



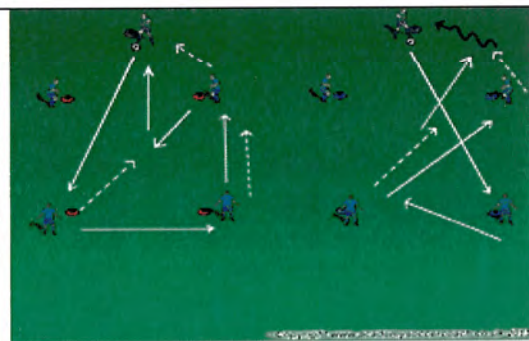
# ACADEMY CURRICULUM

**2 SPORTING SESSIONS 2**  
***U12 TRAINING SESSIONS***



# ACADEMY CURRICULUM

Name: SKC Coaching Staff	Team: SKC U12 Academy	Date:
Mesocycle: Fall 2015	Microcycle/Day:	
Training Objectives: Training the player to have confidence on the ball to play collectively out of the back through the midfield with an emphasis in changing the point of attack. Teaching decision making and asking questions of the players. Creating shape in possession to play forward. Giving players options in possession on through patterns to play out of the back. Collective possession to address playing out of the back and changing the point of attack.		



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

**Organization (Physical Environment/Equipment/Players)**  
 5 cones per grid; 5 players at each grid. Cones 15 yards apart. And the point cone 15 yards on top of square

**COACHING POINTS/KEY CONCEPTS**  
 Technique of passing, movement and play mobility; Body shape stressed and timing of runs.



<b>II. Small-Sided Act.</b>	Intensity: HIGH	Activity Time: 3m
Duration: 20m	Intervals: 4	Recovery Time: 1m

**Organization (Physical Environment/Equipment/Players)**  
 5 v 5 North South, and East West; 4 Cones; 30 x 30 grid

**COACHING POINTS/KEY CONCEPTS**  
 Players must play out of pressure pockets and across teammates body to keep play circulating; Players work at transitioning from offense to defense and changing the point of attack; Emphasis on body shape, opening up, thinking ahead.



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

**Organization (Physical Environment/Equipment/Players)**  
 7 v 6 to 3 small goals; 12 cones; Big goal and 3 small goals; Use midfield and full width

**COACHING POINTS/KEY CONCEPTS**  
 Attacking team must have two players in wide channels at all times; Create width and height in possession; Angles of support and changing the point of attack; Technique of passing receiving and body shape are restressed; Shapes are used.



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

**Organization (Physical Environment/Equipment/Players)**  
 8 v 8 to goal; 2 big goals to midfield;

**COACHING POINTS/KEY CONCEPTS**  
 Technique of passing; Pace of passing; Distance of passes; Discuss angles of play and support; Keeping good shape; Combining with teammates to goal; Playing off the target players; Working with a midfield group of 3 to find penetration.



# ACADEMY CURRICULUM

Name: SKC Coaching Staff	Team: SKC U12 Academy	Date:
Mesocycle: Fall 2015	Microcycle/Day:	

Training Objectives: Training the player to have confidence on the ball and to play collectively out of the back and advance through the midfield 3. Teaching decision making and asking questions of the players. Creating shapes in possession to play forward. Giving players options in possession through patterns to play out of the back. Collecting possession to address playing out of the back and combining with a midfield 3 and target.



<b>I. WARM-UP</b>	Intensity: HIGH	Activity Time: 45s
Duration: 20m	Intervals: 8	Recovery Time: 45s
<b>Organization (Physical Environment/Equipment/Players)</b>		
16 players; 1 ball per player; 35x35 grid; Cover skills and footability in a tight space; Advance off of what players did last week.		

**COACHING POINTS/KEY CONCEPTS**  
Technique of first touch with all surfaces; Inside, outside, sole; Side to side mobility and movement



<b>II. Small-Sided Act.</b>	Intensity: HIGH	Activity Time: 3m
Duration: 20m	Intervals: 4	Recovery Time: 1m
<b>Organization (Physical Environment/Equipment/Players)</b>		
3 v 3 +4; 25 x 35 grid with field cut in half;		

**COACHING POINTS/KEY CONCEPTS**  
Look to combine to play out of a tight space; Space, time, and changing the point of attack are stressed; Players must pass and receive with proper technique; 5 passes to get out of a side; Then overload other side with support



<b>III. Expanded Act.</b>	Intensity: HIGH	Activity Time: 3m
Duration: 20m	Intervals: 4	Recovery Time: 1m
<b>Organization (Physical Environment/Equipment/Players)</b>		
9 v 7 to goal; Midfield; Dividing line with cones in middle of the park; 9 must rotate off the number 9 to get 2 points; 1 point for regular goal; Defending 7 counters to goal		

**COACHING POINTS/KEY CONCEPTS**  
Mobility, movement, double pass rotations; Rhythm of play and movement off the ball; Combination play and building out of the back to the target player;



<b>IV. GAME</b>	Intensity: HIGH	Activity Time: 6m
Duration: 20m	Intervals: 3	Recovery Time: 1m
<b>Organization (Physical Environment/Equipment/Players)</b>		
8 v 8 to goal; 2 big goals to midfield;		

**COACHING POINTS/KEY CONCEPTS**  
Technique of passing; Pace of passing; Distance of passes; Discuss angles of play and support; Keeping good shape; Combining with teammates to goal; Playing off the target players; Working with a midfield group of three to find penetration;



# ACADEMY CURRICULUM

Name: SKC Coaching Staff	Team: SKC U12 Academy	Date:
Mesocycle: Fall 2015	Microcycle/Day:	

Training Objectives: Training the player to have confidence on the ball to play collectively out of the back and to advance through the midfield with an emphasis in changing the point of attack. Teaching decision making and asking questions of the players. Creating shapes in possession to play forward. Giving players options in possession through patterns to play out of the back. Collective possession to address playing out of the back and changing the point of attack.



