



ACADEMY CURRICULUM

SPORTING SESSIONS
U13 TRAINING SESSIONS

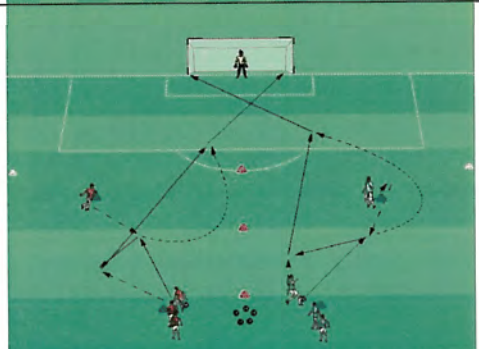


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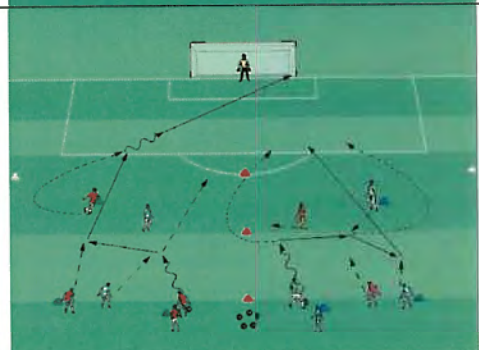
Name: SKC Coaching Staff	Team: SKC U13 Academy	Date:
Mesocycle: Fall 2015	Microcycle/Day:	
Training Objectives: Attacking possession towards goal		
Emphasis on getting behind DEF & creating goal-scoring opportunities off through ball		



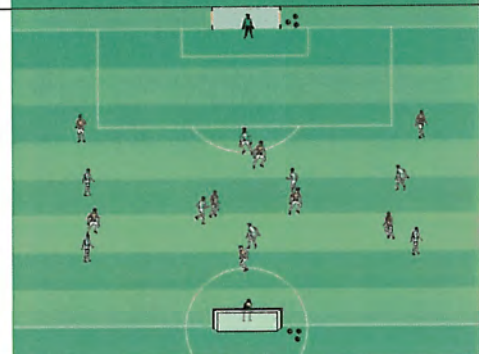
I.WARM-UP	Intensity: MED	Activity Time: 3m
Duration: 20m	Intervals: 4	Recovery Time: 2m
Organization (Physical Environment/Equipment/Players)		
Organize team into two groups, e. simultaneously going through identical warm-ups; end with race		
COACHING POINTS/KEY CONCEPTS		
Vary movements in general warming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



II.Small-Sided Act.	Intensity: HIGH	Activity Time: 3m
Duration: 20m	Intervals: 5	Recovery Time: 1m
Organization (Physical Environment/Equipment/Players)		
Create two identical zones outside of the penalty box; play starts just beyond the center circle; Each side alternates combining in attack to goal; add defender after a few minutes to create 2v1 scenarios		
COACHING POINTS/KEY CONCEPTS		
Game-like speed w/ and w/o defenders; create multiple solutions/combo to goal; focus on technique; get shot off early once in on goal; improve decision making w/ addition of defender; vary movement off of ball for unpredictability in attack		



III.Expanded Act.	Intensity: HIGH	Activity Time: 3m
Duration: 20m	Intervals: 5	Recovery Time: 1m
Organization (Physical Environment/Equipment/Players)		
Same set-up SII, but add 3 rd attacker & 2 nd defender to create 3v2's; after a few rounds, have left/right side compete (most goals win)		
COACHING POINTS/KEY CONCEPTS		
Combination play to get behind defense; complimentary movement off ball; dribble at defenders - force them to make a decision; Option: require 1-touch to finish for emphasis on quick finish		



IV. GAME	Intensity: HIGH	Activity Time: 6m
Duration: 20m	Intervals: 3	Recovery Time: 1m
Organization (Physical Environment/Equipment/Players)		
9v9 game (no #4, 5) on 1/2 field, no restrictions		
COACHING POINTS/KEY CONCEPTS		
Same as above, encouraging combination play, movement across/behind defense; focus on variations in attack		

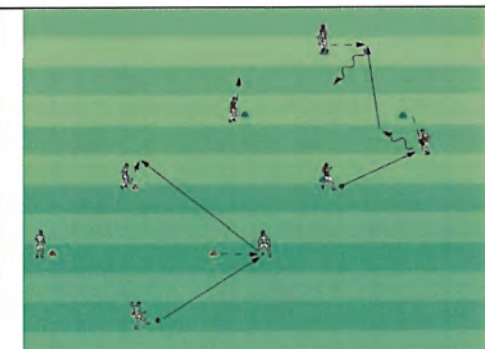


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Name: SKC Coaching Staff	Team: SKC U13 Academy	Date:
Mesocycle: Fall 2015	Microcycle/Day:	

Training Objectives: Possession v Penetration

Creating rhythm in attacking possession, while working on getting in behind the defensive line (emphasis on positional rotations)



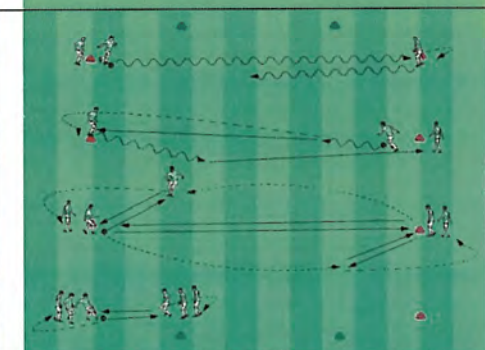
I.WARM-UP	Intensity: LOW	Activity Time: 2m
Duration: 15m	Intervals: 3	Recovery Time: 3m

Organization (Physical Environment/Equipment/Players)

Split into groups of four, performing different passing sequences around square/diamond of cones. Perform general warming & dynamic stretches during active recovery in between each passing sequence

COACHING POINTS/KEY CONCEPTS

Vary passing sequences (i.e. playing outside of cones, taking first touch inside square & playing out, short-short-long, etc.). Focus on communication, first touch, body position in anticipation of pass, timing & angle of movement off of defender/cone



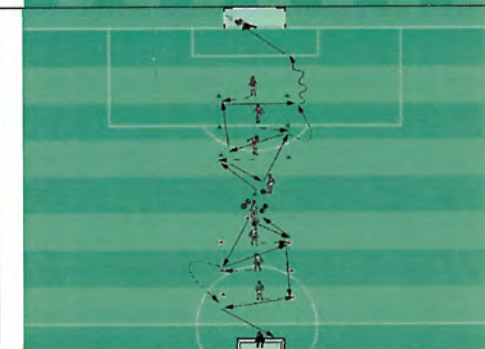
II.Small-Sided Act.	Intensity: MED	Activity Time: 2m
Duration: 24m	Intervals: 8	Recovery Time: 1m

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: 4m
Duration: 20m	Intervals: 4	Recovery Time: 1m

Organization (Physical Environment/Equipment/Players)

