovery Time: 1m
Organization (Physical Environment/Equipment/Players)		
11v11; ½ field, no restrictions		
COACHING POINTS/KEY CONCEPTS		
Demand high tempo/speed of play on both sides of the ball		



ACADEMY CURRICULUM

Name: Istvan Urbanyi	Team: SKC U16 Academy	Date:
Mesocycle: Fall 2015	Microcycle/Day:	
Training Objectives:		
Work on rotating positions, interchanging space, & relationships between specific lines of players while in possession in the attacking half of the field		

	I.WARM-UP	Intensity: MED	Activity Time: 3m
	Duration: 15m	Intervals: 5	Recovery Time: 2m
	Organization (Physical Environment/Equipment/Players)		
	First interval is general warm-up lap. Active recovery during rest periods. Set two warm-up stations: 1) Cones & Speed Sticks (general warming, dynamic movements, ballistics) & 2) Passing & Moving activity (as diagrammed)		
	COACHING POINTS/KEY CONCEPTS		
Alternate between activities; stretch in between; increase intensity as players progress through each activity			
	II.Small-Sided Act.	Intensity: MED	Activity Time: 6m
	Duration: 21m	Intervals: 3	Recovery Time: 1m
	Organization (Physical Environment/Equipment/Players)		
	Using ½ field, play to 1 goal. Field divided into thirds; 1-3 groups of 6 players in each channel (right/central/left), alternating the channel played through. One group plays at a time in their section of the field.		
	COACHING POINTS/KEY CONCEPTS		
Passing patters to goal w/ emphasis on rotations. Proper spacing (distance and angles of support). Timing & direction of runs into the box (near post, far post, dropped off at top of the box); No more than 4, no less than 3 players in box to finish			
	III.Expanded Act.	Intensity: HIGH	Activity Time: 5m
	Duration: 21 min.	Intervals: 3	Recovery Time: 2m
	Organization (Physical Environment/Equipment/Players)		
	Same set up as Stage II, add back four to play against		
	COACHING POINTS/KEY CONCEPTS		
Continue to focus on rotating positions while possessing towards goal. Emphasize timing & placement of runs in relation to back four. Quality of service & finishing			
	IV. GAME	Intensity: HIGH	Activity Time: 6m
	Duration: 14m	Intervals: 2	Recovery Time: 1m
	Organization (Physical Environment/Equipment/Players)		
	9 v 9 (2-3-3) +GKs to goal. ½ field. 2 big goals (1 at midfield).		
	COACHING POINTS/KEY CONCEPTS		
Reinforce above coaching points; emphasize constant movement & interchanging positions while in possession			



ACADEMY CURRICULUM

Name: Istvan Urbanyi	Team: SKC U16 Academy	Date:
Mesocycle: Spring 2015	Microcycle/Day:	

Training Objectives: Station training

Fitness, Possession, Finishing, and Technical. Start session w/ group job & stretch.



I.WARM-UP	Intensity: High	Activity Time: 3m
Duration: 20m	Intervals: 5	Recovery Time: 1m

Organization (Physical Environment/Equipment/Players)
 3 lines with even numbers. 2 cones off set (right and left) in front of each line. One cone centered 6 yards from middle set. (12 yards total length)

COACHING POINTS/KEY CONCEPTS

Visual/vocal cues (toss ball from behind runners/"GO"). Turn into relay race. Sprint to first set, coach yells right or left, shuffle, and sprint. Creativity, as many different variations.

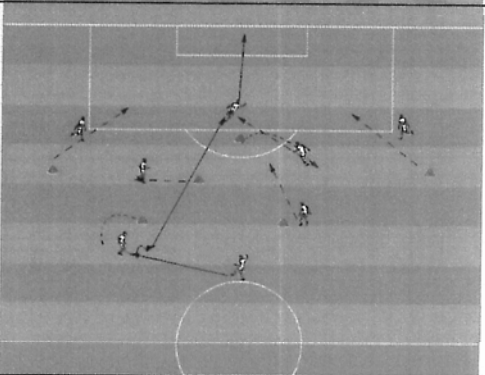


II.Small-Sided Act.	Intensity: High	Activity Time: 2m30s
Duration: 20m	Intervals: 6	Recovery Time: 45s

Organization (Physical Environment/Equipment/Players)
 30 yards long x 40 yards wide. 4v4 + 4 on outside. 2 touch on inside and 1 touch on outside.

COACHING POINTS/KEY CONCEPTS

Anticipate. Have an idea not only before you get the ball, but where you want your first touch to go (into space/tight to body). Support group on outside w/ movement off ball.