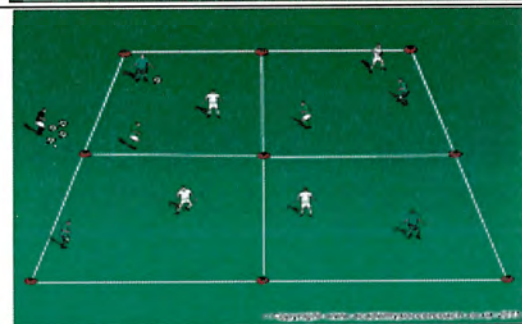
<b>I. WARM-UP</b>	Intensity: MED	Activity Time: 4m
Duration: 20m	Intervals: 4	Recovery Time: 1m

**Organization (Physical Environment/Equipment/Players)**

6 cones per channel; 4 players in each channel; 10 x 20 each grid.

**COACHING POINTS/KEY CONCEPTS**

Technique of passing, movement and player mobility; Body shape stressed and timing of runs; Angles of support and playing to the back foot.



<b>II. Small-Sided Act.</b>	Intensity: HIGH	Activity Time: 3m
Duration: 20m	Intervals: 4	Recovery Time: 1m

**Organization (Physical Environment/Equipment/Players)**

4 v 4 +2; 10 by 10 grid;

**COACHING POINTS/KEY CONCEPTS**

Look to combine to play out of a tight space; Space, time, and changing the point of attack are stressed; Players must pass and receive with proper technique.



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

**Organization (Physical Environment/Equipment/Players)**

7 v 6 to 3 small goals; 12 cones; Big goal and 3 small goals; Use midfield and full width;

**COACHING POINTS/KEY CONCEPTS**

Attacking team must have two players in wide channels at all times; Create width and height in possession; Angles of support and changing the point of attack; Technique of passing, receiving, and body shape are stressed; Shapes are used;



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

**Organization (Physical Environment/Equipment/Players)**

8 v 8 to goal; 2 big goals to midfield;

**COACHING POINTS/KEY CONCEPTS**

Technique of passing; Pace of passing; Distance of passes; Discuss angles of play and support; Keeping good shape; Combining with teammates to goal; Playing off of the target players; Working with a midfield group of three to find penetration;



# ACADEMY CURRICULUM

Name: SKC Coaching Staff	Team: SKC U12 Academy	Date:
Mesocycle: Fall 2015	Microcycle/Day:	

Training Objectives: Training the player to have confidence on the ball to play collectively out of the back and advance through the midfield 3 and a target player. Teaching decision making and asking questions of the players. Creating shapes in possession to play forward. Giving players options in possession through patterns to play out of the back. Collective possession to address playing out of the back and combining with a midfield 3 and target.



<b>I. WARM-UP</b>	Intensity: MED	Activity Time: 4m
Duration: 20m	Intervals: 8	Recovery Time: 4m
<b>Organization (Physical Environment/Equipment/Players)</b>		
35 x 35 circle with 8 players on the outside and 2 in the middle; 2 balls per group; Work with players on interchanging and rotations;		
<b>COACHING POINTS/KEY CONCEPTS</b>		
Technique of first touch with all surfaces; Inside, outside, sole; Side to side mobility and movement		



<b>II. Small-Sided Act.</b>	Intensity: HIGH	Activity Time: 3m
Duration 20m	Intervals: 4	Recovery Time: 1m
<b>Organization (Physical Environment/Equipment/Players)</b>		
4 v 4 +3; 30 x 40 grid in the middle of the field; Players may rotate with the neutral players on each end;		
<b>COACHING POINTS/KEY CONCEPTS</b>		
Look to combine to play out of a tight space; Space, time, and changing point of attack are stressed; Players must pass and receive with proper technique;		



<b>III. Expanded Act.</b>	Intensity: HIGH	Activity Time: 4m
Duration: 20m	Intervals: 4	Recovery Time: 1m
<b>Organization (Physical Environment/Equipment/Players)</b>		
8 v 8 to goal; 2 big goals to midfield; Free zones noted by the diagonal lines; Defenders cannot defend in those zones; Attackers must be played into the zone with a penetrating pass or rotation;		
<b>COACHING POINTS/KEY CONCEPTS</b>		
Mobility, movement, double pass rotations; Rhythm of play and movement off the ball; Combination play and building out of the back to the target player;		



<b>IV. GAME</b>	Intensity: HIGH	Activity Time: 6m
Duration: 20m	Intervals: 3	Recovery Time: 1m
<b>Organization (Physical Environment/Equipment/Players)</b>		
8 v 8 to goal; 2 big goals to midfield;		
<b>COACHING POINTS/KEY CONCEPTS</b>		
Technique of passing; Pace of passing; Distance of passes; Discuss angles of play and support; Keeping good shape; Combining with teammates to goal; Playing off the target players; Working with a midfield group of 3 to find penetration;		



