



# SPORTING SESSIONS



Name: SKC Coaching Staff

Team: SKC Academy U8-U12

Date: -

Mesocycle: Spring 2017

Microcycle/Day: -

**TRAINING OBJECTIVE(S):**

To improve players ability to eliminate opposing players & be more confident in 1v1 situations

	<p><b>I. WARM-UP</b> <i>Intensity:</i> <table border="1"><tr><td>LOW</td></tr></table> <i>Activity Time:</i> <table border="1"><tr><td>2 min</td></tr></table>  <i>Duration:</i> <table border="1"><tr><td>18 min</td></tr></table> <i>Intervals:</i> <table border="1"><tr><td>6</td></tr></table> <i>Recovery Time:</i> <table border="1"><tr><td>1 min</td></tr></table></p> <p><b>ORGANIZATION (Physical Environment / Equipment / Players)</b>            Players start with jogging &amp; progress to add dynamic stretching. Opposite lines work together in unison</p> <p><b>COACHING POINTS / KEY CONCEPTS</b>            Synchronize each action by 1) paying attention to the players around you, 2) the spacing b/w you, 3) giving information, 4) receiving information</p>	LOW	2 min	18 min	6	1 min
LOW						
2 min						
18 min						
6						
1 min						
	<p><b>II. SMALL-SIDED ACTIVITY</b> <i>Intensity:</i> <table border="1"><tr><td>MED</td></tr></table> <i>Activity Time:</i> <table border="1"><tr><td>4 min</td></tr></table>  <i>Duration:</i> <table border="1"><tr><td>20 min</td></tr></table> <i>Intervals:</i> <table border="1"><tr><td>4</td></tr></table> <i>Recovery Time:</i> <table border="1"><tr><td>1 min</td></tr></table></p> <p><b>ORGANIZATION (Physical Environment / Equipment / Players)</b>            Opposite lines work together. Players must dribble to center point &amp; execute the designated move, then pass the ball into the far half of small goal, then turn left to end of next line</p> <p><b>COACHING POINTS / KEY CONCEPTS</b>            Synchronize each action; set up space you wish to get into by drawing or fixing defender; be deceptive at right moment; gain time</p>	MED	4 min	20 min	4	1 min
MED						
4 min						
20 min						
4						
1 min						
	<p><b>III. EXPANDED ACTIVITY - A</b> <i>Intensity:</i> <table border="1"><tr><td>HIGH</td></tr></table> <i>Activity Time:</i> <table border="1"><tr><td>4 min</td></tr></table>  <i>Duration:</i> <table border="1"><tr><td>20 min</td></tr></table> <i>Intervals:</i> <table border="1"><tr><td>4</td></tr></table> <i>Recovery Time:</i> <table border="1"><tr><td>1 min</td></tr></table></p> <p><b>ORGANIZATION (Physical Environment / Equipment / Players)</b>            Opposite lines work together. Players must dribble to center point, stop ball a yard before, get around cone, play opp. Ball to ATT, but turn &amp; defend the other ATT who received a ball</p> <p><b>COACHING POINTS / KEY CONCEPTS</b>            Same coaching points as previous activity; Note: ATT player must pop off at right time to rec. ball &amp; go at DEF; Still aim to finish at far half of goal; Restriction: must be in specific half of field to finish (i.e. right half, ATT half)</p>	HIGH	4 min	20 min	4	1 min
HIGH						
4 min						
20 min						
4						
1 min						
	<p><b>IV. EXPANDED ACTIVITY - B</b> <i>Intensity:</i> <table border="1"><tr><td>HIGH</td></tr></table> <i>Activity Time:</i> <table border="1"><tr><td>8 min</td></tr></table>  <i>Duration:</i> <table border="1"><tr><td>20 min</td></tr></table> <i>Intervals:</i> <table border="1"><tr><td>2</td></tr></table> <i>Recovery Time:</i> <table border="1"><tr><td>2 min</td></tr></table></p> <p><b>ORGANIZATION (Physical Environment / Equipment / Players)</b>            4v4 to goals with no GK's; Restart only with goal kicks</p> <p><b>COACHING POINTS / KEY CONCEPTS</b>            Emphasize spacing to create 1v1 situations; encourage confidence &amp; risk-taking in 1v1's</p>	HIGH	8 min	20 min	2	2 min
HIGH						
8 min						
20 min						
2						
2 min						



# SPORTING SESSIONS

## SPORTING KC ACADEMY CURRICULUM



<b>Program:</b>	Sporting KC Academy Curriculum	<b>Age/Level:</b>	U12
<b>Objective:</b>	Getting Open	<b>Date:</b>	11-Jan-19