Split into two groups, each going through identical passing patterns to goal, where the player ahead opens up opposite of the player before him. Play 5-10 balls each side, keeping count of each goal scored; losing team does punishment

COACHING POINTS/KEY CONCEPTS

Communication; timing of movement off the ball; angle of support; weight/angle of pass; finishing technique



IV. GAME	Intensity: HIGH	Activity Time: 8m
Duration: 30m	Intervals: 3	Recovery Time: 2m

Organization (Physical Environment/Equipment/Players)

9v9 to goal (2-3-3); 1/2 field. Restrictions: encourage the #9 to remain the point & stretch the field vertically; vary # of touches

COACHING POINTS/KEY CONCEPTS

Option (to build/encourage rhythm in possession): restrict touches - 2 touches to play forward, one touch to play back. Coaching Pts: team shape in attack (form triangles, esp. b/w 7, 8, 9, 10, 11); recognizing when to possess v penetrate; movement off the ball



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Name: SKC Coaching Staff	Team: SKC U13 Academy	Date:
Mesocycle: Fall 2015	Microcycle/Day:	
Training Objectives: Improve defensive principles & team shape		
Specifically as they relate to the back four & midfield three in the defensive third		

	I.WARM-UP	Intensity: MED	Activity Time: 2m
	Duration: 15m	Intervals: 3	Recovery Time: 3m
	Organization (Physical Environment/Equipment/Players)		
	Groups of four. 1 st activity: try to get 100 consecutive touches in the air; 2 nd : General warming & dynamic stretching to line & back during active recovery periods. 3 rd : two players play the ball back & forth, as the other two practice pressure/cover in relation to the ball.		
	III.Expanded Act.	Intensity: MED	Activity Time: 6m
	Duration: 24m	Intervals: 3	Recovery Time: 2m
	Organization (Physical Environment/Equipment/Players)		
	9v9 (4-3-1) to goals; Use 1/2 field, divided into two wide channels & two central channels by red cones; blue cones mark offside line; Play always restarts from GK		
	IV. GAME	Intensity: MED	Activity Time: 8m
	Duration: 40m	Intervals: 4	Recovery Time: 2m
	Organization (Physical Environment/Equipment/Players)		
	11v11 (4-3-3) to goals; Same field set-up as above. 1 st round: Attacking team earns point when one of the front 4-5 players (7,8,9,10,11) hold the ball in the final third for 3+ seconds; 2 nd round: point earned by scoring on goal		
COACHING POINTS/KEY CONCEPTS			
Same as above... Anticipate the next action as the play develops - choose the moments to delay vs. pressure; Defend in lines (2 lines when ball is in central channel: Pressure/Cover; 3 lines when ball is out wide (Pressure/Cover/Balance); Always know			



ACADEMY CURRICULUM

Name: SKC Coaching Staff	Team: SKC U13 Academy	Date:
Mesocycle: Fall 2015	Microcycle/Day:	
Training Objectives: Competition Day		
Emphasis on defending in small-sided play		

	I.WARM-UP	Intensity: MED	Activity Time: 30s
	Duration: 15m	Intervals: 20	Recovery Time: 15s
	Organization (Physical Environment/Equipment/Players)		
	Play ball to player at opposite end of cones, player with possession dribbles at the passer while the passer closes down the space forcing and dictating direction while closing down ball; Defender can win ball after two runs		
COACHING POINTS/KEY CONCEPTS			
DEF: weight on back foot, angle of approach, delay and dictate while anticipating moment to step in with front foot, leaning in with shoulder, be clear about the space you're showing the attacker to dribble when dictating			
	II.Small-Sided Act.	Intensity: HIGH	Activity Time: 2m
	Duration: 20m	Intervals: 7	Recovery Time: 1m
	Organization (Physical Environment/Equipment/Players)		
	1v1; 2 games, 2 teams each game; For big nets use goalkeepers; Mark defensive third with cones; Rotate teams every 2 minutes switching fields as well		
COACHING POINTS/KEY CONCEPTS			
Tackle with front foot; Block shot with back foot; Early, urgent pressure, must pressure in defensive third that is marked with cones; Variation: ask for driven ball in air that is below waist or chest			
	III. Expanded Act.	Intensity: HIGH	Activity Time: 3.5m
	Duration: 20m	Intervals: 5	Recovery Time: 1m
	Organization (Physical Environment/Equipment/Players)		
	3v2; Teams on big nets use goalkeepers, smaller nets no goalkeepers; 25 yards wide by 35 yards long; 3 1/2 minute rounds; Rotate sides and opponents		
COACHING POINTS/KEY CONCEPTS			
Activation of pressure by second defender; Keep your weight on back foot, don't get sucked into ball on front foot; Someone needs to be an activator on defense, need a leader to take control			
	IV. GAME	Intensity: HIGH	Activity Time: 4m
	Duration: 20m	Intervals: 4	Recovery Time: 1m
	Organization (Physical Environment/Equipment/Players)		
	4v4; 25 yards wide by 35 yards long; 2 fields: one field with big goals, one field with small goals		
COACHING POINTS/KEY CONCEPTS			
Must finish on ground;			



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U14 TRAINING SESSIONS



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Name: SKC Coaching Staff	Team: SKC U14 Academy	Date:
Mesocycle: Fall 2015	Microcycle/Day:	

Training Objectives: Defending in wide channels

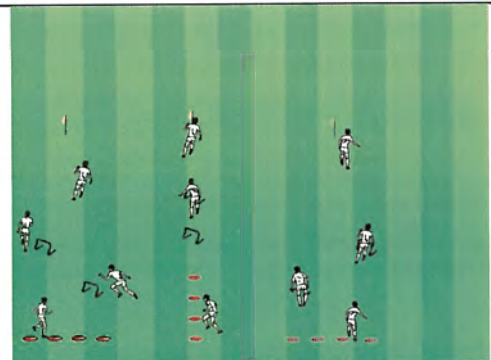
Defending in wide channels by creating numerical superiority, while still maintaining defensive organization & protecting the space in behind the backline

