



ACADEMY CURRICULUM

SPORTING SESSIONS
U18 TRAINING SESSIONS



ACADEMY CURRICULUM

Name: SKC Coaching Staff	Team: SKC U18 Academy	Date:
Mesocycle: Fall 2015	Microcycle/Day:	

Training Objectives: Playing out of the back

Build-up play through the goalkeeper (1), back four (2,4,5,3), & holding midfielder (6) under high-pressure from the opposing front six (6,8,10,7,9,11) from the defensive third into the midfield third of the field



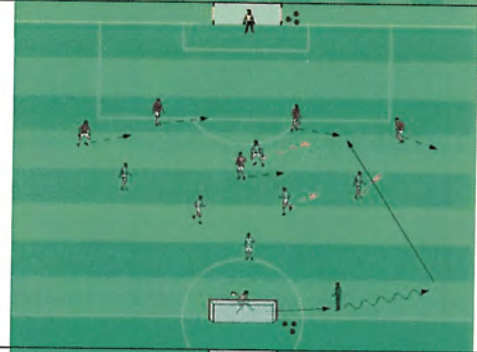
I.WARM-UP	Intensity: MED	Activity Time: 3m
Duration: 20m	Intervals: 4	Recovery Time: 2m

Organization (Physical Environment/Equipment/Players)

Cones arranged as in diagram; two lines of players progress through right and left sides of set-up, varying movements; After going through cone-work, pass & move in groups of 4-6

COACHING POINTS/KEY CONCEPTS

General warming & dynamic stretching (single-multi joint; simple-complex) through cones; Ensure proper technique/movements through ballistics; When passing in small groups, start with 5-10 yd passes & expand to 20-25 yd passes



II.Small-Sided Act.	Intensity: HIGH	Activity Time: 6m
Duration: 24m	Intervals: 3	Recovery Time: 2m

Organization (Physical Environment/Equipment/Players)

6v5 (High Press ATT v Build-Up DEF); Play starts with ATT GK playing the ball to the Coach. Coach should then dribble laterally before playing ball to DEF. DEF should communicate to shift as coach dribbles & drop off in anticipation of long-ball; ATT plays to goal; DEF plays to MF line

COACHING POINTS/KEY CONCEPTS

DEF team: Communication & shifting as a unit; Open up space to play through when in possession; Play on and off the ball with urgency; ATT team: Pressure opposing possession towards wide channels, prevent play thru the middle; Positioning should cut off passing lanes



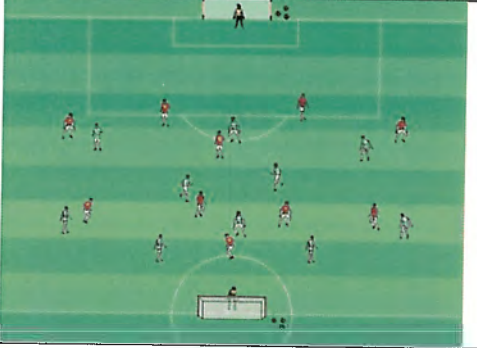
III.Expanded Act.	Intensity: HIGH	Activity Time: 5m
Duration: 21m	Intervals: 3	Recovery Time: 2m

Organization (Physical Environment/Equipment/Players)

6v5 (High Press ATT v Build-Up DEF); Play starts with ATT GK playing the ball to the Coach. Coach should then dribble away from goal & DEF should communicate to STEP as (s)he turns his/her back & drop off in anticipation of long-ball; ATT plays to goal; DEF plays to MF line

COACHING POINTS/KEY CONCEPTS

DEF team: Urgency, speed of play when building out possession; communication; shifting as a unit; anticipation & quick reactions; ATT Team: Choose the right moments to step & pressure vs. delay (don't be left exposed by pressing too high too often)



IV. GAME	Intensity: MED	Activity Time: 8m
Duration: 22m	Intervals: 2	Recovery Time: 3m

Organization (Physical Environment/Equipment/Players)

11v11, 1/2 field; Play to goal, no restrictions

COACHING POINTS/KEY CONCEPTS

Speed of play; timing/angle of pressure; active movement off the ball to cut off passing lanes in defense and open up space to play into when team is in possession; communication; shifting as a unit & compactness in defense

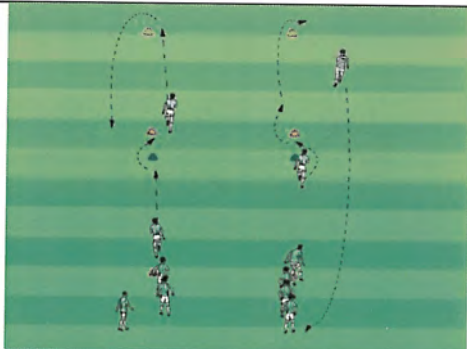


ACADEMY CURRICULUM

Name: SKC Coaching Staff	Team: SKC U18 Academy	Date:
Mesocycle: Fall 2015	Microcycle/Day:	