# ACADEMY CURRICULUM

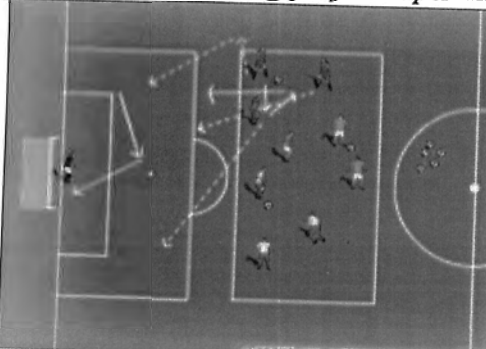
Name: Matt Trumpp	Team: SKC U12 Academy	Date:	
Mesocycle: Spring 2015	Microcycle/Day:		
Training Objectives: Collective possession to address playing out of the back and through the midfield			
Training the player to have the confidence on the ball to play collectively out of the back and advance through the midfield. Teaching decision-making and asking questions of the players. Creating shapes in possession to play forward. Giving players options in possession through patterns to play out of the back.			
	<b>I.WARM-UP</b>	Intensity: MED	Activity Time: 4m
	Duration: 20m	Intervals: 4	Recovery Time: 1m
	<b>Organization (Physical Environment/Equipment/Players)</b>		
	15 cones and 15 players. 1 ball per group. 12 steps between cones. Place grids in back third and midfield third.		
<b>COACHING POINTS/KEY CONCEPTS</b>			
Players pass the ball as the third player at the point checks away to create space and times his run to the ball. Work on combination play off the checking player. Timing, space, movement, mobility, and rotations. Introduce combination play.			
	<b>II.Small-Sided Act.</b>	Intensity: HIGH	Activity Time: 3m
	Duration: 20m	Intervals: 4	Recovery Time: 1m
	<b>Organization (Physical Environment/Equipment/Players)</b>		
	10 x 10 grids. 2 v 2 +1 in each grid. Balls between grids and around grid for maximum play.		
<b>COACHING POINTS/KEY CONCEPTS</b>			
Players must play out of pressure pockets and across teammates body to keep play circulating. Cut down on touches. 3 touch, 2 touch, 1 touch to encourage speed of play. Technique of passing and receiving.			
	<b>III.Expanded Act.</b>	Intensity: HIGH	Activity Time: 4m
	Duration: 20m	Intervals: 4	Recovery Time: 1m
	<b>Organization (Physical Environment/Equipment/Players)</b>		
	3 v 3 +3 to 3 targets. 25 x 25 grid. Coach with balls to circulate play. Players must connect 3 passes to get out and find immediate support.		
<b>COACHING POINTS/KEY CONCEPTS</b>			
Triangles and diamond shapes to create angles of support and playing out of the back. Head up to play out quickly. 4 players should find 4 different grids to give angles and support. Target forwards must be on their toes! Two players may leave.			
	<b>IV. GAME</b>	Intensity: HIGH	Activity Time: 6m
	Duration: 20m	Intervals: 3	Recovery Time: 1m
	<b>Organization (Physical Environment/Equipment/Players)</b>		
	8 v 8 to goal. 2 big goals to midfield.		
<b>COACHING POINTS/KEY CONCEPTS</b>			
Technique of passing. Pace of passing. Distance of passes. Discuss angles of play and support. Keeping good shape. Combining with teammates to goal. Playing off the target players. And working with a midfield group of three to find penetration.			



# ACADEMY CURRICULUM

Name: Matt Trumpp	Team: SKC U12 Academy	Date:
Mesocycle: Spring 2015	Microcycle/Day:	

**Training Objectives:** Collective possession to address playing out of the back and through the midfield  
 Training the player to have the confidence on the ball to play collectively out of the back and advance through the midfield. Teaching decision-making and asking questions of the players. Creating shapes in possession to play forward. Giving players options in possession through patterns to play out of the back.



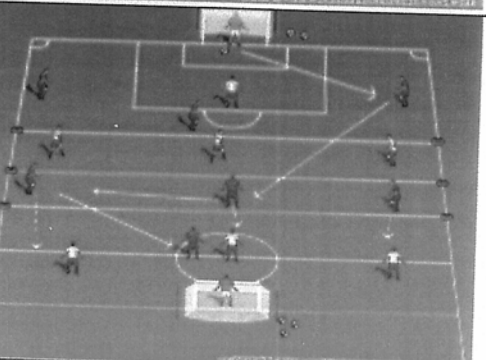
<b>I. WARM-UP</b>	Intensity: MED	Activity Time: 4m
Duration: 20m	Intervals: 4	Recovery Time: 1m
<b>Organization (Physical Environment/Equipment/Players)</b>		
18 x 35 grid outside the 18. Players in groups of 3 with one ball. Players are given a group number. When their number is called they combine out of the grid to...		

**COACHING POINTS/KEY CONCEPTS**  
 Players pass the ball as the third player at the point checks away to create space and times his run to the ball. Work on combination play off the checking player. Timing, space, movement, mobility, and rotations. Combination play and penetrating pass.



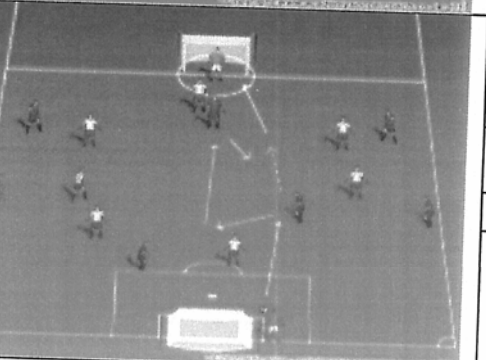
<b>II. Small-Sided Act.</b>	Intensity: HIGH	Activity Time: 3m
Duration: 20m	Intervals: 4	Recovery Time: 1m
<b>Organization (Physical Environment/Equipment/Players)</b>		
10 x 10 grids. 2 v 2 + 1 in each grid. Balls between grids and around grid for maximum play.		