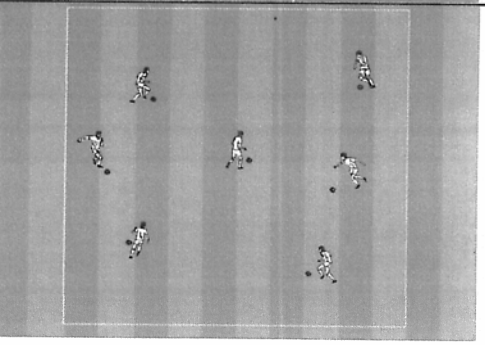


III.Expanded Act.	Intensity: High	Activity Time: 4m
Duration: 20m	Intervals: 4	Recovery Time: 1m

Organization (Physical Environment/Equipment/Players)
 Use one end of field w/ goal. 30 yards long. Mimic starting points for #9, 10, 7, 11, 8, 6, and 5 or 4 (starting with balls) by using cones.

COACHING POINTS/KEY CONCEPTS

Timing! Be at full speed when receiving thru ball. Proper weight of pass. Variations: (4/5 plays 6/8-turns and finds #9 checking off and making run behind back 4.) (Same except as #9 checks off, #7/11 make diagonal run in behind) (#4/5 plays into #9-lays off to #6/8-plays #7/11 in). Lose defender. FOLLOW SHOT!



IV. GAME	Intensity: High	Activity Time: 1m
Duration: 20m	Intervals: 10	Recovery Time: 1m

Organization (Physical Environment/Equipment/Players)
 20x20 grid. Every player has a ball. 1 min high tempo. 1 minute active rest (juggling-ball below knee, stationary/walking/backwards, etc...)

COACHING POINTS/KEY CONCEPTS

Tight touches- both ft changing direction- keeping head up using every surface. Sole only- thinking one action ahead. Outside/inside. Outside/inside-pull back hard across body. Many "footability" possibilities.



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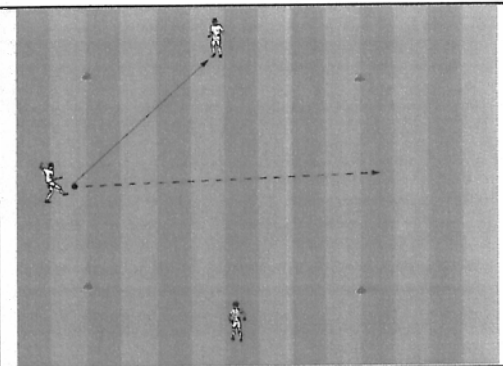
Name: Istvan Urbanyi	Team: SKC U16 Academy	Date:
Mesocycle: Spring 2015	Microcycle/Day:	
Training Objectives: Possession and speed of play.		

	I.WARM-UP	Intensity: Low	Activity Time: 2m
	Duration: 15m	Intervals: 5	Recovery Time: 1m
	Organization (Physical Environment/Equipment/Players)		
	Bands. Jogging around field.		
COACHING POINTS/KEY CONCEPTS			
Start with band work (lateral walks, monster walks, etc.) Jogging around field- side shuffle (both directions), fwd shuffle, backward shuffle, open/close gate, high knees, ¼ squat-pull knee to chest, ¼ squat pull heal to butt, inch worms, and worlds greatest stretch, lateral lunge, bounding, etc...			
	II.Small-Sided Act.	Intensity: Med	Activity Time: 4m
	Duration: 20m	Intervals: 4	Recovery Time: 1m
	Organization (Physical Environment/Equipment/Players)		
	(5+5+5) v 5. 36 yards long x 45 yards wide. Make dimensions start at a goal to help flow of session. Rotate defending team each interval.		
COACHING POINTS/KEY CONCEPTS			
3 groups of 5 possess against 1 group of 5. Defensive group must stay organized and work together, while possession group needs to utilize the entire grid, and keep spacing. Let the ball do the work.			
	III.Expanded Act.	Intensity: High	Activity Time: 3m
	Duration: 21m	Intervals: 6	Recovery Time: 30s
	Organization (Physical Environment/Equipment/Players)		
	Same Field Dimensions + 2 big goals. 5v5 round robin. 2 touch in possession, but finish must be 1 touch to count.		
COACHING POINTS/KEY CONCEPTS			
Keep shape; maintain responsibilities on both sides of ball. Quick games, so be sharp and energetic. Encourage give and go movement.			
	IV. GAME	Intensity: Med	Activity Time: 4m
	Duration: 20m	Intervals: 4	Recovery Time: 1m
	Organization (Physical Environment/Equipment/Players)		
	Same field dimensions as Phase 3. Combine teams to form 10v10.		
COACHING POINTS/KEY CONCEPTS			
Tight spaces so quick movements on and off the ball required. Support play and create triangles of play.			



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Name: Istvan Urbanyi	Team: SKC U16 Academy	Date:
Mesocycle: Spring 2015	Microcycle/Day:	
Training Objectives: Synchronization in attack		
Rhythm, finding space, passing, moving.		