	I. WARM-UP	Intensity: LOW	Activity Time: 2m
	Duration: 20m	Intervals: 4	Recovery Time: 3m
	Organization (Physical Environment/Equipment/Players)		
	Participate in general warming & dynamic stretching during active recovery. Transition to larger Rondo w/ three players in the middle		
COACHING POINTS/KEY CONCEPTS			
Focus on DEF players: Pressure-Cover-Balance; 1 st defender initiating pressure; defending in numbers; anticipation; communication			
	II. Small-Sided Act.	Intensity: HIGH	Activity Time: 5m
	Duration: 21m	Intervals: 3	Recovery Time: 2m
	Organization (Physical Environment/Equipment/Players)		
	6v6+1 (2-3-1); 40x40-yd playing area w/ two wide goals for e. team to play to. Note: wide players stay in wide channels when team attacks		
COACHING POINTS/KEY CONCEPTS			
Compactness & organization in defense; regain numerical superiority around ball quickly; control the direct goal channel: look to win the ball in dangerous areas & capitalize; hold teammates accountable; activate teammate's pressure: communicate when to press/delay			
	III. Expanded Act.	Intensity: HIGH	Activity Time: 3m
	Duration: 25m	Intervals: 5	Recovery Time: 2m
	Organization (Physical Environment/Equipment/Players)		
	4v4+1; approx. 20x20-yd playing area in front of 6-yd box. ATT playing into end-zone (6-yd box); DEF plays to coach; 5 balls e. & rotate		
COACHING POINTS/KEY CONCEPTS			
Note: all DEF can retreat behind ½ way line (blue cones), but only two can move forward; play starts from coach. Coaching Pts: recovery runs; protect space in behind DEF line; anticipation & reaction to ATT play; pressure vs. delay; forcing opposition possession backwards			
	IV. GAME	Intensity: MED	Activity Time: 6m
	Duration: 21m	Intervals: 3	Recovery Time: 1m
	Organization (Physical Environment/Equipment/Players)		
	7v7+1 (4-2-1); ½ field, width of penalty box; option: add offside line to condense space		
COACHING POINTS/KEY CONCEPTS			
Numerical superiority around the ball; forcing possession wide & back; protecting the space behind the backline; communication; compactness & organization as a group; pressure vs. delay; recovery runs			

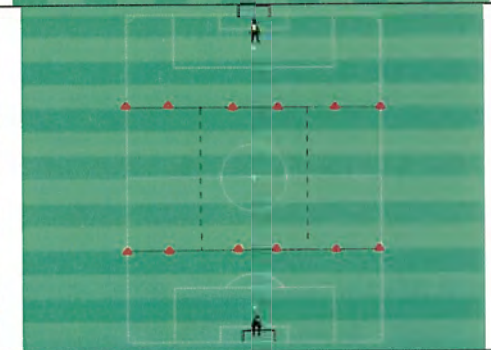


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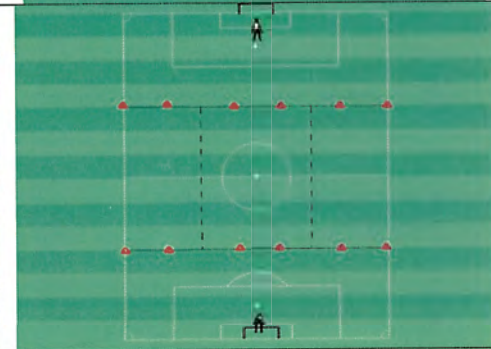
Name: SKC Coaching Staff	Team: SKC U14 Academy	Date:
Mesocycle: Fall 2015	Microcycle/Day:	
Training Objectives: Destabilization Switching point of attack & Drawing DEF.		



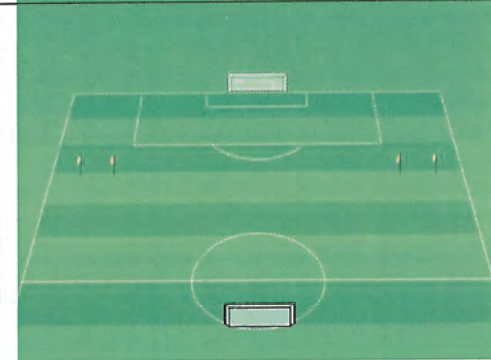
I.WARM-UP	Intensity: LOW	Activity Time: 4m
Duration: 10m	Intervals: 2	Recovery Time: 1m
Organization (Physical Environment/Equipment/Players)		
Group Jog/Dynamic Stretching/Build-up runs/Passing moving		
COACHING POINTS/KEY CONCEPTS		
Build-up towards game readability		



II.Small-Sided Act.	Intensity: MED	Activity Time: 6m
Duration: 30m	Intervals: 4	Recovery Time: 90s
Organization (Physical Environment/Equipment/Players)		
Full Field (split into thirds). 9v9+1 (2GKS). Middle third line (both sides) rep. offside line. 3 gates on each side (wide/middle).		
COACHING POINTS/KEY CONCEPTS		
2pts-in wide gates-pass through/received-2 touch; 1pt-combo 2-3 players in 1 zone-find players on run in wide channels-dribbling through wide gate; bonus pt for goal scored.		



III.Expanded Act.	Intensity: HIGH	Activity Time: 6m
Duration: 30m	Intervals: 4	Recovery Time: 90s
Organization (Physical Environment/Equipment/Players)		
SAME AS ABOVE CONTINUED...		
COACHING POINTS/KEY CONCEPTS		
DEF. Occupy 2 zones; 2 DEF can go into ENDZONES. ATT. Occupy 3 zones; 3 sec to score in middle zone; 7 in endzone.		




IV. GAME	Intensity: HIGH	Activity Time: 8m
Duration: 30m	Intervals: 3	Recovery Time: 2m
Organization (Physical Environment/Equipment/Players)		
60x50 grid. 2 wide "goals" to promote width. 8v8+1 (2GKS).		
COACHING POINTS/KEY CONCEPTS		
Extra point for playing through wide "goal." Quick actions to shift DEF unit, and look to support attackers.		

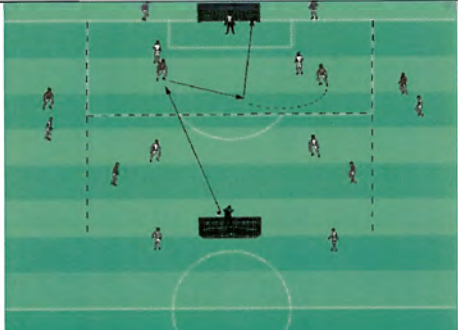


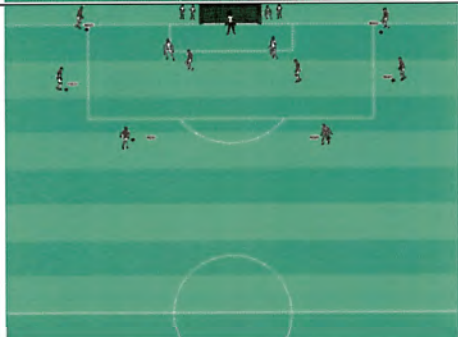
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Name: SCKDA Coaching Staff	Team: SKC U14 Academy	Date:
Mesocycle: Fall 2015	Microcycle/Day:	

Training Objectives: Finishing phase
Anticipate and adjust to shoot.

	I.WARM-UP	Intensity: LOW	Activity Time: 4m
	Duration: 15m	Intervals: 3	Recovery Time: 1m
	Organization (Physical Environment/Equipment/Players)		
	Group jog. Dynamic stretching. In small groups, pass and move.		
	COACHING POINTS/KEY CONCEPTS		
Build up to strike over distance.			

	II.Small-Sided Act.	Intensity: HIGH	Activity Time: 3m
	Duration: 30m	Intervals: 8	Recovery Time: 30s
	Organization (Physical Environment/Equipment/Players)		
	44x36. Field split in half. 2 v 2 in each half. 1 neutral/ team on width. 2 neutrals/ team on goal lines (each side of big goal). GK's included.		
	COACHING POINTS/KEY CONCEPTS		
GK can't play wide, and must stay in box (6). DEF players must remain goal side to start. Wide neutrals-2 touch. End neutrals-1 touch. Anticipate and adjust to provide opportunities for finishing.			