**COACHING POINTS/KEY CONCEPTS**  
 Players must play out of pressure pockets and across teammates body to keep play circulating. Cut down on touches. 3 touch, 2 touch, 1 touch to encourage speed of play. Technique of passing and receiving.



<b>III. Expanded Act.</b>	Intensity: HIGH	Activity Time: 4m
Duration: 20m	Intervals: 4	Recovery Time: 1m
<b>Organization (Physical Environment/Equipment/Players)</b>		
8 v 8 to goal. Whole width and 75 yards. Balls with both goalkeepers for quick play. - 2 CB and 1 DCM in defending half. 1 CF in channel nearest goal they attack. Must play thru attacking half before offering support.		

**COACHING POINTS/KEY CONCEPTS**  
 Angles of support and shapes of play. Play forward. Pass to feet. Back foot. Proper pace and technique of passing, body shape, and movement off the ball.



<b>IV. GAME</b>	Intensity: HIGH	Activity Time: 6m
Duration: 20m	Intervals: 3	Recovery Time: 1m
<b>Organization (Physical Environment/Equipment/Players)</b>		
8 v 8 to goal. 2 big goals to midfield.		

**COACHING POINTS/KEY CONCEPTS**  
 Technique of passing. Pace of passing. Distance of passes. Discuss angles of play, and support. Keeping good shape. Combining with teammates to goal. Playing off the target players. And working with a midfield group of three to find penetration.



# ACADEMY CURRICULUM

Name: Matt Trumpp	Team: SKC U12 Academy	Date:
Mesocycle: Spring 2015	Microcycle/Day:	

**Training Objectives:** Collective possession to address playing out of the back and through the midfield

Training the player to have the confidence on the ball to play collectively out of the back and advance through the midfield. Teaching decision-making and asking questions of the players. Creating shapes in possession to play forward. Giving players options in possession through patterns to play out of the back.



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

**Organization (Physical Environment/Equipment/Players)**

15 cones and 15 players. 1 ball per group. 12 steps between cones. Place grids in back third and midfield third.

**COACHING POINTS/KEY CONCEPTS**

Players pass the ball as the third player at the point checks away to create space and times his run to the ball. Work on combination play off the checking player. Timing, space, movement, mobility, and rotations. Introduce combination play.



<b>II. Small-Sided Act.</b>	Intensity: HIGH	Activity Time: 3m
Duration: 20m	Intervals: 4	Recovery Time: 1m

**Organization (Physical Environment/Equipment/Players)**

10 x 10 grids. 2 v 2 +1 in each grid. Balls between grids and around grid for maximum play.

**COACHING POINTS/KEY CONCEPTS**

Players must play out of pressure pockets and across teammates body to keep play circulating. Cut down on touches. 3 touch, 2 touch, 1 touch to encourage speed of play. Technique of passing and receiving.



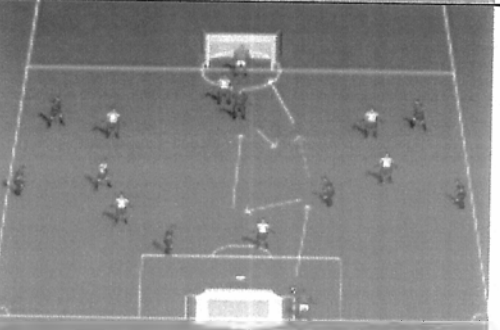
<b>III. Expanded Act.</b>	Intensity: HIGH	Activity Time: 4m
Duration: 20m	Intervals: 4	Recovery Time: 1m

**Organization (Physical Environment/Equipment/Players)**

3 v 3 +3 to 3 targets. 25 x 25 grid. Coach with balls to circulate play. Players must connect 3 passes to get out and find immediate support.

**COACHING POINTS/KEY CONCEPTS**

Triangles and diamond shapes to create angles of support and playing out of the back. Head up to play out quickly. 4 players should find 4 different grids to give angles and support. Target forwards must be on their toes! Two players may leave.



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

**Organization (Physical Environment/Equipment/Players)**

8 v 8 to goal. 2 big goals to midfield.

**COACHING POINTS/KEY CONCEPTS**

Technique of passing. Pace of passing. Distance of passes. Discuss angles of play and support. Keeping good shape. Combining with teammates to goal. Playing off the target players. And working with a midfield group of three to find penetration.



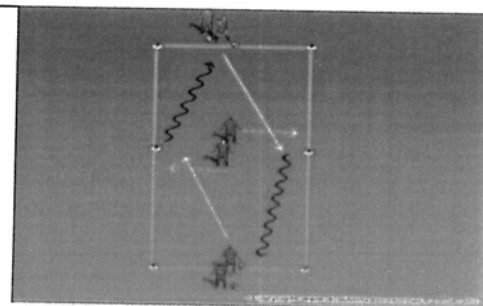


# ACADEMY CURRICULUM

Name: Matt Trumpp	Team: SKC U12 Academy	Date:
Mesocycle: Spring 2015	Microcycle/Day:	

**Training Objectives:** Collective possession to address playing out of the back and changing the point of attack

Training the player to have the confidence on the ball to play collectively out of the back and advance through the midfield with an emphasis on changing the point of attack. Teaching decision-making and asking questions of the players. Creating shapes in possession to play forward. Giving players options in possession through patterns to play out of the back.



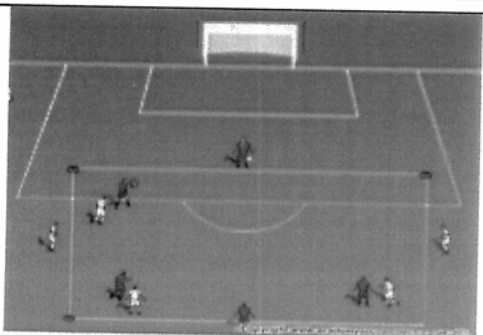
<b>I.WARM-UP</b>	Intensity: MED	Activity Time: 4m
Duration: 20 m	Intervals: 4	Recovery Time: 1m

**Organization (Physical Environment/Equipment/Players)**

6 cones per channel. 4 players in each channel. 10 x 20 grid.