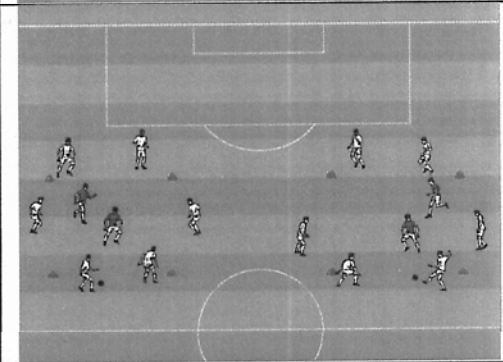


I. WARM-UP	Intensity: MED	Activity Time: 4m
Duration: 20m	Intervals: 4	Recovery Time: 1m

Organization (Physical Environment/Equipment/Players)
 6x6 grid (3 players in between cones, 1 empty side) Stretching in between. Clockwise from left (player starting with ball): A, B, D, C (spaces)

COACHING POINTS/KEY CONCEPTS

Passing- start 2-touch, find rhythm. A plays B, moves to open space (D). B plays C, moves to open space (A). Has to be a good ball, find open space quick. Challenge: most passes in 1 min. *Peter Vermes*- incorporating the ball in warm-ups is a priority for SKC/professional level training—do it! Make activity focused and intentional for maximized development.

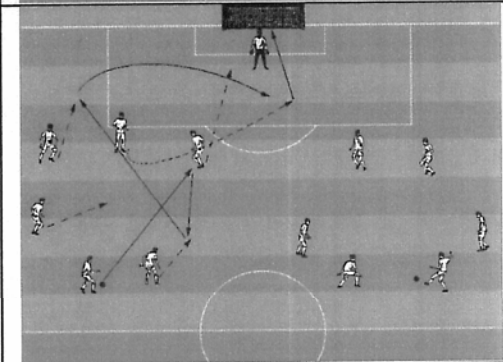


II. Small-Sided Act.	Intensity: HIGH	Activity Time: 4m
Duration: 20m	Intervals: 4	Recovery Time: 1m

Organization (Physical Environment/Equipment/Players)
 6 v 2. 2 grids, 10 yards between each grid. Rondo. No touch limit, just make the game play fast. Layout important to transition to Phase III.

COACHING POINTS/KEY CONCEPTS

Keep functional shape. Options- 1) give ball back (support run), 2) combo, wall pass, overlap, 3) open up for width. Think before ball is at your feet, know next move. Don't force a pass if not under pressure, make defense apply pressure and open up elsewhere.

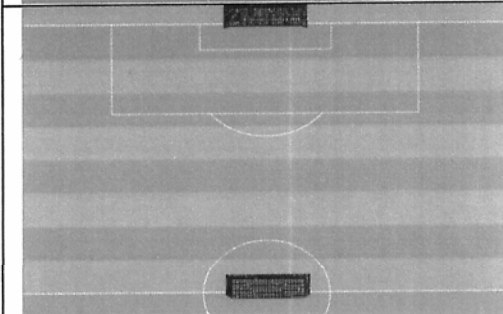


III. Expanded Act.	Intensity: HIGH	Activity Time: 4m
Duration: 20m	Intervals: 4	Recovery Time: 1m

Organization (Physical Environment/Equipment/Players)
 1/2 field. 2 groups of 6 and GKs. Groups in right and left channel (from previous exercise. One group plays at a time.

COACHING POINTS/KEY CONCEPTS

Passing, moving, finishing. Analyzing situation, see the whole picture, make the best decision. If speed is too fast, don't force a short layoff/pass. Don't forget other option- turn! If back to goal, there's no pressure so turn & face goal. Play fast, but can take touch before passing. Build up within groups, then make runs to goal. Free flowing.



IV. GAME	Intensity: HIGH	Activity Time: 8m
Duration: 20m	Intervals: 2	Recovery Time: 2m

Organization (Physical Environment/Equipment/Players)
 11 v 11 on 1/2 field. Move big goal to midfield.

COACHING POINTS/KEY CONCEPTS



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Name: Istvan Urbanyi	Team: SKC U16 Academy	Date:
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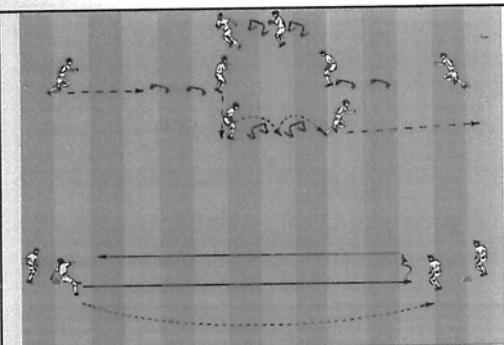
Training Objectives: Organization in the attacking half
 Work on rotating positions, interchanging space, & relationships between specific lines of players while in possession in the attacking half of the field