Training Objectives: Technical training

Technical training session (dribbling, passing, receiving) with emphasis on attacking/forward play



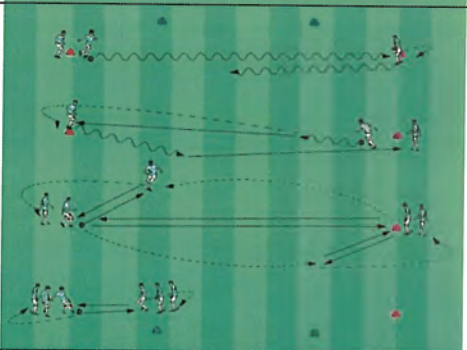
I.WARM-UP	Intensity: LOW	Activity Time: 1m
Duration: 12m	Intervals: 4	Recovery Time: 2m

Organization (Physical Environment/Equipment/Players)

"Re-entry" day warm-up (first session since weekend of games); general warming through circuit; dynamic stretching during active recovery; ballistics & acceleration to finish

COACHING POINTS/KEY CONCEPTS

Flexibility; mobility; proper preparation for match-like conditions; proper mechanics



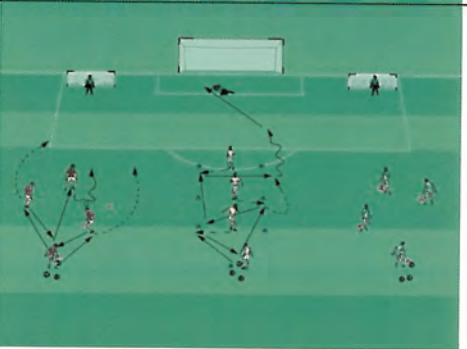
II.Small-Sided Act.	Intensity: MED	Activity Time: 2m
Duration: 24m	Intervals: 8	Recovery Time: 1m

Organization (Physical Environment/Equipment/Players)

Organize players into lines of 3-10 players, split into two groups 5-30yds apart depending on activity; Progress through multiple dribbling, combination and/or passing & receiving activities (i.e. dribbling at pace; dribble & pass combo; short-short-long patterns; 1-touch passing, etc.)

COACHING POINTS/KEY CONCEPTS

Quality first touch; controlled dribbling at varying paces & with proper surfaces; proper spacing/angles in anticipation of combo play; communication & awareness; fluid, dynamic movements on the dribble; reception of pass w/ different surfaces



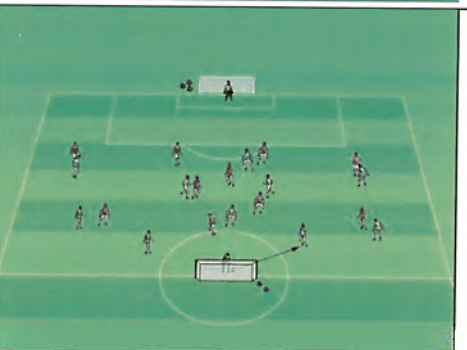
III.Expanded Act.	Intensity: MED	Activity Time: 8m
Duration: 27m	Intervals: 3	Recovery Time: 1m

Organization (Physical Environment/Equipment/Players)

Organize three areas (left/right/central channels) for pattern play, e. with four players actively involved at a time; wide channels have the same pattern, central is different (based on diagram)

COACHING POINTS/KEY CONCEPTS

Finishing (quality, focus); timing (synchronized runs); weight & angle of final pass; confidence in first touch towards goal; game speed - high temp speed of play; hunger/desire to score in front of goal



IV. GAME	Intensity: MED	Activity Time: 7m
Duration: 27m	Intervals: 3	Recovery Time: 2m

Organization (Physical Environment/Equipment/Players)

11v11 (4-3-3) to goal; 1/2 field; no restrictions

COACHING POINTS/KEY CONCEPTS

Quality/focus shown w/ first touch, control, passing & reception of pass; combination play resulting in possession towards goal; rotation of positions & synchronized movement off the ball; forward play

