



# ACADEMY CURRICULUM

Name: SKC Coaching Staff

Team: SKC U9/U11 Center of Excellence

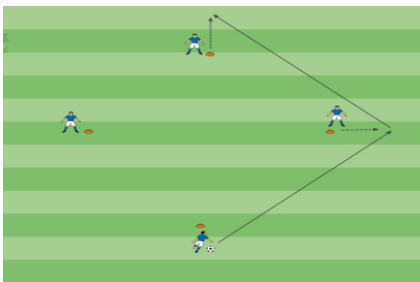
Date: -

Mesocycle: Spring 2016

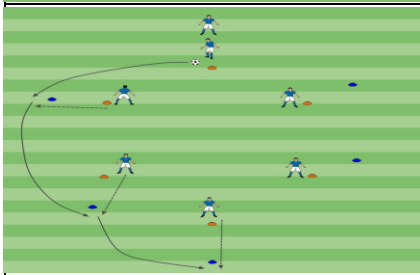
Microcycle/Day: -

## TRAINING OBJECTIVE(S):

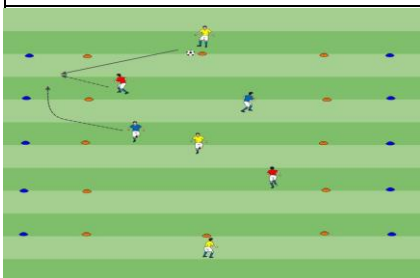
Passing, Receiving, and Separation from Defenders



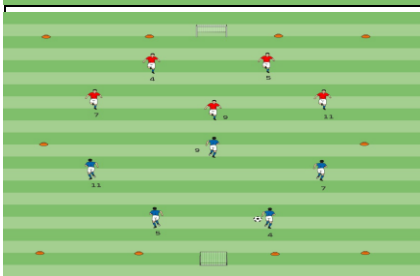
<b>I. WARM-UP</b>	Intensity:	LOW	Activity Time:	3 min
Duration: 20 min	Intervals:	5	Recovery Time:	1 min
<b>ORGANIZATION (Physical Environment / Equipment / Players)</b>				
Pass and Receive: receiving player checks away from cone to receive the pass, vary which foot receives and which passes (ex. inside-inside=same foot, inside-outside=both feet, outside-				
<b>COACHING POINTS / KEY CONCEPTS</b>				
Pop open/separate from the DEF, weight/accuracy of passes, importance of good first touch, use correct foot and correct part of the foot to pass and receive				



<b>II. SMALL-SIDED ACTIVITY</b>	Intensity:	LOW	Activity Time:	3 min
Duration: 15 min	Intervals:	3	Recovery Time:	2 min
<b>ORGANIZATION (Physical Environment / Equipment / Players)</b>				
Pass and Receive Variation: receiving player checks away from cone to receive the pass, designate which foot receives and which passes (inside-inside=same foot, inside-outside=both				
<b>COACHING POINTS / KEY CONCEPTS</b>				
Focus on angled plays, give support to your teammate, create space, separate from the DEF, importance of good first touch, play the ball on an angle, play quickly, communication, use both feet, create different lines to play through				



<b>III. EXPANDED ACTIVITY</b>	Intensity:	MED-HIGH	Activity Time:	4 min
Duration: 15 min	Intervals:	3	Recovery Time:	1 min
<b>ORGANIZATION (Physical Environment / Equipment / Players)</b>				
2v2+3 Variation: ATT can pop open into wide zones for 3 seconds, DEF can't follow into wide zones until ATT receives the ball				
<b>COACHING POINTS / KEY CONCEPTS</b>				
ATT: Create space, separate from the defender, support your teammate, communication, movement off the ball, game-speed, importance of first touch, move the ball quickly, use the correct foot to pass and receive				



<b>IV. GAME</b>	Intensity:	MED-HIGH	Activity Time:	4 min
Duration: 10 min	Intervals:	2	Recovery Time:	1 min
<b>ORGANIZATION (Physical Environment / Equipment / Players)</b>				
5v5 to Mini Goals: no restrictions; Variation: add wide zones from the expanded activity to the game, put a 2 or 3 touch limit in place to force quicker ball movement (therefore quicker off ball				
<b>COACHING POINTS / KEY CONCEPTS</b>				
ATT: create space, separate from the DEF, communication, game-speed, weight/accuracy of passes, play the ball on angles, movement off the ball				