	I.WARM-UP	Intensity: MED	Activity Time: 3m
	Duration: 15m	Intervals: 5	Recovery Time: 2m
	Organization (Physical Environment/Equipment/Players)		
	First interval is general warm-up lap. Active recovery during rest periods. Set two warm-up stations: 1) Cones & Speed Sticks (general warming, dynamic movements, ballistics) & 2) Passing & Moving activity (as diagrammed)		
COACHING POINTS/KEY CONCEPTS			
Alternate between activities; stretch in between; increase intensity as players progress through each activity			
	II.Small-Sided Act.	Intensity: MED	Activity Time: 6m
	Duration: 21m	Intervals: 3	Recovery Time: 1m
	Organization (Physical Environment/Equipment/Players)		
	Using 1/2 field, play to 1 goal. Field divided into thirds; 1-3 groups of 6 players in each channel (right/central/left), alternating the channel played through. One group plays at a time in their section of the field.		
COACHING POINTS/KEY CONCEPTS			
Passing patters to goal w/ emphasis on rotations. Proper spacing (distance and angles of support). Timing & direction of runs into the box (near post, far post, dropped off at top of the box); No more than 4, no less than 3 players in box to finish			
	III.Expanded Act.	Intensity: HIGH	Activity Time: 5m
	Duration: 21m	Intervals: 3	Recovery Time: 2m
	Organization (Physical Environment/Equipment/Players)		
	Same set up as Stage II, add back four to play against		
COACHING POINTS/KEY CONCEPTS			
Continue to focus on rotating positions while possessing towards goal. Emphasize timing & placement of runs in relation to back four. Quality of service & finishing			
	IV. GAME	Intensity: HIGH	Activity Time: 6m
	Duration: 14m	Intervals: 2	Recovery Time: 1m
	Organization (Physical Environment/Equipment/Players)		
	9 v 9 (2-3-3) +GKs to goal. 1/2 field. 2 big goals (1 at midfield).		
COACHING POINTS/KEY CONCEPTS			
Reinforce above coaching points; emphasize constant movement & interchanging positions while in possession			



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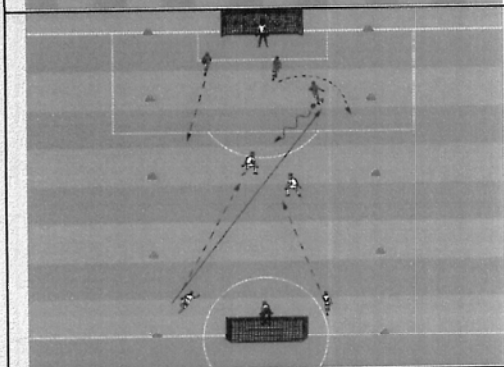
Name: Istvan Urbanyi	Team: SKC U16 Academy	Date:
Mesocycle: Spring 2015	Microcycle/Day:	
Training Objectives: Competition day		
Keep track of points throughout training session- winning team decided at end of session.		



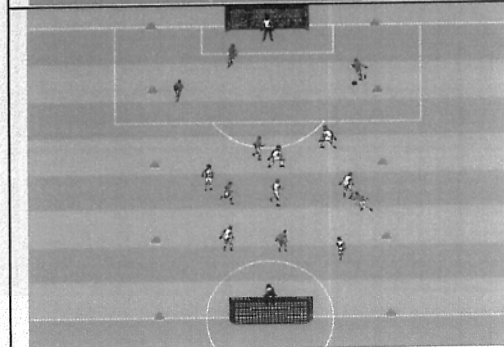
I.WARM-UP	Intensity: MED	Activity Time: 3m
Duration: 15m	Intervals: 3	Recovery Time: 2m
Organization (Physical Environment/Equipment/Players)		
Warm-up 2 Laps. Passing lines- 6 players per group. 3 at each cone. Start at 50%. SJ stretches. Passing at 75%. MJ stretches. Passing at 100%. Fast feet setup (see diagram). Starting cone, hurdle		
COACHING POINTS/KEY CONCEPTS		
1 st interval: Passing (50%-60%). Fast feet to left over 4 cones, accelerate to hurdle, jump hurdle, shuffle right, hurdle, accelerate through cones. 2 sides going at same time.		



II.Small-Sided Act.	Intensity: HIGH	Activity Time: 3m
Duration: 20m	Intervals: 4	Recovery Time: 2m
Organization (Physical Environment/Equipment/Players)		
1 v 1 to small goals, 25 yds apart. 5 min bouts of 1v1s. Players line up at both posts of both goals. Assign teams of 7-8 players (4 total teams). 2 fields going at once.		
COACHING POINTS/KEY CONCEPTS		
Defense serves to attackers. Switch sides after each bout. Players keep track of how many goals they score- point system optional for goals vs. defensive stops. Round robin- each team plays all 3 other teams.		