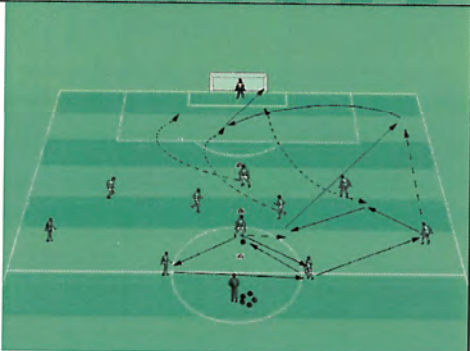


ACADEMY CURRICULUM

Name: SKC Coaching Staff	Team: SKC U18 Academy	Date:
Mesocycle: Fall 2015	Microcycle/Day:	
Training Objectives: Possession in the attacking half		

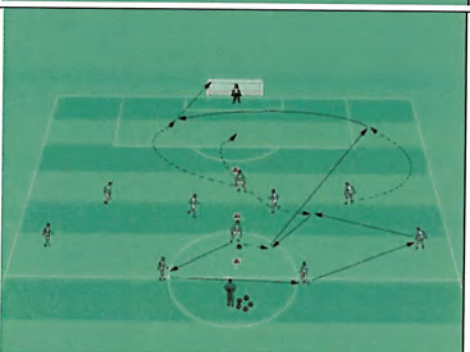


I. WARM-UP	Intensity: MED	Activity Time: 3m
Duration: 20m	Intervals: 4	Recovery Time: 2m
Organization (Physical Environment/Equipment/Players)		
Organize team into two groups, e. simultaneously going through identical warm-ups; end with race		
COACHING POINTS/KEY CONCEPTS		
Vary movements in general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



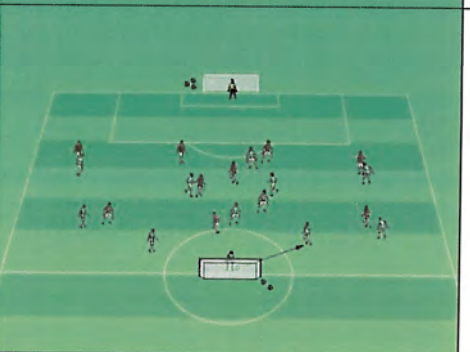
II. Small-Sided Act.	Intensity: MED	Activity Time: 3m
Duration: 20m	Intervals: 5	Recovery Time: 1m
Organization (Physical Environment/Equipment/Players)		
Passing Patterns to Goal: Have 6,4, and 5 pass ball around in a triangle as they wait to initiate left or right side; Pattern- 6-4-5-3-11-6-3-cross and finish;		

COACHING POINTS/KEY CONCEPTS		
6/8/10 provides and shows for support during wide build up; 2/3 should take big touch inside before playing up to 7/11; ATT Runs into Box: YouTube Robbie Keane and his dynamic movement off the ball, go full speed, don't run into the box straight to the spot you hope to finish, adjust run to compensate for timing		



III. Expanded Act.	Intensity: HIGH	Activity Time: 2m
Duration: 20m	Intervals: 7	Recovery Time: 1m
Organization (Physical Environment/Equipment/Players)		
Pattern: 6-5-4-2-10-6-7-cross and finish;		

COACHING POINTS/KEY CONCEPTS		
When 2/3 take big touch inside 8/10 and 7/11 should check in; As 2/3 plays to 8/10, 7/11 should spin out in anticipation of ball from 6		



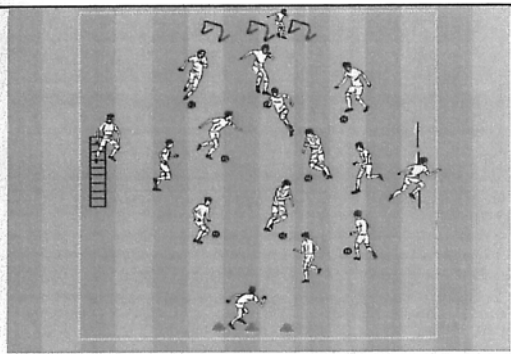
IV. GAME	Intensity: MED	Activity Time: 8m
Duration: 30m	Intervals: 3	Recovery Time: 2m
Organization (Physical Environment/Equipment/Players)		
11v11 (4-3-3) to goal; ½ field; no restrictions		
COACHING POINTS/KEY CONCEPTS		



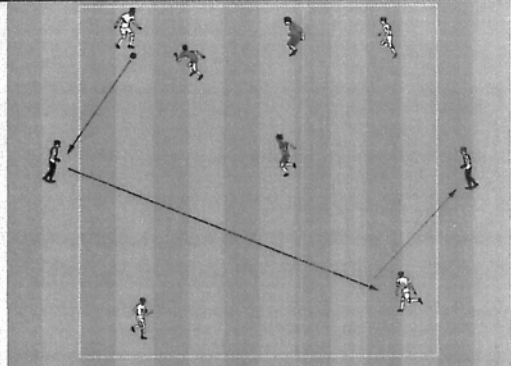
ACADEMY CURRICULUM

Name: Istvan Urbanyi	Team: SKC U18 Academy	Date:
Mesocycle: Spring 2015	Microcycle/Day:	