**Activity 1:** Footwork/Throw Ins



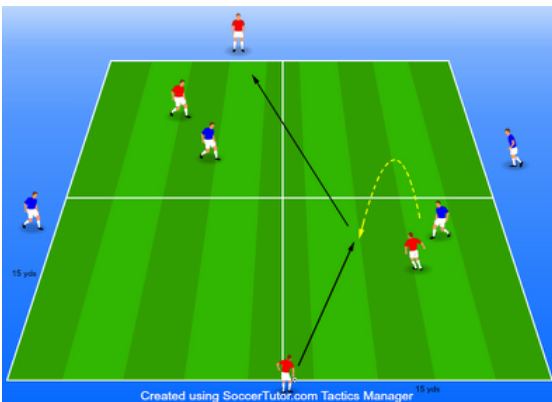
<b>Description:</b>	<b>Duration:</b>	15-20 min
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**Footwork:** Players will execute different technical footwork movements with both feet on the command of the coach.

**Throw Ins:** Player receiving the ball will do a double movement before receiving the ball. Once he receives the ball, he will play back to the thrower's feet in 1 touch.

<b>Coaching Points:</b>	<b>Progressions:</b>
<ul style="list-style-type: none"> <li>*Technical- techniques (hands behind head &amp; follow through while throwing, bend knees and push ball back to teammate w/ inside of foot)</li> <li>*Movement- double movement away from the ball 1st</li> </ul>	Execute with both feet.

**Activity 2:** 2v2 + 2



<b>Description:</b>	<b>Duration:</b>	15-20 min
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Players will try to play with their teammates to their bumper players. ATT team must never be in the same zone in the middle. ATT players must be on different sides (left/right) of the field or it will result in a turnover. To score, you must go from one bumper to the other bumper without losing the ball or without the defenders touching the ball.

<b>Coaching Points:</b>	<b>Progressions:</b>
<ul style="list-style-type: none"> <li>*Technical- open body to play forward, first touch (directional touch to eliminate defender)</li> <li>*Spatial awareness- know space to enter, know where your teammate is looking to go to maximize space, double movement to create space from DEF</li> <li>*Communicate- eye contact, verbal</li> </ul>	If you want to play backwards, must do so in 1 touch.

**Activity 3:** 8v8 Play



<b>Description:</b>	<b>Duration:</b>	
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Teams are trying to build up and score goals. Restarts are goal kicks and throw ins. Central players are locked in the central zone when in zone 1 & 2. One ATT player can dribble into the middle zone. Defensively, only central DEF players can be in the middle zone. Both teams will play a 4-2-1 in DEF and a 2-2-3 in ATT.

<b>Coaching Points:</b>	<b>Progressions:</b>
<ul style="list-style-type: none"> <li>*Technical- body shape (open body to play forward), 1st touch, finishing technique, passing technique</li> <li>*Communicate- verbal/non-verbal</li> <li>*Movement- off ball and into open space, be aware of teammates movement</li> </ul>	<ol style="list-style-type: none"> <li>1. Automatic point if you play forwards or sideways through the middle zone.</li> <li>2. Central players must play backwards in 1 touch.</li> </ol>



# SPORTING SESSIONS



Name: SKC Coaching Staff

Team: SKC Academy U12-U15

Date: -

Mesocycle: Spring 2017

Microcycle/Day: -

### TRAINING OBJECTIVE(S):

Timing & synchronization in attack: creating scoring opportunities from wide positions (passing to finish)



**I. WARM-UP** Intensity: MED Activity Time: 2 min  
 Duration: 12 min Intervals: 4 Recovery Time: 1 min

**ORGANIZATION (Physical Environment / Equipment / Players)**  
 Cogi square w/ passing progressions. 4 players dribble to center cone, stopping ball & rotate to switch position/ball; all players should switch & play to next player at same time

**COACHING POINTS / KEY CONCEPTS**  
 Who is the trigger for movement? What foot do you pass the ball to? What foot should you receive with? Where is the space? When do you leave? Why are we doing this? When should the receiving player pop off?