III.Expanded Act.	Intensity: HIGH	Activity Time: 3m
Duration: 20m	Intervals: 4	Recovery Time: 2m
Organization (Physical Environment/Equipment/Players)		
3 v 2. 30 yd wide x 55 yd long, goal at each end. Continue point system based on teams. If attacking team scores, they transition to D immediately w/ 1 player leaving activity.		
COACHING POINTS/KEY CONCEPTS		
Defense serves to attackers- challenging ball. No offside. Always think of your movement and how you can create space. Create triangle with rotations, do not be flat! Create depth early. Start w/ and action that forces defense to react.		

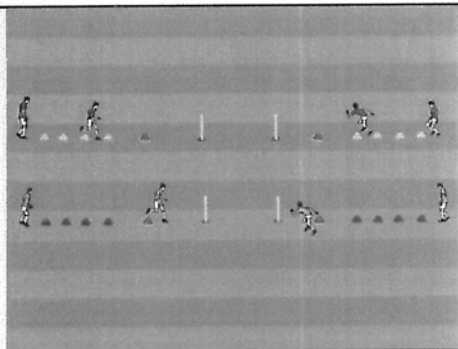


IV. GAME	Intensity: HIGH	Activity Time: 6m
Duration: 24m	Intervals: 3	Recovery Time: 2m
Organization (Physical Environment/Equipment/Players)		
7 v 7 (evenly distribute numbers for 4 teams). Same space as 3 v 2.		
COACHING POINTS/KEY CONCEPTS		
Confined space forces good movement off the ball and quick decision making on the ball.		

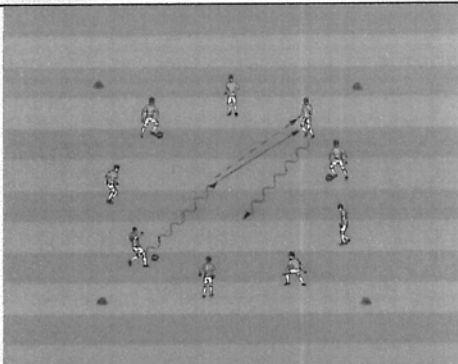


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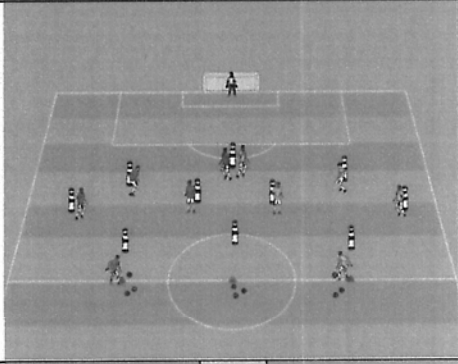
Name: Istvan Urbanyi	Team: SKC U16 Academy	Date:
Mesocycle: Spring 2015	Microcycle/Day:	
Training Objectives: Attacking possession and team play		



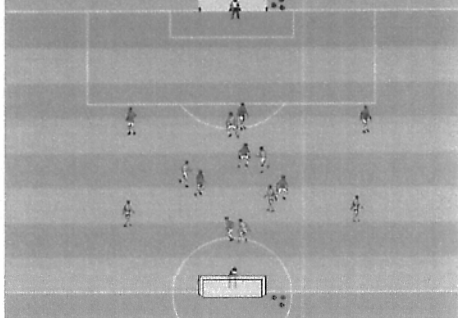
I.WARM-UP	Intensity: MED	Activity Time: 3m
Duration: 20m	Intervals: 4	Recovery Time: 2m
Organization (Physical Environment/Equipment/Players)		
3 lines of cones. Two groups start at opposite ends of each line of cones. Go thru set of 4, at last two cones = left, right, accelerate to other end. Other line goes right, left to avoid collision. Make it a race- hand off pinny to 1 st player in opposite line.		
COACHING POINTS/KEY CONCEPTS		
Laps, general warming (GW). SJ stretches. MJ stretches. GW at speed. Leg swings w/ partner. Stretch freely, then cone drill.		



II.Small-Sided Act.	Intensity: HIGH	Activity Time: 4m
Duration: 20m	Intervals: 4	Recovery Time: 1m
Organization (Physical Environment/Equipment/Players)		
9 players form a big circle, boundaries set by a 15 x 15 yard square. 2-3 balls in play at a time.		
COACHING POINTS/KEY CONCEPTS		
Start with 3 balls. Pass to another player in the circle. Accelerate and follow your pass. New player receives ball, touch into open space, finds open player in circle, follow pass. Constant movement, players on outside be ready for ball, try to increase speed. Next, only 2 balls- same activity, but 1 touch passes. Add 3 rd ball later.		