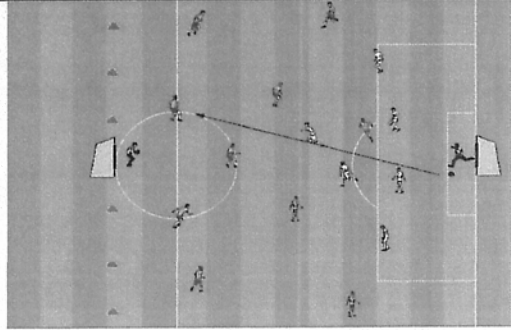
Training Objectives: Team shape in possession and attack. Team shape in defending.
 Work on relationships on both sides of the field including movement off the ball, interchanging, and quickness/purpose.



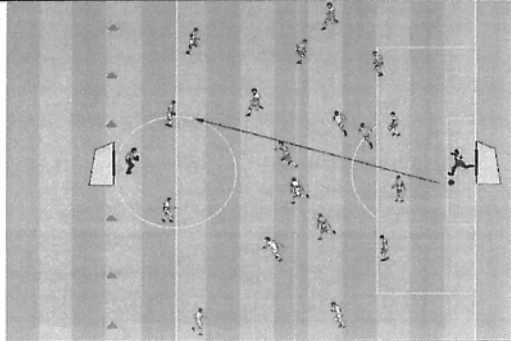
I.WARM-UP	Intensity: LOW	Activity Time: 2m
Duration: 15m	Intervals: 5	Recovery Time: 1m
Organization (Physical Environment/Equipment/Players)		
Ladder, hurdles, cones, flags line each side of a 15 x 15 grid. 3/4 of players on ball in the middle. Remaining players w/out ball.		
COACHING POINTS/KEY CONCEPTS		
Quick touches in middle with focus on control while moving through traffic. Players not on ball communicate/takeover possession while player leaving ball does footwork at 1 of the 4 stations on outside.		



II.Small-Sided Act.	Intensity: HIGH	Activity Time: 3m
Duration: 25m	Intervals: 5	Recovery Time: 2m
Organization (Physical Environment/Equipment/Players)		
Multiple 10 x 10 grids. GK's on both ends as neutrals (if possible). 4v3 in the middle of the grid. Def switch after winning ball (one at a time, in order of length in middle) - SIMILAR TO 5v2 CONCEPT		
COACHING POINTS/KEY CONCEPTS		
Flow of the drill = intensity (getting the defenders to switch quickly). Movement off the ball to open passing lanes (including GK's). Letting the ball do the work - restrictions as needed.		



III.Expanded Act.	Intensity: HIGH	Activity Time: 4m
Duration: 25m	Intervals: 5	Recovery Time: 1m
Organization (Physical Environment/Equipment/Players)		
Length of field extends to other side of center circle. Starting 11 v back 6. Balls start with long ball from DEF unit GK, or ATT GK and start attack with 2nd ball after DEF unit heads/clears the ball.		
COACHING POINTS/KEY CONCEPTS		
Second ball positioning. Pressing aspects if ball turns over. Implementing ATT/DEF relationships into game situation. Ending with cross/shot on goal.		



IV. GAME	Intensity: HIGH	Activity Time: 4m
Duration: 20m	Intervals: 4	Recovery Time: 1m
Organization (Physical Environment/Equipment/Players)		
Same dimensions as in Exp. Act. Starters now in DEF unit with a group of 8 v 11.		
COACHING POINTS/KEY CONCEPTS		
Clearances up and wide. Relationships defensively to win ball back together and timing of when to press, looking for cues.		

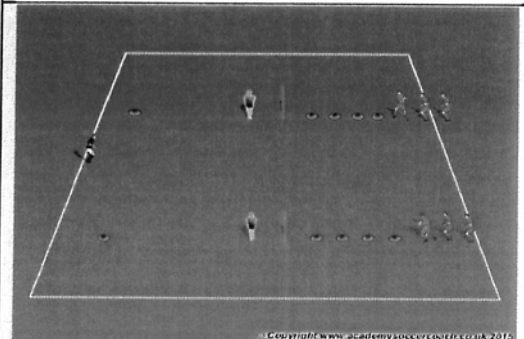


ACADEMY CURRICULUM

Name: Istvan Urbanyi	Team: SKC U18 Academy	Date:
Mesocycle: Spring 2015	Microcycle/Day:	