	III.Expanded Act.	Intensity: HIGH	Activity Time: 2m
	Duration: 20m	Intervals: 8	Recovery Time: 30s
	Organization (Physical Environment/Equipment/Players)		
	18 yard box. Big goal. 6 numbered stations. 2v2 inside 18. Ball starts with what number called.		
	COACHING POINTS/KEY CONCEPTS		
Quick rotations reps. Create and finish shooting opportunities.			

	IV. GAME	Intensity: LOW	Activity Time:
	Duration	Intervals:	Recovery Time:
	Organization (Physical Environment/Equipment/Players)		
	COOL DOWN. Group stretch.		
	COACHING POINTS/KEY CONCEPTS		



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Name: SKC Coaching Staff	Team: SKC U14 Academy	Date:
Mesocycle: Fall 2015	Microcycle/Day:	

Training Objectives: Technical training
 Technical Session focusing on functional passing (building out of the back/through midfield lines)

	I.WARM-UP	Intensity: LOW	Activity Time: 4m
	Duration: 15m	Intervals: 3	Recovery Time: 1m
	Organization (Physical Environment/Equipment/Players)		
	3 lines of 4 players. 1 cone- 20 yards from start of line.		
COACHING POINTS/KEY CONCEPTS			
Jog/jog back, jog/back peddle back, side shuffle (10yards) jog rest of the way/skip back, high knees, butt kicks, etc...Dynamic stretching involved			
	II.Small-Sided Act.	Intensity: MED	Activity Time: 1m
	Duration: 20m	Intervals: 6	Recovery Time: 1m
	Organization (Physical Environment/Equipment/Players)		
	20x20 grid. 6 players in circle on outside of grid with ball. 6 players on the inside of grid.		
COACHING POINTS/KEY CONCEPTS			
Check to server and action ensues. Progression: 1 touch back, 1/2 turn w/ ball and find another server, (server ball in hand) inside volley right then left, laces volley right then left, 2 touch back to server in air, and around the world (1touch, then 2 if you succeed, etc...)			
	III.Expanded Act.	Intensity: MED	Activity Time: 3m
	Duration: 20m	Intervals: 4	Recovery Time: 2m
	Organization (Physical Environment/Equipment/Players)		
	8 balls placed on sideline. 2 lines of players (5 players each)- back 4 + #6/#8 and other group #11, #6/#8, #10, #7 + #9 (2 players rotating on the #6 cone) Both groups playing at same time. Loser does pushups.		
COACHING POINTS/KEY CONCEPTS			
#2 sprints from cone to take ball, dribbles back to cone and plays to #4-#6-#5-#3...#3 dribbles to new pile of balls on other end and #2 is already getting the next ball in play. Progression: #2-4-5-6-3. All 8 balls and then switch directions with #3 starting. Last progression is one ball at a time concentrating on quality rather than speed (recovery)			
	IV. GAME	Intensity: MED	Activity Time: 90s
	Duration: 24m	Intervals: 12	Recovery Time: 30s
	Organization (Physical Environment/Equipment/Players)		
	3 lines (4 players) (different angles just outside 18) 3 cones/mannequin as a defender to check off of. 8 balls/ line. One line (1 ball) at a time		
COACHING POINTS/KEY CONCEPTS			
Player checks off cones, touches past "def" and shoots from outside 18. Progression: player passes back and opens up run (always seeing ball) finishes inside 18. Good movement (lose def). FIRST TOUCH.			



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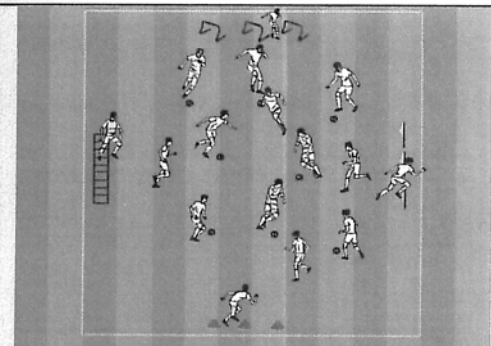
Name: Jon Parry	Team: SKC U14 Academy	Date:
Mesocycle: Spring 2015	Microcycle/Day:	
Training Objectives: Decision-making on & off the ball.		
Movement off the ball, including interchanging/rotation, relationships on and off the ball.		

	I.WARM-UP	Intensity: MED	Activity Time: 5m
	Duration: 20m	Intervals: 3	Recovery Time: 1m
	Organization (Physical Environment/Equipment/Players)		
	Group warm- up lap around field. 3 Passing Circles (6 players/circle). Evolutions: Pass and rotate (2 balls) / Dynamic stretching (2 min). Pass and rotate (2 balls, 2-touch)/multi-joint stretch (2 min). Pass to one/rotate w/another (1 ball). Stretch. Free Choice.		
COACHING POINTS/KEY CONCEPTS			
For third evolution players need to send clear message, using body language for information. Change of speed.			
	II.Small-Sided Act.	Intensity: MED	Activity Time: 3m
	Duration: 20m	Intervals: 5	Recovery Time: 1m
	Organization (Physical Environment/Equipment/Players)		
	Same groups of 6 (x3). Passing circles become 4x2 exercise. 1-2 touch. 10 passes-competition		
COACHING POINTS/KEY CONCEPTS			
Keep play constant/quick transitions in and out of defending.			
	III.Expanded Act.	Intensity: HIGH	Activity Time: 11m
	Duration: 45m	Intervals: 3	Recovery Time: 4m
	Organization (Physical Environment/Equipment/Players)		
	Full field scrimmage. Touch restrictions based on zones. Zones 1,2,3 and 16,17,18 are 3 touch. Zones 4,5, 6 and 13,14, 15 are 2 touch. Zones 7, 8, 9, 10, 11, 12 are 1 touch.		
COACHING POINTS/KEY CONCEPTS			
Provide support that will help the team connect at all times. If 1 st run creates space, how can 2 nd /3 rd run take advantage of space created. Make early decisions with a purpose. Communicate with purpose. When playing to a player in 1 touch zone-provide support, make sure we have width, and think about the next step ahead of time based on shape of the game. Play forward, force def to react and move.			