III.Expanded Act.	Intensity: HIGH	Activity Time: 4m
Duration: 20m	Intervals: 4	Recovery Time: 1m
Organization (Physical Environment/Equipment/Players)		
~7 dummies set up all over one-half of the field mimicking defensive shape. 7 players +GK. Balls at midfield at starting cones. 2 CB, 2 MF, 3 FWD		
COACHING POINTS/KEY CONCEPTS		
Ball starts at CB, play pass to one side. Practice passing patterns & Runs- 1) Forward run to add depth up top, 2) support run to add depth behind ball, 3) open up to add width/options wide. Players must say the runs they are making. Try dribbling at dummy and pass. Focus on final pass quality. Be intelligent, make good decisions.		



IV. GAME	Intensity: HIGH	Activity Time: 6m
Duration: 20m	Intervals: 3	Recovery Time: 1m
Organization (Physical Environment/Equipment/Players)		
7 v 7 +GKs. ½ field. Games are 5-7 min. Same setup as last activity, but two side compete to goal- 3 rounds		
COACHING POINTS/KEY CONCEPTS		
Keep passes less than 15 yards, stay compact to force quick decisions and pace of play.		



ACADEMY CURRICULUM

Name: SKC Coaching Staff		Team: SKC U16 Academy		Date:		
Mesocycle: Fall 2015		Microcycle/Day:				
Training Objectives: Passing patterns to goal						
Quick movement, quality touches, and good angles of runs. Competition day with finishing patterns and 8v8 game involving quick transitions. 3 Teams of 7-8.						
	I.WARM-UP		Intensity: MED		Activity Time: 9m	
	Duration: 20m		Intervals: 2		Recovery Time: 1m	
	Organization (Physical Environment/Equipment/Players)					
	Group jog around field. 3 lines of 7-8 players. Passing lines with quick combinations movements. Dynamic stretching in between.					
	COACHING POINTS/KEY CONCEPTS					
Communication and quality of pass and touch. First progression player that lays ball off sprints to end of opp. line. Second progression player that lays ball off sprints to support opp. end.						
	II.Small-Sided Act.		Intensity: HIGH		Activity Time: 4m	
	Duration: 20 m		Intervals: 3		Recovery Time: 2m	
	Organization (Physical Environment/Equipment/Players)					
	3 lines. Right, Central, and Left (right and left mirrored.) Passing patterns to 3 big goals. Keep track of goals.					
	COACHING POINTS/KEY CONCEPTS					
Up-back and through pattern, following pass. Outside group's turn and finish, central group lays off for finish. Lose defender with good movement. Quality of pass, layoff, and finish. Middle group point of attack is determined by initial run of first player and can start to either side.						
	III.Expanded Act.		Intensity: HIGH		Activity Time: 3m	
	Duration: 20m		Intervals: 6		Recovery Time: 30s	
	Organization (Physical Environment/Equipment/Players)					
	Same 3 lines with 3 groups. 12 total balls/opportunities for each group. Count goals. Rotate through twice. Outside groups restricted to 1-touch finish (right/left foot depending on side)					
	COACHING POINTS/KEY CONCEPTS					
Game-like movements and pace of play. Quality of pass/shot. Hold each other accountable. Movement on the outside changes to up-back so players need to open up run to receive the ball.						
	IV. GAME		Intensity: HIGH		Activity Time: 3m	
	Duration: 20m		Intervals: 6		Recovery Time: 30s	
	Organization (Physical Environment/Equipment/Players)					
	Goals in tight. 50yds long/40 yds wide. 3 teams (7-8). 3 min games or win by 2 goals. Winner stays on. Make it take it.					
	COACHING POINTS/KEY CONCEPTS					
Team shape. Quick transitions. Team resting enters field of play as if in quick defensive transition as game continues upon coaches cue.						



ACADEMY CURRICULUM

Name: SKC Coaching Staff	Team: SKC U16 Academy	Date:
Mesocycle: Fall 2015	Microcycle/Day:	

Training Objectives: Competition Day

Possession and speed of play with urgency to move ball.