Training Objectives: Forward runs and timing

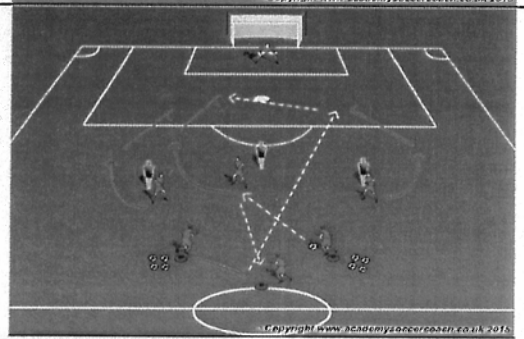
Players have an understanding of the following: Forward runs / timing of runs & passes / movement off the ball / finishing, making runs behind the back 4



I.WARM-UP	Intensity: MED	Activity Time: 2m
Duration: 15m	Intervals: 5	Recovery Time: 1m

Organization (Physical Environment/Equipment/Players)
6 cones, 1 agility pole, 1 mannequin per line

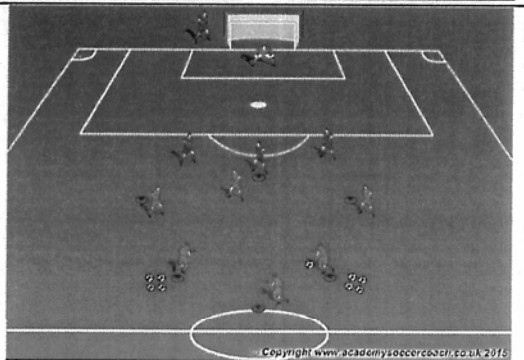
COACHING POINTS/KEY CONCEPTS
Progress from low intensity to high, from simple movement / stretching to complex, full range of motion



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

Organization (Physical Environment/Equipment/Players)
3 Channels (left, central, right) / Mannequins, cones, balls / 20 players & 2 GK's (6 players in each channel)

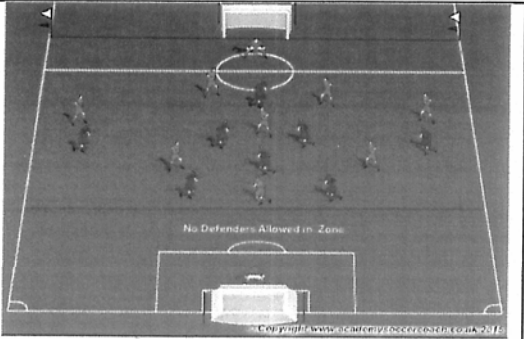
COACHING POINTS/KEY CONCEPTS
Timing & synchronization of runs, find players on the run behind the defense, weight of the pass, and movement of players off of the ball.



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

Organization (Physical Environment/Equipment/Players)
3 Channels (left, central, right) / cones & balls) / 20 players & 2 GK's (6 in a channel and 3 defenders).

COACHING POINTS/KEY CONCEPTS
1st defender must chase the ball and the others are covering until the ball is played through. Timing & Synchronization of runs, find players on the run behind the defense, weight of the pass, and movement of players off of the ball.



IV. GAME	Intensity: HIGH	Activity Time: 7m
Duration: 20m	Intervals: 2	Recovery Time: 3m

Organization (Physical Environment/Equipment/Players)
8 v 8 + GK's (2.5.1), Half field with an offside line

COACHING POINTS/KEY CONCEPTS
No defenders are allowed in the zone until the ball is played through. Timing & Synchronization of runs, find players on the run behind the defense, weight of the pass, and movement of players off of the ball.

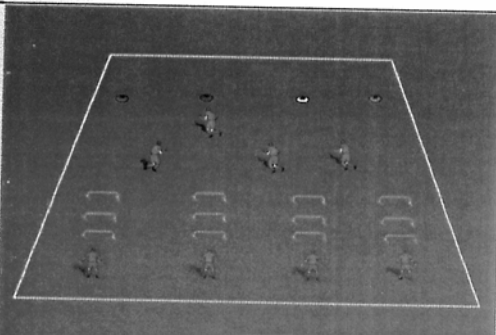


ACADEMY CURRICULUM

Name: Istvan Urbanyi	Team: SKC U18 Academy	Date:
Mesocycle: Spring 2015	Microcycle/Day:	

Training Objectives: Defending with shape

Active Defending movements - Pressure, Cover and Balance / proactive attacking movements - creating the optimal shape to attack immediately & quickly.