**II. SMALL-SIDED ACTIVITY** Intensity: MED Activity Time: 4 min  
 Duration: 20 min Intervals: 4 Recovery Time: 1 min

**ORGANIZATION (Physical Environment / Equipment / Players)**  
 Modified 4v4+3 (possession w/ numerical superiority, where objective is to play target to target): players restricted to specific quadrants/sections of space, defined by lines/cones

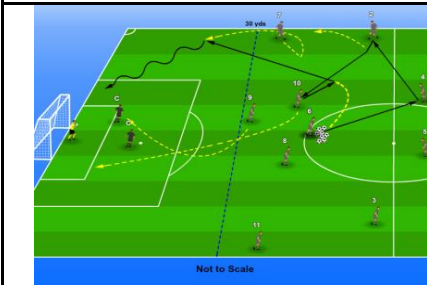
**COACHING POINTS / KEY CONCEPTS**  
 Proper spacing, positioning on different lines/levels; angles of support; awareness/vision to skip lines & advance ball forward; body positioning to receive ball; communication



**III. EXPANDED ACTIVITY - A** Intensity: HIGH Activity Time: 7 min  
 Duration: 27 min Intervals: 3 Recovery Time: 2 min

**ORGANIZATION (Physical Environment / Equipment / Players)**  
 PRG-I: Ball starts w/ 6, who plays to 4/5, who opens hips & plays to 2/3 out wide; 2/3 takes hard touch in, plays into 7/11, who sets 6 for through ball. 2/3 overlaps in behind, dribbles inside box for pass to finish

**COACHING POINTS / KEY CONCEPTS**  
 PRG-II: 2/3 plays into 10, who sets for 6, 7/11 checks in & then spins out for penetrating ball; PRG-III (diagrammed): 2/3 plays into 9 who can play to 7/11, sets for 6 (6 can play to 7/11 or 10 in behind), or dummy ball for 10



**IV. EXPANDED ACTIVITY - B** Intensity: HIGH Activity Time: 7 min  
 Duration: 18 min Intervals: 2 Recovery Time: 2 min

**ORGANIZATION (Physical Environment / Equipment / Players)**  
 Begin progressions as in previous activity. PRG-IV (diagrammed): 2/3 plays into 10, who sets for 6, 7/11 checks in & then spins out for penetrating ball

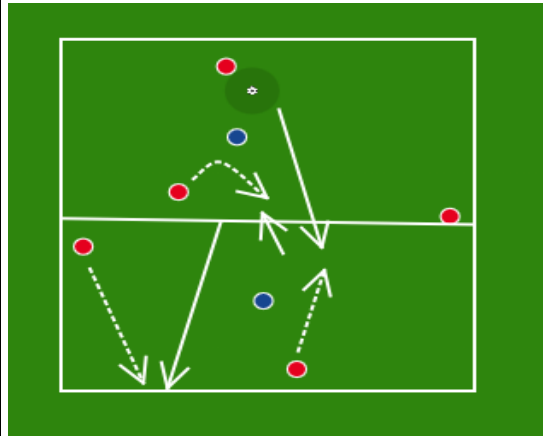
**COACHING POINTS / KEY CONCEPTS**  
 Timing of movement; Good decision-making inside box; varied runs off of ball; PRG-V: 2/3 plays into 9, who plays to 7/11, who sets for 6 or dummies to 10 running in behind

DATE:		DURATION:		PHASE:	PRINCIPLE OF PLAY:
Feb	1	2018	70 mins		
TIME:		AGE:		ATTACKING	COUNTER PRINCIPLE:
		U12			

### UNBALANCE/DESTABILIZE

#### COGI 5v2 Penetrating Play after Creation of Space

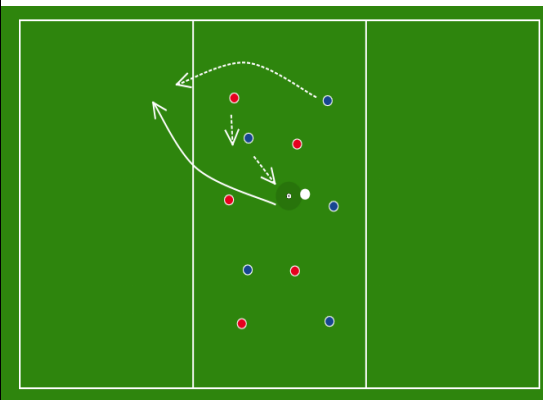
PEM



WORK	DESCRIPTION	DIMESIONS	NOTES
3	5v2. Defending team has a player in each half. Balls always start from the player furthest from the goal. Attacking team is trying to penetrate the endlne to a player running on to the ball. Defedning team must keep 1 player in each half.	24x24 COGI Cross	
REST			
1			
SETS			
8			
TOTAL	COACHING POINTS		
32	Push pass - Punch Pass - Bended Pass - Protect the ball with body		
TECHNICAL			
TACTICAL			
PROGRESSION		1. Player running on to the final pass shoots. 2. When the 1st zone is penetrated the defender from that zone can retreat.	