**COACHING POINTS/KEY CONCEPTS**

Technique of passing, movement, and player mobility. Body shape stressed and timing of runs. Angles of supports and playing to the back foot.



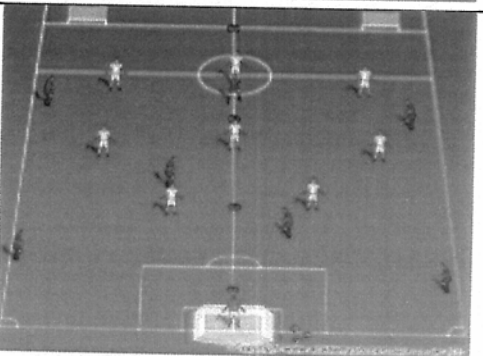
<b>II.Small-Sided Act.</b>	Intensity: HIGH	Activity Time: 3m
Duration: 20m	Intervals: 4	Recovery Time: 1m

**Organization (Physical Environment/Equipment/Players)**

3 v 3 with 2 v 2 team handball. Players work in 5's to keep the ball. Play with hands to increase speed of play. 4 cones. 25 x 30 grid. Progress to feet and take away...

**COACHING POINTS/KEY CONCEPTS**

Look to combine to play out of a tight space. Space, time, and changing the point of attack are stressed. Players must pass and receive with proper technique.



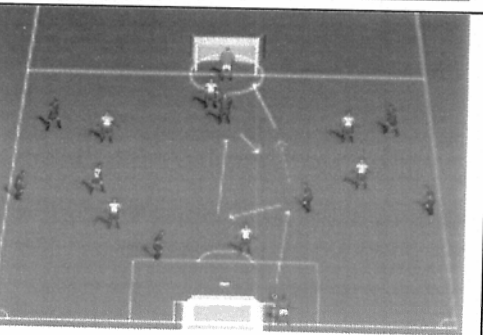
<b>III.Expanded Act.</b>	Intensity: HIGH	Activity Time: 3m
Duration: 20m	Intervals: 4	Recovery Time: 1m

**Organization (Physical Environment/Equipment/Players)**

9 v 8 to two small goals. 70 x 60. Middle line giving reference to field cut in half. Players must switch the point of attack to score. Defenders counter to goal.

**COACHING POINTS/KEY CONCEPTS**

Attacking team must have two players in wide channels at all times. Create width and height in possession. Angles of support and changing the point of attack. Technique of passing and receiving and body shape are stressed. Shapes are used.



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

**Organization (Physical Environment/Equipment/Players)**

8 v 8 to goal. 2 big goals to midfield.

**COACHING POINTS/KEY CONCEPTS**

Technique of passing. Pace of passing. Distance of passes. Discuss angles of play, and support. Keeping good shape. Combining with teammates to goal. Playing off the target players. And working with a midfield group of three to find penetration.



# ACADEMY CURRICULUM

Name: Matt Trumpp	Team: SKC U12 Academy	Date:
Mesocycle: Spring 2015	Microcycle/Day:	

**Training Objectives:** Collective possession to address playing out of the back

Training the player to have the confidence on the ball to play collectively out of the back. Teaching decision-making and asking questions of the players. Creating shapes in possession to play forward. Giving players options in possession through patterns to play out of the back.

	<b>I. WARM-UP</b>	Intensity: MED	Activity Time: 4m
	Duration: 20m	Intervals: 4	Recovery Time: 1m
	<b>Organization (Physical Environment/Equipment/Players)</b>		
	16 players involved. 4 people behind each starting group. Players rotate to next cone and group. 12 cones. 8 balls. Full width and 75 yards.		
<b>COACHING POINTS/KEY CONCEPTS</b>			
Players move and follow their pass. Play to back foot. Work on opening up and creating space from a defender. Progress into SSL, and skip pass. Work on opening up and spinning out to create space. Technique of passing stressed. Locked ankle.			
	<b>II. Small-Sided Act.</b>	Intensity: HIGH	Activity Time: 3m
	Duration: 20m	Intervals: 4	Recovery Time: 1m
	<b>Organization (Physical Environment/Equipment/Players)</b>		
	40 x 30 field. 4 v 4 +3 targets or counter goals.		
<b>COACHING POINTS/KEY CONCEPTS</b>			
Goals in counter goals must be one touch while in the attack. Counter may score in the run of play. May play Targets to recycle play if needed. Passing and receiving and making proper decisions in possession is stressed.			
	<b>III. Expanded Act.</b>	Intensity: HIGH	Activity Time: 3m
	Duration: 20m	Intervals: 4	Recovery Time: 2m
	<b>Organization (Physical Environment/Equipment/Players)</b>		
	6 goal game. 6 small goals, balls with coach in middle. 45 x 60 field. 6 v 6 +1		
<b>COACHING POINTS/KEY CONCEPTS</b>			
Triangles and diamond shapes to create angles of support and playing out of the back. Technique of passing and receiving. Taking ball across body to play out. Side on body shape. Movement off the ball. Neutral player must move early.			
	<b>IV. GAME</b>	Intensity: HIGH	Activity Time: 6m
	Duration: 20m	Intervals: 3	Recovery Time: 1m
	<b>Organization (Physical Environment/Equipment/Players)</b>		
	8 v 8 to goal. 2 big goals to midfield.		
<b>COACHING POINTS/KEY CONCEPTS</b>			
Technique of passing. Pace of passing. Distance of passes. Discuss angles of play and support. Keeping good shape. Combining with teammates to goal. Make it take it to make it competitive. Use all channels to attack. Be patient.			