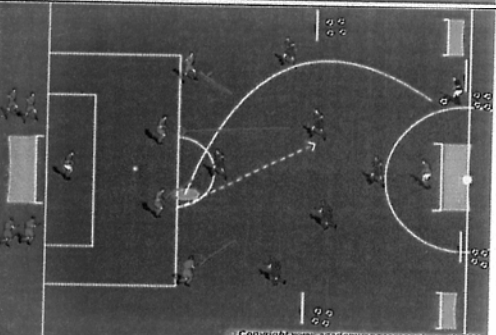
I.WARM-UP	Intensity: MED	Activity Time: 3m
Duration: 15m	Intervals: 3	Recovery Time: 2m

Organization (Physical Environment/Equipment/Players)

4 lines, 3 low hurdles, 4 cones of different colors

COACHING POINTS/KEY CONCEPTS

Full range of motion & proper technique through all stretches & movements. Reactive pressure, cover & balance to colored cones on coaches command.



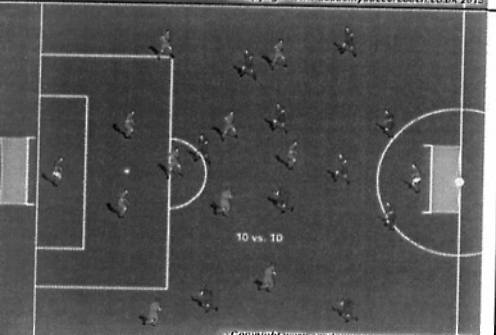
II.Small-Sided Act.	Intensity: HIGH	Activity Time: 16m
Duration: 60m	Intervals: 3	Recovery Time: 4m

Organization (Physical Environment/Equipment/Players)

4 v 6 / Half field / Round Robin competition / Win = 2 points, Tie = 1 point, Loss = 0 // Scoring - Defenders - 2 points for big goal/1 point for small goals

COACHING POINTS/KEY CONCEPTS

4 v 6 - 4 players work on Active Defending (pressure, cover & balance) & 6 players must keep team shape and look to win the ball and attack quickly with penetrating runs, creating offensive triangles & numerical advantage.



III.Expanded Act.	Intensity: HIGH	Activity Time: 5m
Duration: 15m	Intervals: 3	Recovery Time: 1m

Organization (Physical Environment/Equipment/Players)

11 vs. 11 (GK 4.3.3 vs. GK 4.3.3) / Half field using the same concept. Teams are seeded based on previous results. Semi-final & final.

COACHING POINTS/KEY CONCEPTS

Continue with the same principles as in the previous activity. Pressure, Cover & Balance and focusing on the penetrating runs and thru balls when attacking.

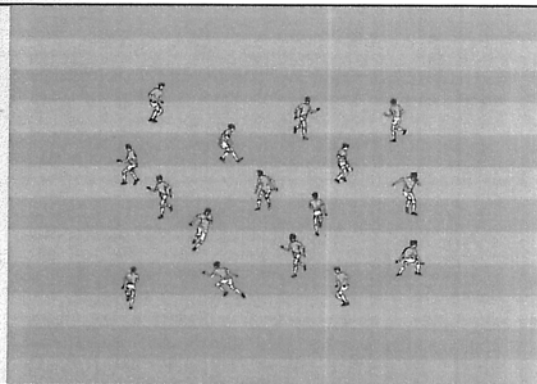


ACADEMY CURRICULUM

Name: Istvan Urbanyi	Team: SKC U18 Academy	Date:
Mesocycle: Spring 2015	Microcycle/Day:	

Training Objectives: Creating Numerical Superiority.

Attacking players must recognize when to create numbers around the ball while keeping shape.



I.WARM-UP	Intensity: MED	Activity Time: 3m
Duration: 20m	Intervals: 4	Recovery Time: 2m
Organization (Physical Environment/Equipment/Players)		
Strength/conditioning coach leads group jog around field. Implementing dynamic movements/stretching.		

COACHING POINTS/KEY CONCEPTS



II.Small-Sided Act.	Intensity: MED	Activity Time: 3m
Duration: 20m	Intervals: 4	Recovery Time: 2m
Organization (Physical Environment/Equipment/Players)		
Multiple 5 v 2 grids / 8 x 8 / balls at each grid to keep the game moving.		

COACHING POINTS/KEY CONCEPTS

Demand high quality within each grid, good technique & movement to support player with the ball. Proper technique through all movements & stretching.