#### 5v5+1 Penetrating Play after Creation of Space

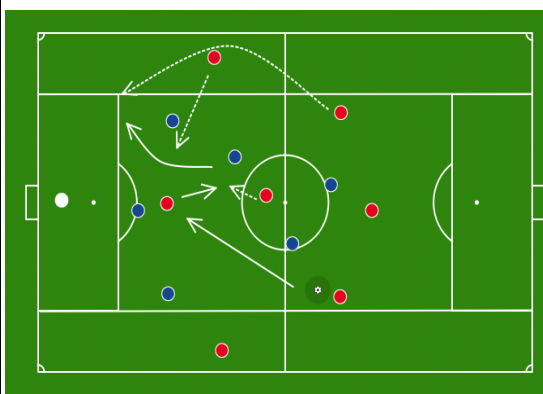
PTDM



WORK	DESCRIPTION	DIMESIONS	NOTES
3	5v5+1. Teams score by penetrating the "endzone" with a pass to a player running in to the zone. If a team loses the ball, they must retreat into their defensive half before pressing the ball. Restarts come from the coach on the sideline.	36x30	
REST			
1			
SETS			
6			
TOTAL	COACHING POINTS		
24	Push pass - Punch Pass - Bended Pass - Protect the ball with body - Lofted Pass - Scoop Pass		
TECHNICAL			
TACTICAL		Creating openings within the defending team with movement - Recognition of space to penetrate - Give/Go's to create space and penetrate.	
PROGRESSION		1. Final pass must be on the ground. 2. Final pass must be in the air.	

#### 7v7 Penetrating Play after Creation of Space

PSAM



WORK	DESCRIPTION	DIMESIONS	NOTES
6	7 Attackers play in a 3-1-3. 7 Defenders play in a 1-3-2-1. Attacking team must always keep only 1 player in wide zones. Defending team must stay in front of the offside line until ball is played in to an attacker. Attacking team is trying to penetrate the offside line with a pass to a player running in behind. Attacking team has 5 seconds to score. Defending team can retreat once ball is played passed offside line. Defending team scores on counter goals.	56x55	
REST			
2			
SETS			
2			
TOTAL	COACHING POINTS		
16	Push pass - Punch Pass - Bended Pass - Protect the ball with body - Lofted Pass - Scoop Pass		
TECHNICAL			
TACTICAL		Creating openings within the defending team with movement - Recognition of space to penetrate - Give/Go's to create space and penetrate. - Overlaps between wide players - Different levels/different lines.	
PROGRESSION			



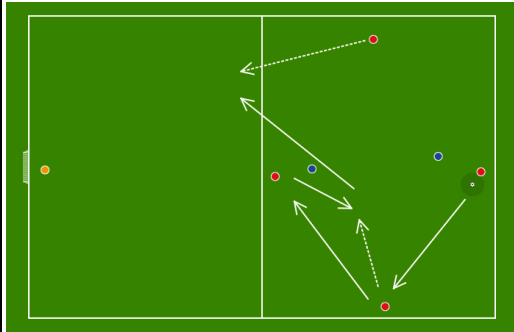
# SPORTING SESSIONS



DATE:		DURATION:		PHASE:	PRINCIPLE OF PLAY:
Mar	8	2018	70 mins	ATTACKING	Play "combination" to create numerical superiority
TIME:		AGE:		COUNTER PRINCIPLE:	
		U12			