# ACADEMY CURRICULUM

Name: Matt Trumpp	Team: SKC U12 Academy	Date:
Mesocycle: Spring 2015	Microcycle/Day:	

**Training Objectives:** Collective possession to address playing out of the back  
 Training the player to have confidence on the ball to play collectively out of the back. Teaching decision-making and asking questions of the players. Creating shapes in possession to play forward. Giving players options in possession through patterns to play out of the back.

	<b>I. WARM-UP</b>	Intensity: MED	Activity Time: 45s
	Duration: 20m	Intervals: 8	Recovery Time: 45s
	<b>Organization (Physical Environment/Equipment/Players)</b>		
	5 players per grid. 4 cones. 15 yards apart. Diamond shape. 2 players at starting cone.		
<b>COACHING POINTS/KEY CONCEPTS</b>			
Players move and follow their pass. Play to back foot. Work on opening up and creating space from a defender. Progress into SSL, and skip pass. Work on opening up and spinning out to create space. Technique of passing stressed. Locked ankle.			

	<b>II. Small-Sided Act.</b>	Intensity: HIGH	Activity Time: 3m
	Duration: 20m	Intervals: 4	Recovery Time: 1m
	<b>Organization (Physical Environment/Equipment/Players)</b>		
	7 cones. Width of 18 and midfield. 7 v. 5 to 2 targets.		
<b>COACHING POINTS/KEY CONCEPTS</b>			
Triangles and diamond shapes to create angles of support and playing out of the back. Technique of passing and receiving. Taking ball across body to play out. Side on body shape. Movement off the ball.			

	<b>III. Expanded Act.</b>	Intensity: HIGH	Activity Time: 3m
	Duration: 20m	Intervals: 4	Recovery Time: 2m
	<b>Organization (Physical Environment/Equipment/Players)</b>		
	8 v. 8 +3. 42 by 75. 4 cones. Balls with Keeper and 3 targets.		
<b>COACHING POINTS/KEY CONCEPTS</b>			
Blue plays with keeper to possess out and plays to three targets. If white wins, they counter to goal. Body and team shape are discussed. Technique of passing and receiving and turning into space. Attacking positive space vs. playing negatively.			

	<b>IV. GAME</b>	Intensity: HIGH	Activity Time: 6m
	Duration: 20m	Intervals: 3	Recovery Time: 1m
	<b>Organization (Physical Environment/Equipment/Players)</b>		
	8 v 8 to goal. 2 big goals to midfield.		
<b>COACHING POINTS/KEY CONCEPTS</b>			
Technique of passing. Pace of passing. Distance of passes. Discuss angles of play, and support. Keeping good shape. Combining with teammates to goal. Make it take it to make it competitive.			

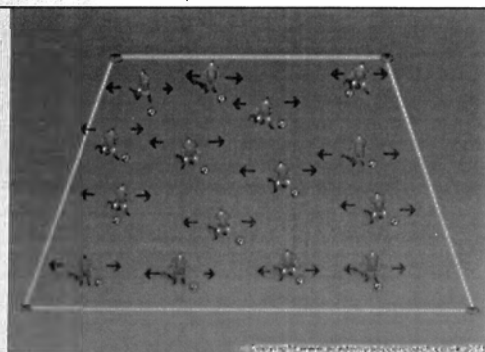


# ACADEMY CURRICULUM

Name: Matt Trumpp	Team: SKC U12 Academy	Date:
Mesocycle: Spring 2015	Microcycle/Day:	

**Training Objectives:** Collective possession to address playing out of the back

Training the player to have confidence on the ball collectively out of the back. Teaching decision making and asking questions of the players. When to penetrate? When to play back? Opening up and creating width. When to turn, and how to create the correct body shape.



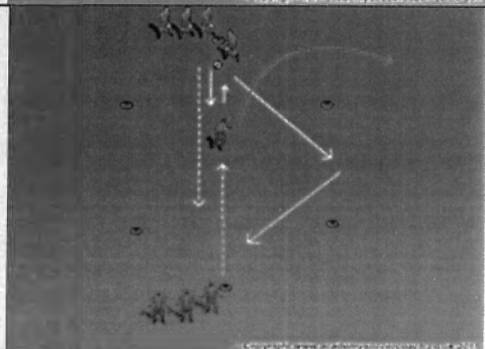
<b>I.WARM-UP</b>	Intensity: MED	Activity Time: 15s
Duration: 20m	Intervals: 8	Recovery Time: 15s

**Organization (Physical Environment/Equipment/Players)**

15 players. 35x35 grid. Each player has a ball and 3-5 yards of space, side to side

**COACHING POINTS/KEY CONCEPTS**

Players are introduced to footability skills and coerver footwork. Players are taken through progressions of side to side footability. Knees bent, head up, proper first touch. Inside, outside, sole of foot all introduced. Opening hips, and explosion.



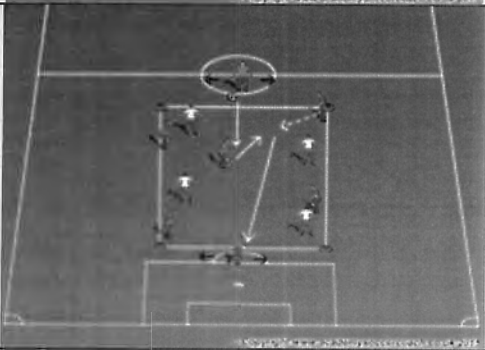
<b>II.Small-Sided Act.</b>	Intensity: MED	Activity Time: 3m
Duration: 20m	Intervals: 4	Recovery Time: 1m

**Organization (Physical Environment/Equipment/Players)**

6 cones, 12 x 12 and 10 yards off each end. 3 players minimum behind each start cone.