III.Expanded Act.	Intensity: MED	Activity Time: 10m
Duration: 30m	Intervals: 3	Recovery Time: 2m
Organization (Physical Environment/Equipment/Players)		
6 grids - 25 x 25 / half field / 10 v 7		

COACHING POINTS/KEY CONCEPTS

Attacking team (4.3.3) - Objective is to create a 4 v 2 or 5 v 2 in each grid. Work on timing of when to switch zones. Defenders - Pressure & Cover for the 2 in the grid and balance for the other def's to provide the best opportunity to intercept passes



IV. GAME	Intensity: HIGH	Activity Time: 5m
Duration: 20m	Intervals: 4	Recovery Time: 0
Organization (Physical Environment/Equipment/Players)		
9 v 9 (4.2.3)		

COACHING POINTS/KEY CONCEPTS

Attacking players create numbers around the ball while keeping team shape.

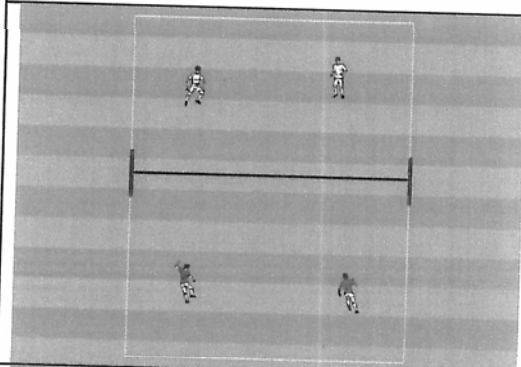


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Name: Istvan Urbanyi	Team: SKC U18 Academy	Date:
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Training Objectives: Re-gen day.

Re-gen day for players logging minutes in games/coming off injuries. Technical session for remaining players.



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

Organization (Physical Environment/Equipment/Players)
Multiple soccer-tennis grids. 2v2 on each grid. If no soccer-tennis nets, 5v2 is a good alternative, or juggling games.

COACHING POINTS/KEY CONCEPTS

After 4m or so, players go on jog around field, dynamic stretching.



II.Small-Sided Act.	Intensity: MED	Activity Time: 3m
Duration: 30m	Intervals: 5	Recovery Time: 3m

Organization (Physical Environment/Equipment/Players)
8-10 players forming large circle with each player having a ball. 8-10 players inside circle working. Recover on outside/active recovery.

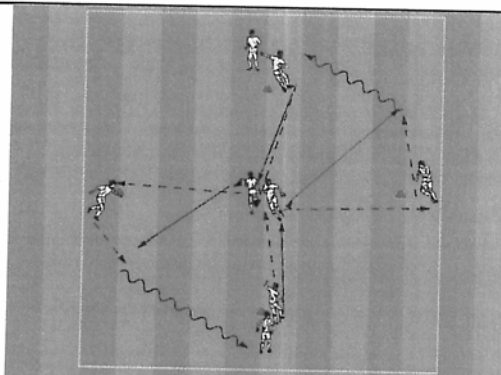
COACHING POINTS/KEY CONCEPTS

Separation in movement when checking for ball. Good technique from both players on outside/inside. Communication verbal/visual. Variations every 2 m. (1 tch/1 tch back. 2 tch. Touch w/ outside of foot, away from body/pass back w/ same foot. 1st tch across body/cruyff and pass back w/ opp. ft. Servers w/ ball in hand...toss-juggle left ft. to right ft. and back to server.)



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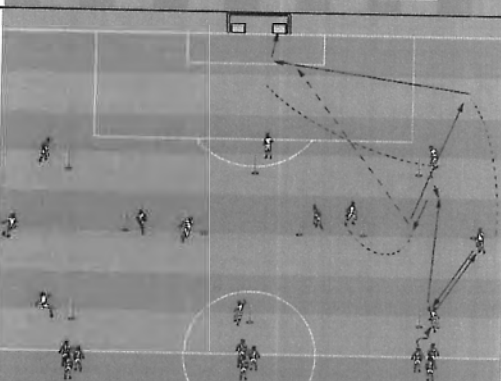
Name: Istvan Urbanyi	Team: SKC U18 Academy	Date:
Mesocycle: Spring 2015	Microcycle/Day:	
Training Objectives: Timing of runs in the final third.		
Freedom of movement to create chances in final third.		



I. WARM-UP	Intensity: MED	Activity Time: 3m
Duration: 24m	Intervals: 6	Recovery Time: 1m

Organization (Physical Environment/Equipment/Players)
 2-3 groups. 8 players per group. 4 cones in a diamond shape about 10-15 yards from each point. 2 players at each end point and 1 on the side. 2 players start in the middle.