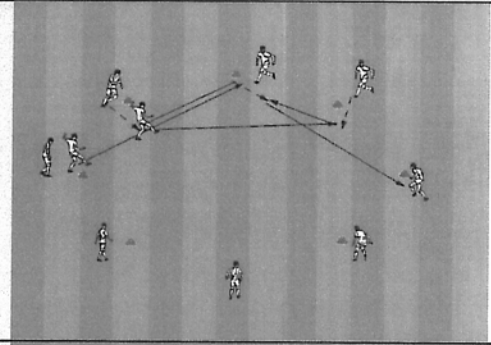


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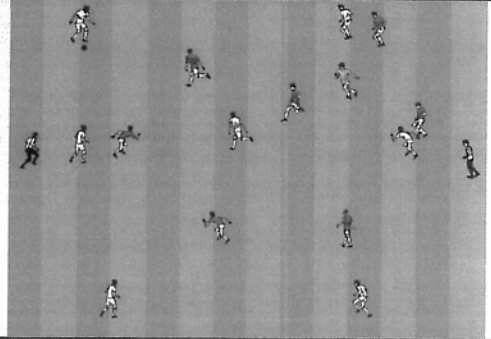
Name: Jon Parry	Team: SKC U14 Academy	Date:
Mesocycle: Spring 2015	Microcycle/Day:	
Training Objectives: Playing with pressure under restrictions.		
Crisp passing and good movement.		



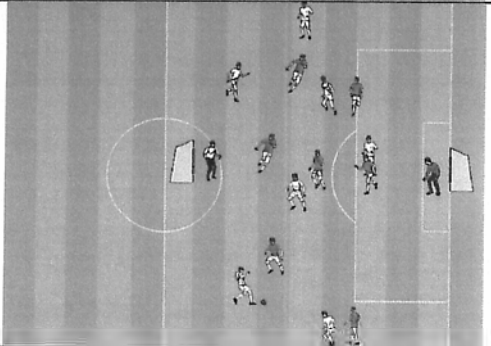
I.WARM-UP	Intensity: MED	Activity Time: 4m
Duration: 15m	Intervals: 3	Recovery Time: 1m
Organization (Physical Environment/Equipment/Players)		
10-15 x 10-15 grid. Center of each side has ladder or dummies or cones or coaching sticks for footwork. 6 balls in middle with player interchanging on the ball. Footwork on side after playing ball. Dynamic stretching in between.		
COACHING POINTS/KEY CONCEPTS		
Every player knows what their body needs, but don't go through the motions.		



II.Small-Sided Act.	Intensity: MED	Activity Time: 4m
Duration: 10m	Intervals: 2	Recovery Time: 1m
Organization (Physical Environment/Equipment/Players)		
8 cones. 2 players at starting point. One player at each cone. Up-back pattern, switch directions.		
COACHING POINTS/KEY CONCEPTS		
Crisp passing.		



III.Expanded Act.	Intensity: HIGH	Activity Time: 7m
Duration: 30m	Intervals: 3	Recovery Time: 3m
Organization (Physical Environment/Equipment/Players)		
18x18 grid. Expanded half way to 25-30x25-30. 7v7 + 2 neutrals (GK's) on ends. 10 passes equals goal. Touch restriction as needed.		
COACHING POINTS/KEY CONCEPTS		
Attack: Spacing, timing, communication, break lines. Defensively: Pressure to get head down while getting cover/balance.		

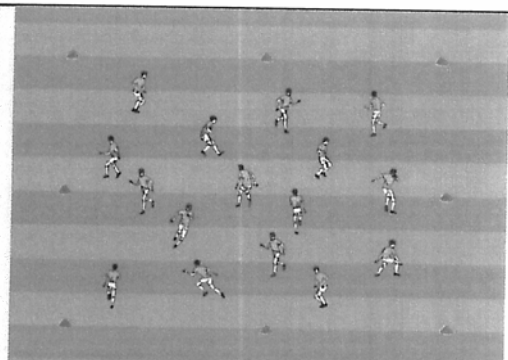


IV. GAME	Intensity: HIGH	Activity Time: 4m
Duration: 20m	Intervals: 4	Recovery Time: 1m
Organization (Physical Environment/Equipment/Players)		
Goals in tight. 36 yards long. 7v7 + 1 to big goals. Group not playing juggles.		
COACHING POINTS/KEY CONCEPTS		
Unlimited touches. One touch restriction. Two touch, but one to score. Unlimited again.		

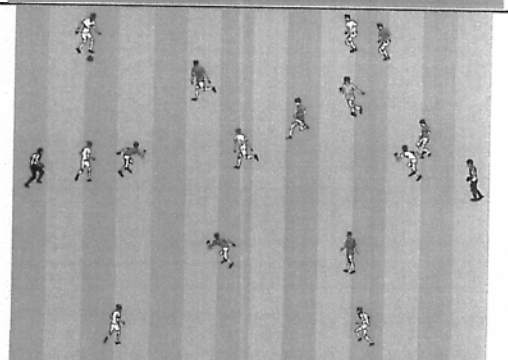


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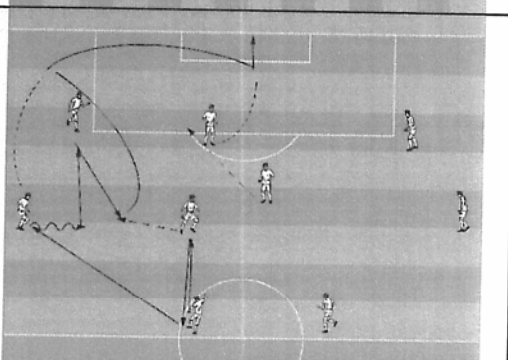
Name: Jon Parry	Team: SKC U14 Academy	Date:
Mesocycle: Spring 2015	Microcycle/Day:	
Training Objectives: Attacking with quick decision making. Attacking w/ purpose of breaking lines, playing forward.		



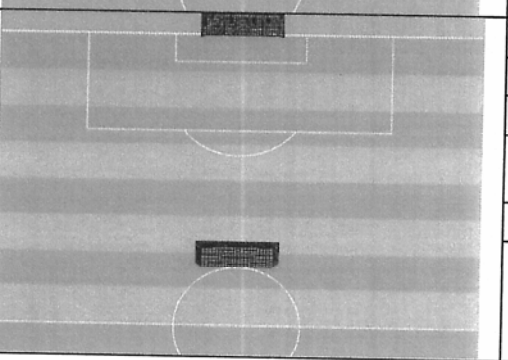
I.WARM-UP	Intensity: LOW	Activity Time: 3m
Duration: 15m	Intervals: 3	Recovery Time: 2m
Organization (Physical Environment/Equipment/Players)		
20x20 space.		
COACHING POINTS/KEY CONCEPTS		
Jog. Shuffle (fwd & back). Skip. High knees. Butt kicks. Open/close gate. Dynamic stretching: ¼ squat. Knee to chest. Heel to butt. Hip stretch. Inchworms.		



II.Small-Sided Act.	Intensity: MED	Activity Time: 3m
Duration: 20m	Intervals: 4	Recovery Time: 2m
Organization (Physical Environment/Equipment/Players)		
7v7+1(2-4-1 formation). 44 wide x 40 long grid. GK's as target players on ends. 10 passes = goal		
COACHING POINTS/KEY CONCEPTS		
Look to break lines. Good spacing/awareness...have an idea of options before you receive the ball.		