**COACHING POINTS/KEY CONCEPTS**

Timing of runs, approach of runs. Proper first touch with back foot. Opening up hips. Pace, and placement of pass. Address technique of passing and playing players into space. Progress to 1, 2 and overlap runs to play from back position



<b>III.Expanded Act.</b>	Intensity: HIGH	Activity Time: 3m
Duration: 20m	Intervals: 4	Recovery Time: 2m

**Organization (Physical Environment/Equipment/Players)**

4v4+3. 40x25 yards. Four cones and 3 neutral players

**COACHING POINTS/KEY CONCEPTS**

Discuss playing to the back foot, and playing around defenders. Technique of first touch and playing forward. Opening up and movement off the ball. Head up and thinking ahead. Introduce line of possession and angles of support.



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

**Organization (Physical Environment/Equipment/Players)**

8v8 to goal. 2 big goals to midfield

**COACHING POINTS/KEY CONCEPTS**

Technique of passing. Pace of passing. Distance of passes. Discuss angles of play and support. Keeping good shape. Combining with teammates to goal.



# ACADEMY CURRICULUM

Name: SKC Coaching Staff	Team: SKC U12 Academy	Date:
Mesocycle: Fall 2015	Microcycle/Day:	
<p>Training Objectives: Training the player to have confidence on the ball to play collectively out of the back through the midfield with an emphasis in changing the point of attack. Teaching decision making and asking questions of the players. Creating shape in possession to play forward. Giving players options in possession on through patterns to play out of the back. Collective possession to address playing out of the back and changing the point of attack.</p>		

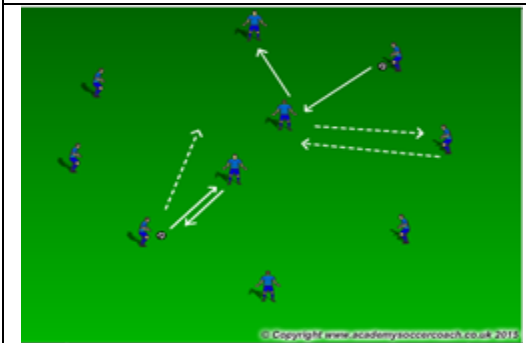
	<b>I.WARM-UP</b>	Intensity: MED	Activity Time: 4m
	Duration: 20m	Intervals: 4	Recovery Time: 1m
	<b>Organization (Physical Environment/Equipment/Players)</b>		
	5 cones per grid; 5 players at each grid. Cones 15 yards apart. And the point cone 15 yards on top of square		
<b>COACHING POINTS/KEY CONCEPTS</b>			
Technique of passing, movement and play mobility; Body shape stressed and timing of runs.			
	<b>II.Small-Sided Act.</b>	Intensity: HIGH	Activity Time: 3m
	Duration: 20m	Intervals: 4	Recovery Time: 1m
	<b>Organization (Physical Environment/Equipment/Players)</b>		
	5 v 5 North South, and East West; 4 Cones; 30 x 30 grid		
<b>COACHING POINTS/KEY CONCEPTS</b>			
Players must play out of pressure pockets and across teammates body to keep play circulating; Players work at transitioning from offense to defense and changing the point of attack; Emphasis on body shape, opening up, thinking ahead.			
	<b>III.Expanded Act.</b>	Intensity: HIGH	Activity Time: 4m
	Duration: 20m	Intervals: 4	Recovery Time: 1m
	<b>Organization (Physical Environment/Equipment/Players)</b>		
	7 v 6 to 3 small goals; 12 cones; Big goal and 3 small goals; Use midfield and full width		
<b>COACHING POINTS/KEY CONCEPTS</b>			
Attacking team must have two players in wide channels at all times; Create width and height in possession; Angles of support and changing the point of attack; Technique of passing receiving and body shape are restressed; Shapes are used.			
	<b>IV. GAME</b>	Intensity: HIGH	Activity Time: 6m
	Duration: 20m	Intervals: 3	Recovery Time: 1m
	<b>Organization (Physical Environment/Equipment/Players)</b>		
	8 v 8 to goal; 2 big goals to midfield;		
<b>COACHING POINTS/KEY CONCEPTS</b>			
Technique of passing; Pace of passing; Distance of passes; Discuss angles of play and support; Keeping good shape; Combining with teammates to goal; Playing off the target players; Working with a midfield group of 3 to find penetration.			



# ACADEMY CURRICULUM

Name: SKC Coaching Staff	Team: SKC U12 Academy	Date:
Mesocycle: Fall 2015	Microcycle/Day:	

Training Objectives: Training the player to have confidence on the ball to play collectively out of the back and advance through the midfield 3 and a target player. Teaching decision making and asking questions of the players. Creating shapes in possession to play forward. Giving players options in possession through patterns to play out of the back. Collective possession to address playing out of the back and combining with a midfield 3 and target.