I.WARM-UP	Intensity: MED	Activity Time: 3m
Duration: 20m	Intervals: 4	Recovery Time: 2m

Organization (Physical Environment/Equipment/Players)
Organize team into two groups, e. simultaneously going through identical warm-ups; end with race

COACHING POINTS/KEY CONCEPTS

Vary movements in general warming & dynamic stretching; move from simple to complex, activating all key muscles



II.Small-Sided Act.	Intensity: HIGH	Activity Time: 2m
Duration: 20m	Intervals: 7	Recovery Time: 1m

Organization (Physical Environment/Equipment/Players)
Competition Style Rondo (rotate DEF every 1-2 min); ATT: 1 point for e. pass completed; DEF: 1 point for winning the ball & completing a pass to the other defender & 1 point if attacker loses the ball w/o pressure

COACHING POINTS/KEY CONCEPTS

Which group can complete most passes? How many times can the 2 in the middle win the ball each round? Competition needs to come from within; Urgency in play is a must



III.Expanded Act.	Intensity: HIGH	Activity Time: 2m
Duration: 20m	Intervals: 7	Recovery Time: 1m

Organization (Physical Environment/Equipment/Players)
(7+7) v7 (3 teams); Defensive team rotates every round (1-2 minutes each round); 1 point for every pass completed by attack; 1 bonus point for completing 3 passes inside one of the inner grids; 1 point if defensive team wins ball and completes pass to teammate, or if ATT loses ball

COACHING POINTS/KEY CONCEPTS

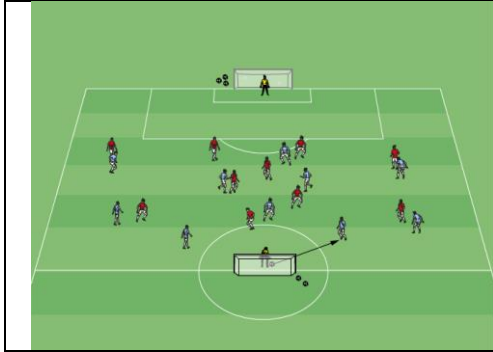
Possess with numbers around the ball; switch POA with urgency & purpose; pressure early and with numbers when possible. Variation: After 3 rounds switch to a transition game, team that loses possession becomes defensive team, 5 minute rounds; 1 touch for attacking team

IV. GAME	Intensity: HIGH	Activity Time: 6m
Duration: 20m	Intervals: 3	Recovery Time: 1m

Organization (Physical Environment/Equipment/Players)
11v11; 1/2 field, no restrictions



ACADEMY CURRICULUM



COACHING POINTS/KEY CONCEPTS

Demand high tempo/speed of play on both sides of the ball



ACADEMY CURRICULUM

Name: SKC Coaching Staff

Team: Swope Park Rangers

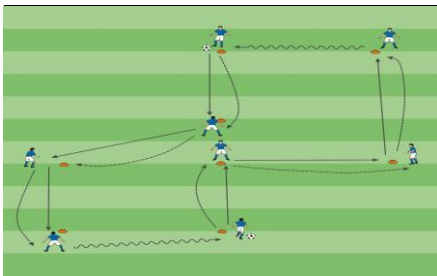
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Mesocycle: Spring 2016

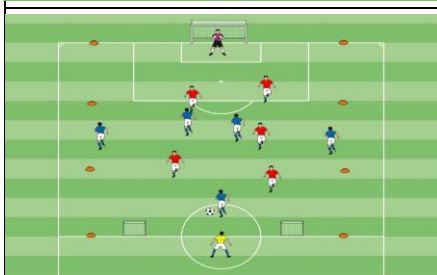
Microcycle/Day: -

TRAINING OBJECTIVE(S):

Creating a Numerical Advantage Versus a 4-4-2 Formation



I. WARM-UP Intensity: MED Activity Time: 45 sec
 Duration: 15 min Intervals: 10 Recovery Time: 45 sec
ORGANIZATION (Physical Environment / Equipment / Players)
 GW/DS: one lap; Progression: pass and rotate station, follow the passing pattern with 1-2 balls in play at a time
COACHING POINTS / KEY CONCEPTS
 Mobility, proper muscle warming, weight/accuracy of passes, movement right after a pass, check away from DEF (cone) to receive the pass, quality first touch, play your teammate's proper foot, game-like speed and intensity, switch the direction of play (turning left vs right)



II. SMALL-SIDED ACTIVITY Intensity: HIGH Activity Time: 2 min
 Duration: 21 min Intervals: 7 Recovery Time: 1 min
ORGANIZATION (Physical Environment / Equipment / Players)
 5v5+1 to Goal/Mini Goals: 1 neutral target set up between the 2 mini goals, DEF (red) cannot enter the the sideline zones
COACHING POINTS / KEY CONCEPTS
 Play through the center midfielders, switch the point of the attack, move off the ball to create space, create passing lanes with triangle/diamond shapes, possess with a purpose, ball control, pass to your teammate's correct foot



III. EXPANDED ACTIVITY Intensity: HIGH Activity Time: 1 min
 Duration: 16 min Intervals: 8 Recovery Time: 1 min
ORGANIZATION (Physical Environment / Equipment / Players)
 5v2+2 Half-Field Possession: 2 neutral targets at half-field line, ATT (blue) are trying to keep possession, DEF (red) is pressing differently (high, low, marking the defensive midfielder)
COACHING POINTS / KEY CONCEPTS
 ATT: Create space with movement off the ball, communication, find the targets quickly, build up the attack, continue your runs forward, DEF: pressure/cover shape, communication, don't allow them to get to the target, give different looks of pressure