III.Expanded Act.	Intensity: LOW	Activity Time: 6m
Duration: 20m	Intervals: 3	Recovery Time: 1m
Organization (Physical Environment/Equipment/Players)		
Half field to goal. Pattern play starting with #'s 4,5 and utilizing #'s 2,3, 6, 8/10, 7, 11 and 9. No defenders.		
COACHING POINTS/KEY CONCEPTS		
Pattern 1: 5-6-5-3-11-6-cross to 9.		
Pattern 2: 4-6-4-2-8/10-7 (on run) cross to 9 or 8/10 (1 runner near)		
Pattern 3: 4-6-2-9 (shows/checks) various options (9-6 through ball)		

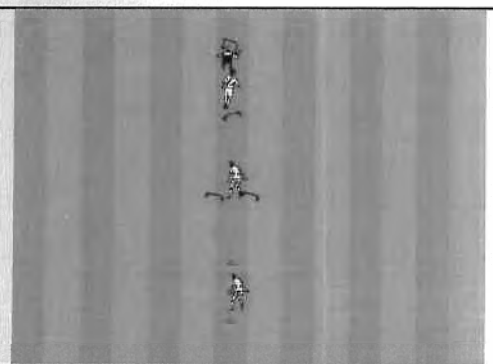


IV. GAME	Intensity: HIGH	Activity Time: 7m
Duration: 20m	Intervals: 2	Recovery Time: 3m
Organization (Physical Environment/Equipment/Players)		
Half field. Even number game.		
COACHING POINTS/KEY CONCEPTS		
Implement movements from patterns into pressure situations, looking to make runs to open spaces or break lines. End w/ shots/crosses.		

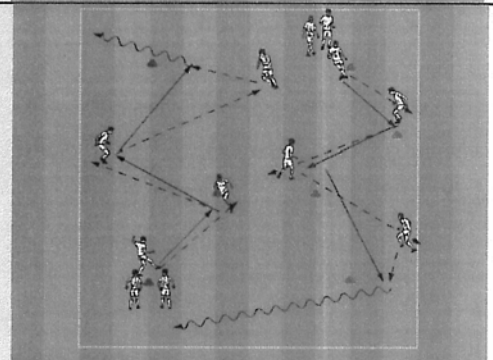


ACADEMY CURRICULUM

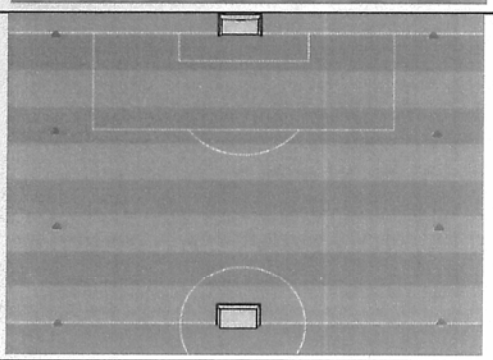
Name: Jon Parry	Team: SKC U14 Academy	Date:
Mesocycle: Spring 2015	Microcycle/Day:	
Training Objectives: Passing & movement off the ball.		
Technical session involving crisp movement off the ball & not going through motions. Quality of pass (weight and timing).		



I.WARM-UP	Intensity: MED	Activity Time: 3m
Duration: 15m	Intervals: 3	Recovery Time: 2m
Organization (Physical Environment/Equipment/Players)		
4 Lines. Cones. Small Hurdles (3). Big hurdle (1). Dynamic stretching in between intervals.		
COACHING POINTS/KEY CONCEPTS		
Quick footwork. Dynamic, soccer specific movements (lateral/forward). Typewriter through cones. Lateral footwork over small hurdles. Forward roll. Jump over small hurdle. Dive under larger hurdle. Variations.		



II.Small-Sided Act.	Intensity: LOW	Activity Time: 3m
Duration: 20m	Intervals: 5	Recovery Time: 1m
Organization (Physical Environment/Equipment/Players)		
4 grids of 4 cones staggered. 3 players w/ balls at beginning point of each grid. 1 player at each other cone.		
COACHING POINTS/KEY CONCEPTS		
Check for ball w/ purpose. Touch w/ inside foot and find next target. Follow pass. Player at end receives pass on move and dribbles to next grid. Finisher at final grid dribbles all the way to start of first grid. Variations: inside foot find next target. Up, back and through. 3 rd man combo.		

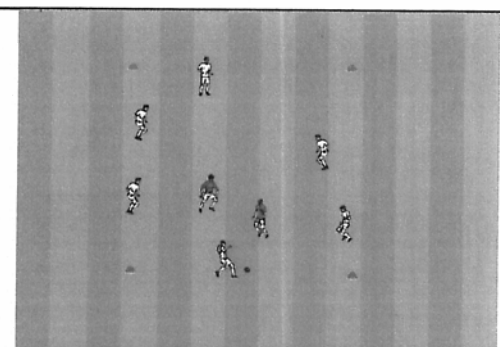


IV. GAME	Intensity: HIGH	Activity Time: 5m
Duration: 30m	Intervals: 6	Recovery Time: 0
Organization (Physical Environment/Equipment/Players)		
3 teams of 8. Half field to 2 big goals. Width 2 yards outside of each 18. Make it, take it. Winner stays on. 3 rd team plays 5v2.		
COACHING POINTS/KEY CONCEPTS		
Good spacing/shape. Movement off the ball, lose the defender. Support the ball, link or make runs in behind. End w/ quality chance.		



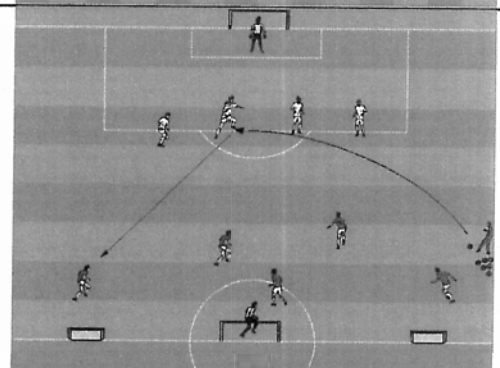
ACADEMY CURRICULUM

Name: Jon Parry	Team: SKC U14 Academy	Date:
Mesocycle: Spring 2015	Microcycle/Day:	
Training Objectives: Defensive organization. Defensive shape. Defending crosses.		



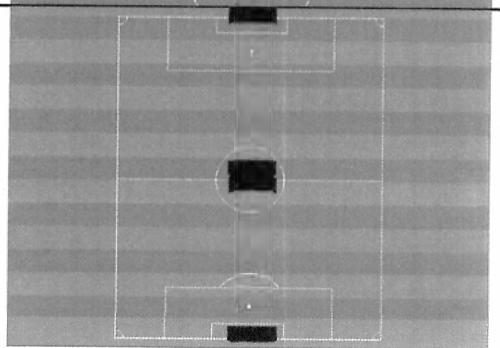
I. WARM-UP	Intensity: LOW	Activity Time: 4m
Duration: 15m	Intervals: 3	Recovery Time: 1m
Organization (Physical Environment/Equipment/Players)		
3 grids. 5v2. Dynamic movements/stretches in between.		

COACHING POINTS/KEY CONCEPTS
Movement off ball. Rotations.