<b>I.WARM-UP</b>	Intensity: MED	Activity Time: 4m
Duration: 20m	Intervals: 8	Recovery Time: 4m
<b>Organization (Physical Environment/Equipment/Players)</b>		
35 x 35 circle with 8 players on the outside and 2 in the middle; 2 balls per group; Work with players on interchanging and rotations;		
<b>COACHING POINTS/KEY CONCEPTS</b>		
Technique of first touch with all surfaces; Inside, outside, sole; Side to side mobility and movement		



<b>II.Small-Sided Act.</b>	Intensity: HIGH	Activity Time: 3m
Duration 20m	Intervals: 4	Recovery Time: 1m
<b>Organization (Physical Environment/Equipment/Players)</b>		
4 v 4 +3; 30 x 40 grid in the middle of the field; Players may rotate with the neutral players on each end;		
<b>COACHING POINTS/KEY CONCEPTS</b>		
Look to combine to play out of a tight space; Space, time, and changing point of attack are stressed; Players must pass and receive with proper technique;		



<b>III.Expanded Act.</b>	Intensity: HIGH	Activity Time: 4m
Duration: 20m	Intervals: 4	Recovery Time: 1m
<b>Organization (Physical Environment/Equipment/Players)</b>		
8 v 8 to goal; 2 big goals to midfield; Free zones noted by the diagonal lines; Defenders cannot defend in those zones; Attackers must be played into the zone with a penetrating pass or rotation;		
<b>COACHING POINTS/KEY CONCEPTS</b>		
Mobility, movement, double pass rotations; Rhythm of play and movement off the ball; Combination play and building out of the back to the target player;		



<b>IV. GAME</b>	Intensity: HIGH	Activity Time: 6m
Duration: 20m	Intervals: 3	Recovery Time: 1m
<b>Organization (Physical Environment/Equipment/Players)</b>		
8 v 8 to goal; 2 big goals to midfield;		
<b>COACHING POINTS/KEY CONCEPTS</b>		
Technique of passing; Pace of passing; Distance of passes; Discuss angles of play and support; Keeping good shape; Combining with teammates to goal; Playing off the target players; Working with a midfield group of 3 to find penetration;		



# ACADEMY CURRICULUM

Name: SKC Coaching Staff

Team: SKC U12 Academy

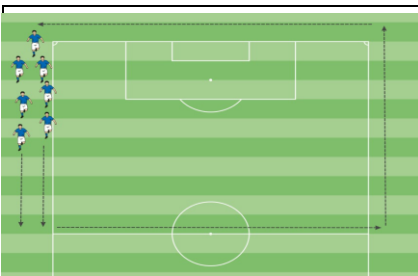
Date: -

Mesocycle: Spring 2016

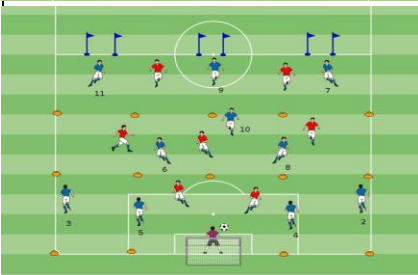
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## TRAINING OBJECTIVE(S):

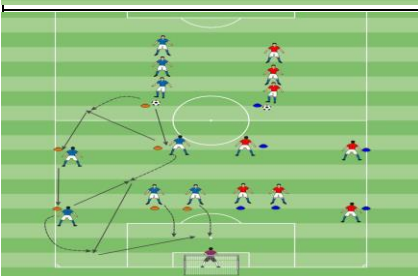
Tune Up for Tournament Play with an Emphasis on Building Out of the Back, Pattern Play, and Penalty Kicks



<b>I. WARM-UP</b>	Intensity:	LOW	Activity Time:	90 sec
Duration: 10 min	Intervals:	4	Recovery Time:	1 min
<b>ORGANIZATION (Physical Environment / Equipment / Players)</b>				
Jog around the field; perform DS in each corner as active rest; increase speed/intensity progressively				
<b>COACHING POINTS / KEY CONCEPTS</b>				
General warming, flexibility, mobility, muscle activation				



<b>II. SMALL-SIDED ACTIVITY</b>	Intensity:	MED	Activity Time:	5 min
Duration: 28 min	Intervals:	4	Recovery Time:	2 min
<b>ORGANIZATION (Physical Environment / Equipment / Players)</b>				
11v7 Half-Field: DEF (red) must stay in assigned zones divided by cones, ATT (red) score dribbling through blue flags, DEF score on big goal, unlimited touches; Progression: DEF have no				
<b>COACHING POINTS / KEY CONCEPTS</b>				
ATT: front 3 look to make runs across the DEF, create passing patterns, communication, keeping shape, overlap/rotate/switch zones to cover for teammates, balanced and spaced attack; DEF: pressure/cover shape, building from the back, change the point of attack				



<b>III. EXPANDED ACTIVITY</b>	Intensity:	MED	Activity Time:	3 min
Duration: 16 min	Intervals:	4	Recovery Time:	1 min
<b>ORGANIZATION (Physical Environment / Equipment / Players)</b>				
Passing Patterns to Goal: mirror on other side of field going towards same goal, rotate sides to work both feet; Variation: change passing pattern, freedom to pick final 2 passes				
<b>COACHING POINTS / KEY CONCEPTS</b>				
Movement off the ball, pop off the cone, explode off the ball after it's played, make proper runs, open up your hips to turn, use proper foot to settle/pass, weight/accuracy of passes, communication				



<b>IV. GAME</b>	Intensity:	LOW	Activity Time:	-
Duration: 10+ min	Intervals:	-	Recovery Time:	-
<b>ORGANIZATION (Physical Environment / Equipment / Players)</b>				
Penalty Kicks: allow each player on the team to take a penalty in order to prepare for the tournament; if a player misses, they are eliminated; repeat process until only 1 player is left				
<b>COACHING POINTS / KEY CONCEPTS</b>				
Determine the order of priority for your team when put into a penalty kick situation				