IV. GAME Intensity: HIGH Activity Time: 4 min
 Duration: 25 min Intervals: 5 Recovery Time: 1 min
ORGANIZATION (Physical Environment / Equipment / Players)
 11v9 to Goal: 3/4 of the field, set up DEF (red) team in a 4-4-0 formation to give the numerical advantage to the ATT (blue)
COACHING POINTS / KEY CONCEPTS
 Quickly create numbers from one side to another by getting players up the field (outside back runs forward), 4-4-2 are difficult to find numbers in the middle against, create space with movement off the ball, communication, keep your shape, build up the attack



ACADEMY CURRICULUM

Name: SKC Coaching Staff

Team: SKC U16 Academy

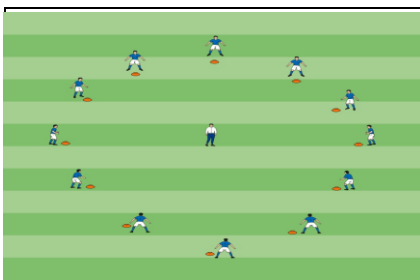
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Mesocycle: Spring 2016

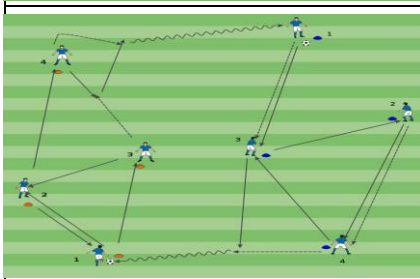
Microcycle/Day: -

TRAINING OBJECTIVE(S):

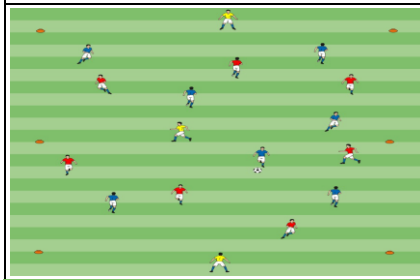
Possession with an Emphasis on Advancing the Ball (Focus: Finding and Creating Passing Patterns)



I. WARM-UP	<i>Intensity:</i> MED	<i>Activity Time:</i> 2 min
<i>Duration:</i> 12 min	<i>Intervals:</i> 4	<i>Recovery Time:</i> 1 min
ORGANIZATION (Physical Environment / Equipment / Players)		
GW with laps around the field, then perform DS in circle as a group with muscle activation with elastic bands (squats, side-to-side steps, forward steps), ballistics (shuffle/shift with hip turn,		
COACHING POINTS / KEY CONCEPTS		
Flexibility, mobility, proper muscle warming, proper activation of muscles		



II. SMALL-SIDED ACTIVITY	<i>Intensity:</i> MED	<i>Activity Time:</i> 6 min
<i>Duration:</i> 28 min	<i>Intervals:</i> 4	<i>Recovery Time:</i> 1 min
ORGANIZATION (Physical Environment / Equipment / Players)		
Pass and Rotate Lines: Pattern 1: 1-2-1-3-2-4-3-4 (shown on left side of the diagram), Pattern 2: 1-3-2-4-3-4 (shown of the right side of the diagram), Pattern 3: 1-2-4-3-4		
COACHING POINTS / KEY CONCEPTS		
Quality first touch, speed of play, pass and move with intensity, add deception to the passes, weight/accuracy of passes, communication		



III. EXPANDED ACTIVITY	<i>Intensity:</i> HIGH	<i>Activity Time:</i> 5 min
<i>Duration:</i> 21 min	<i>Intervals:</i> 3	<i>Recovery Time:</i> 2 min
ORGANIZATION (Physical Environment / Equipment / Players)		
7v7+3 Possession: 8 passes is 1 point, set up the teams in a 2-3-2 formation, play target to target		
COACHING POINTS / KEY CONCEPTS		
ATT: keep possession, find the target quickly, weight/accuracy of passes, open up when receiving the ball, movement off the ball to create space, DEF: close the space, be active, communication, keep your shape		



IV. GAME	<i>Intensity:</i> MED	<i>Activity Time:</i> 4 min
<i>Duration:</i> 10 min	<i>Intervals:</i> 2	<i>Recovery Time:</i> 1 min
ORGANIZATION (Physical Environment / Equipment / Players)		
11v11 Full Field: no restrictions, each team plays with one target forward to emphasize finding the target		
COACHING POINTS / KEY CONCEPTS		
ATT: create passing lanes, form triangles/diamonds to support teammates in possession, movement off the ball; DEF: close down the space, keep your shape, communication		