III. Expanded Act.	Intensity: HIGH	Activity Time: 10m
Duration: 45m	Intervals: 3	Recovery Time: 5m
Organization (Physical Environment/Equipment/Players)		
Back 4 + GK. Attacking unit front 5 (#'s 7, 11, 8, 10, 9) + GK. Balls served in by coach from both sides and center (switch after each interval). Defensive clearance begins play. 2 big goals and 2 small goals for def. unit in wide positions.		

COACHING POINTS/KEY CONCEPTS
Clearances high and wide. Step lines as a unit (GK stays connected). High pressure w/ cover and balance. Def. unit attacks big goal or small goals. 2 groups rotating in attack and 2 groups rotating in defense.



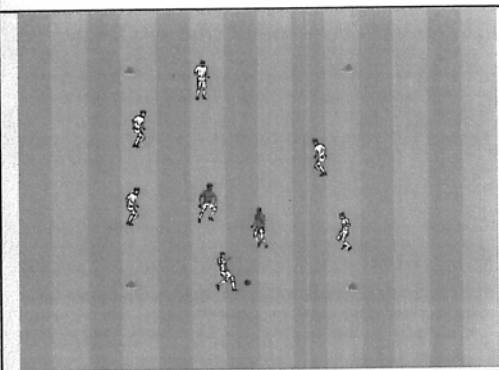
IV. GAME	Intensity: HIGH	Activity Time: 5m
Duration: 32m	Intervals: 4	Recovery Time: 3m
Organization (Physical Environment/Equipment/Players)		
2 fields (half field). 4 teams. Championship field/relegation field.		

COACHING POINTS/KEY CONCEPTS
Defensive spacing as a unit. High pressure, not token pressure on the ball.

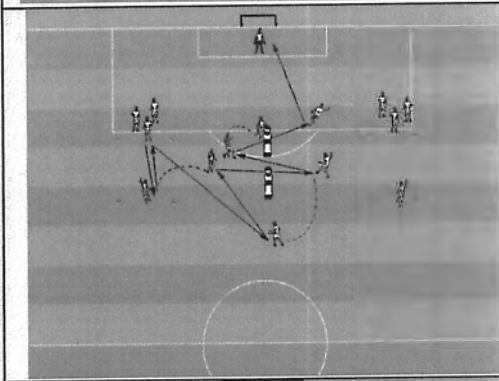


ACADEMY CURRICULUM

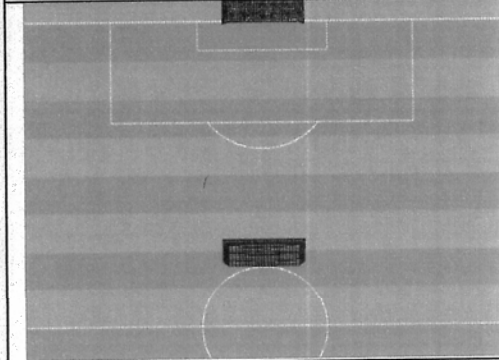
Name: Jon Parry	Team: SKC U14 Academy	Date:
Mesocycle: Spring 2015	Microcycle/Day:	
Training Objectives: Creating chances on goal. Shooting.		



I. WARM-UP	Intensity: MED	Activity Time: 4m
Duration: 15m	Intervals: 3	Recovery Time: 1m
Organization (Physical Environment/Equipment/Players)		
4 grids. 5v2. Unlimited touches to start. Evolved to players having to take two touches. One touch to end.		
COACHING POINTS/KEY CONCEPTS		
Angles, rotation, always want the ball, don't hide.		



II. Small-Sided Act.	Intensity: MED	Activity Time: 4m
Duration: 20m	Intervals: 4	Recovery Time: 1m
Organization (Physical Environment/Equipment/Players)		
2 zones just off ends of 18. 2 dummies, 5 yds apart in middle. 3 players in each starting spot. 1 player across on each side. 1 player centrally about 30 yards off (shooter). #9 behind final dummy closest to 18 lays off (rotate after a while).		
COACHING POINTS/KEY CONCEPTS		
Alternate lines. Player at start plays across to teammate who lays ball back to starting player. Starting player plays diagonal central ball and then player who laid original ball off offers support for this ball. Give and go with support player and then #9, ending with strike.		



IV. GAME	Intensity: HIGH	Activity Time: 7m
Duration: 45m	Intervals: 4	Recovery Time: 2m
Organization (Physical Environment/Equipment/Players)		
8v8. Goals in tight (36yds). Team not playing plays 5v2.		
COACHING POINTS/KEY CONCEPTS		
Lots of shots. If defender doesn't close down, have a go. Follow up shots.		



ACADEMY CURRICULUM


Name: SKC Coaching Staff	Team: SKC U13 Academy	Date:
Mesocycle: Fall 2015	Microcycle/Day:	
Training Objectives: Possession v Penetration		
Creating rhythm in attacking possession, while working on getting in behind the defensive line (emphasis on positional rotations)		

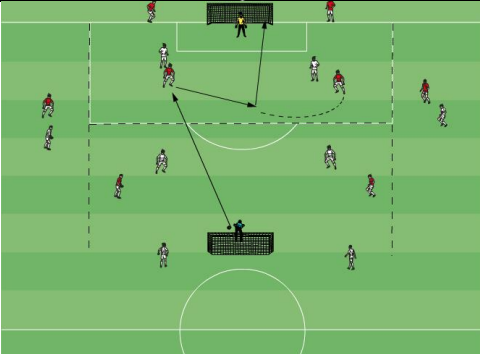
	I. WARM-UP	Intensity: LOW	Activity Time: 2m
	Duration: 15m	Intervals: 3	Recovery Time: 3m
	Organization (Physical Environment/Equipment/Players)		
	Split into groups of four, performing different passing sequences around square/diamond of cones. Perform general warming & dynamic stretches during active recovery in between each passing sequence		
COACHING POINTS/KEY CONCEPTS			
Vary passing sequences (i.e. playing outside of cones, taking first touch inside square & playing out, short-short-long, etc.). Focus on communication, first touch, body position in anticipation of pass, timing & angle of movement off of defender/cone			
	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: 4m
	Duration: 20m	Intervals: 4	Recovery Time: 1m
	Organization (Physical Environment/Equipment/Players)		
	Split into two groups, each going through identical passing patterns to goal, where the player ahead opens up opposite of the player before him. Play 5-10 balls each side, keeping count of each goal scored; losing team does punishment		
COACHING POINTS/KEY CONCEPTS			
Communication; timing of movement off the ball; angle of support; weight/angle of pass; finishing technique			
	IV. GAME	Intensity: HIGH	Activity Time: 8m
	Duration: 30m	Intervals: 3	Recovery Time: 2m
	Organization (Physical Environment/Equipment/Players)		
	9v9 to goal (2-3-3); ½ field. Restrictions: encourage the #9 to remain the point & stretch the field vertically; vary # of touches		
COACHING POINTS/KEY CONCEPTS			
Option (to build/encourage rhythm in possession): restrict touches – 2 touches to play forward, one touch to play back. Coaching Pts: team shape in attack (form triangles, esp. b/w 7, 8, 9, 10, 11); recognizing when to possess v penetrate; movement off the ball			

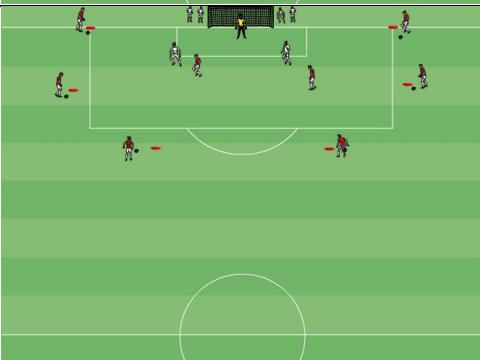



ACADEMY CURRICULUM

Name: SCKDA Coaching Staff	Team: SKC U14 Academy	Date:
Mesocycle: Fall 2015	Microcycle/Day:	
Training Objectives: Finishing phase		
Anticipate and adjust to shoot.		