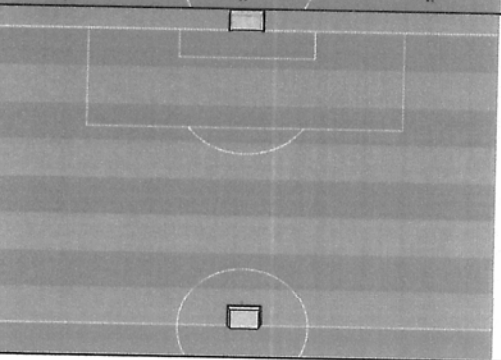
COACHING POINTS/KEY CONCEPTS
 Players in middle check w/ conviction to end points. Player on end plays ball in w/ good timing. Touch to inside as player on side makes run towards opp. end. Middle plays ball w/ good weight to side in stride. Variations: Up-back-through. 3rd man combo. Switch directions.



II. Small-Sided Act.	Intensity: MED	Activity Time: 4m
Duration: 30m	Intervals: 6	Recovery Time: 1m

Organization (Physical Environment/Equipment/Players)
 3 groups (right, left, center). One group at a time. 4 players at beginning with balls start exercise w/ move past coaching stick. Players check off coaching sticks and free-flowing combinations to goal ensue. Rotate to each coaching stick. 2 small goals in each corner.

COACHING POINTS/KEY CONCEPTS
 Lose defender with movement. Good timing of runs. Weight of pass. Finish on frame.



IV. GAME	Intensity: HIGH	Activity Time: 5m
Duration: 20m	Intervals: 4	Recovery Time: 0

Organization (Physical Environment/Equipment/Players)
 Half field. 2 big goals. 3 teams of 8. 5v2 for team not playing.

COACHING POINTS/KEY CONCEPTS
 Implement movement/combo's to goal. Lose your defender with your movement.



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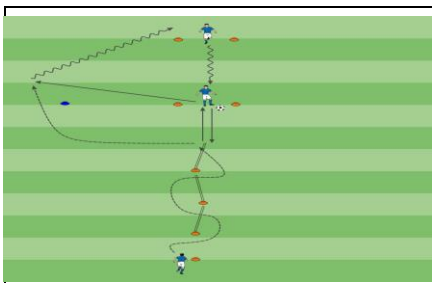
Date: -

Mesocycle: Spring 2016

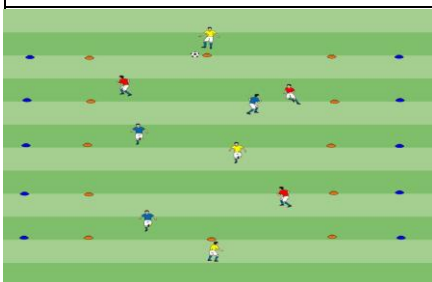
Microcycle/Day: -

TRAINING OBJECTIVE(S):

Possession and Team Shape with an Emphasis on Positional and Spatial Awareness



I. WARM-UP *Intensity:* MED *Activity Time:* 2 min
Duration: 15 min *Intervals:* 5 *Recovery Time:* 1 min
ORGANIZATION (Physical Environment / Equipment / Players)
 Begin with 2-3 rounds of Pele series with DS as active rest, then move into speed and destabilization while getting the ball involved (as diagrammed)
COACHING POINTS / KEY CONCEPTS
 Improve first touch, emphasize the crossover step to accelerate around the blue cone, improve speed of footwork



II. SMALL-SIDED ACTIVITY *Intensity:* HIGH *Activity Time:* 3 min
Duration: 24 min *Intervals:* 6 *Recovery Time:* 1 min
ORGANIZATION (Physical Environment / Equipment / Players)
 3v3+3 Possession: rotate neutral group every 2-3 minutes; Variation: By adding two wide zones, possessing team can send 1 player into a wide zone (can't occupy both zones at the same time)
COACHING POINTS / KEY CONCEPTS
 Create triangles at all times in possession, Add 4th player by providing width/depth (creating diamonds), find the open teammate, timing/angle of run into the wide zones to add width to position and create space



III. EXPANDED ACTIVITY *Intensity:* MED *Activity Time:* 6 min
Duration: 24 min *Intervals:* 3 *Recovery Time:* 2 min
ORGANIZATION (Physical Environment / Equipment / Players)
 11v9 to Goal: 3/4 of the field, DEF team plays without outside backs
COACHING POINTS / KEY CONCEPTS
 ATT (blue): Break lines, create triangles/diamonds, prevent play through the middle, DEF (red): #6 covers and communicates pressure of #8/10/7/9/11, #4 and #5 balance, high pressure at all times



IV. GAME *Intensity:* MED *Activity Time:* 8 min
Duration: 20 min *Intervals:* 2 *Recovery Time:* 2 min
ORGANIZATION (Physical Environment / Equipment / Players)
 11v11 Full Field: no restrictions
COACHING POINTS / KEY CONCEPTS
 Create triangles and diamonds, balance between the center backs, high pressure, communication, open to space