	I.WARM-UP	Intensity: LOW	Activity Time: 4m
	Duration: 15m	Intervals: 3	Recovery Time: 1m
	Organization (Physical Environment/Equipment/Players)		
	Group jog. Dynamic stretching. In small groups, pass and move.		
	COACHING POINTS/KEY CONCEPTS		
Build up to strike over distance.			

	II.Small-Sided Act.	Intensity: HIGH	Activity Time: 3m
	Duration: 30m	Intervals: 8	Recovery Time: 30s
	Organization (Physical Environment/Equipment/Players)		
	44x36. Field split in half. 2 v 2 in each half. 1 neutral/ team on width. 2 neutrals/ team on goal lines (each side of big goal). GK's included.		
	COACHING POINTS/KEY CONCEPTS		
GK can't play wide, and must stay in box (6). DEF players must remain goal side to start. Wide neutrals-2 touch. End neutrals-1 touch. Anticipate and adjust to provide opportunities for finishing.			

	III.Expanded Act.	Intensity: HIGH	Activity Time: 2m
	Duration: 20m	Intervals: 8	Recovery Time: 30s
	Organization (Physical Environment/Equipment/Players)		
	18 yard box. Big goal. 6 numbered stations. 2v2 inside 18. Ball starts with what number called.		
	COACHING POINTS/KEY CONCEPTS		
Quick rotations reps. Create and finish shooting opportunities.			

	IV. GAME	Intensity: LOW	Activity Time:
	Duration	Intervals:	Recovery Time:
	Organization (Physical Environment/Equipment/Players)		
	COOL DOWN. Group stretch.		
	COACHING POINTS/KEY CONCEPTS		



ACADEMY CURRICULUM

Name: SKC Coaching Staff

Team: SKC U14 Academy

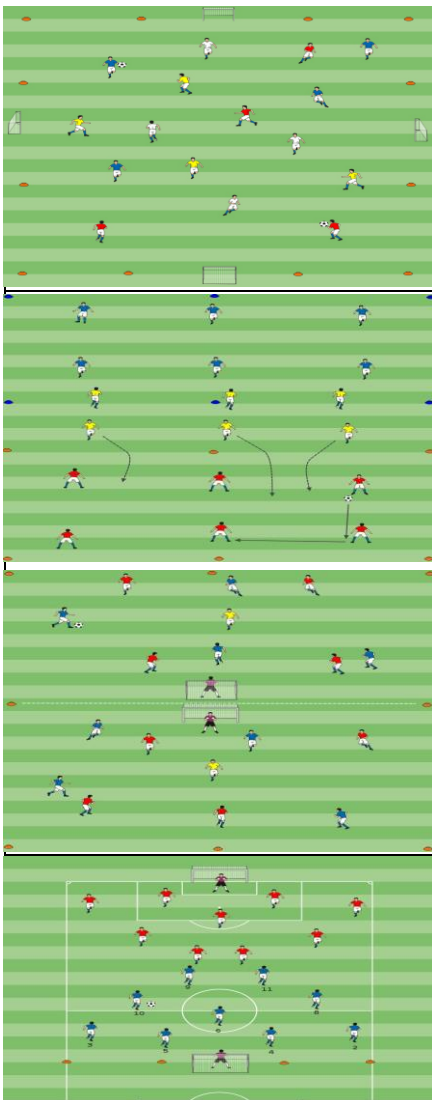
Date: -

Mesocycle: Spring 2016

Microcycle/Day: -

TRAINING OBJECTIVE(S):

Possession with Emphasis on Changing the Point of Attack



I. WARM-UP <i>Duration:</i> 9 min ORGANIZATION (Physical Environment / Equipment / Players) Begin with GW, divide into 4 teams of 4 with 4 goals to score on, play regular handball rules, then move into handball variation with DS as active rest COACHING POINTS / KEY CONCEPTS Game should serve as a sensory overload with a lot of actions/integrations, always be moving and staying active off the ball, look to combine and create chances with teammates	<i>Intensity:</i>	MED	<i>Activity Time:</i>	2 min
	<i>Intervals:</i>	3	<i>Recovery Time:</i>	1 min
	II. SMALL-SIDED ACTIVITY			
	<i>Duration:</i> 20 min	<i>Intensity:</i> HIGH	<i>Intervals:</i> 5	<i>Activity Time:</i> 3 min
ORGANIZATION (Physical Environment / Equipment / Players) 6v6+6 (6v3 in each endzone) Possession: After 5 passes, ball can be played to opposite zone, 3 DEF can enter ATT zone to prevent transfer/break build-up; Variation: put touch limits on ATT COACHING POINTS / KEY CONCEPTS ATT: Dictate the tempo, playing quick versus drawing in DEF, recognize the pace of play, movement off the ball, find the passing lanes, anticipation, weight/accuracy of the pass, quality first touch, communication; DEF: cut off the passing lanes, stay compact	III. EXPANDED ACTIVITY			
	<i>Duration:</i> 24 min	<i>Intensity:</i> MED	<i>Intervals:</i> 3	<i>Activity Time:</i> 6 min
	ORGANIZATION (Physical Environment / Equipment / Players)			
	8v8+2 to Goal: ATT can score on either goal once they complete 5 passes; Variations: touch limits, can't score on the goal in the half you earn possession in			
COACHING POINTS / KEY CONCEPTS ATT (blue): find the open space, create space, movement off the ball, weight/accuracy of passes, communication, quality first touch, draw out DEF (red) to create overload (encourage pressure), change the point of attack quickly, create passing lanes	IV. GAME			
	<i>Duration:</i> 22 min	<i>Intensity:</i> MED	<i>Intervals:</i> 2	<i>Activity Time:</i> 8 min
	ORGANIZATION (Physical Environment / Equipment / Players)			
	9v9: 3/4 of the field, no restrictions			
COACHING POINTS / KEY CONCEPTS				
ATT: find the open space, movement off the ball, dictate the tempo, find passing lanes; DEF: cut off passing lanes, stay compact, communication				