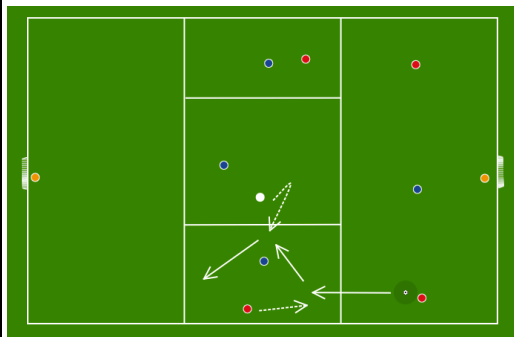
## UNBALANCE/DESTABILIZE

### COGI 4v2



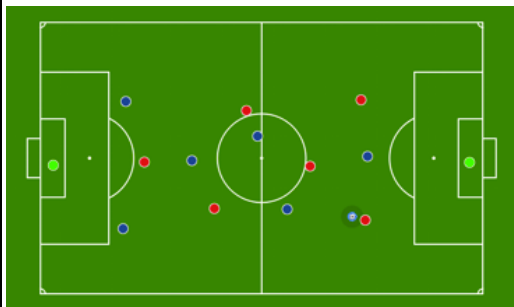
WORK	DESCRIPTION	DIMESIONS	NOTES
1	Players will pass the ball around COGI cross unopposed staying on different levels and different lines. At any moment, 1 player can initiate a combination leading to a final pass behind the offside line. Once the ball is played across the offside line, the team has 3 seconds to score.	20x20 COGI Cross	Rules: 1. Final pass must be in 1 touch. 2. Must play in 1 touch if not facing forward. 3. The ball must go to 2 players before making the final pass. Questions: 1. Where can you move to create a numerical advantage? 2. Where can you move to be an option if your teammate receives the ball with their back to goal?
REST			
1			
SETS			
10	<b>COACHING POINTS</b>		
TOTAL	Open body shape to play forward - push pass - driven pass - chipped pass		
20	TECHNICAL	Angles of support - Give and Go - Create space to perform an overlap - Cue for a set (back to goal) - 3rd man run - Communication	
	TACTICAL	1. Add 2 defenders. Attacking team is passing the ball around until they can create an opportunity to perform any combination leading to a final pass behind the offside line.	

### 4v4+1 Combination Play to create numerical superiority



WORK	DESCRIPTION	DIMESIONS	NOTES
3	4v4+1. Defending team must defend above the offside line. Only 1 defender allowed in each channel of the middle 3rd. The attacking team is trying to pass to a player running in behind the offside line. Once the attacking team has 4 seconds to score once the ball crosses the offside line. Defending team can send 1 defender once the ball has crossed the offside line. Joker is limited to 2 touches.	35x25	Questions: 1. Where can you move to create a numerical advantage? 2. How can we take advantage of the numerical advantage? 3. What do we need once a player has "set" a ball"?
REST			
1			
SETS			
8	<b>COACHING POINTS</b>		
TOTAL	Open body shape to play forward - push pass - driven pass - chipped pass		
32	TECHNICAL	Angles of support - Give and Go - Create space to perform an overlap - Cue for a set (back to goal) - 3rd man run - Communication	
	TACTICAL	Rules: 1. Final pass must be played in 1 touch. 2. Extra defender can come into zone after 1 touch. 3. If player can dribble from an outside channel to the middle channel, they don't have to play final pass in 1 touch, if the pass is toward zone they left. 4. If facing backwards, must play in 1 touch.	

### 7v7



WORK	DESCRIPTION	DIMESIONS	NOTES
5	Normal Rules.	45x30	
REST			
1			
SETS			
2	<b>COACHING POINTS</b>		
TOTAL	Open body shape to play forward - push pass - driven pass - chipped pass		
12	TECHNICAL	Angles of support - Give and Go - Create space to perform an overlap - Cue for a set (back to goal) - 3rd man run - Communication	
	TACTICAL		
	PROGRESSION		



# SPORTING SESSIONS



<b>DATE:</b>			<b>DURATION:</b>		<b>PHASE:</b>	<b>PRINCIPLE OF PLAY:</b>	
Mar	6	2018	80	mins		Game Combination (actions 2 or 3 players)	
<b>TIME:</b>			<b>AGE:</b>		<b>ATTACKING</b>	<b>COUNTER PRINCIPLE:</b>	
			U12				

## POSSESSION TO ADVANCE

<b>Technical Moves Warm-Up</b>		<b>PEM</b>		
	<b>WORK</b>	<b>DESCRIPTION</b>	<b>NOTES</b>	
	3	Players opposite of each other start dribbling into the middle cone at the same time. They do the #4 move at the cone. Once they exit, they pass to the next player and ask for a bounce. Once they bounce that players move to the side of the cone. They receive a ball and perform a swivel turn and then a cut. Once they cut, they start dribbling towards the middle cone.		<b>DIMESIONS</b> 10x10x10
	<b>REST</b>	0.5		
	<b>SETS</b>	3		
	<b>TOTAL</b>	10.5		
	<b>COACHING POINTS</b>			
<b>TECHNICAL</b>	Quick touches towards the cone - Execute moves at speed			
<b>TACTICAL</b>	Eye contact before passing - double movement - non verbal communication.			
<b>PROGRESSION</b>	1. Use other foot. 2. Scissor, flip flap, pull 3. Double scissor, cut.			

<b>4v4+1</b>		<b>PTDM</b>		
	<b>WORK</b>	<b>DESCRIPTION</b>	<b>NOTES</b>	
	4	24x16 yd field plus an additional 5 yard wide parking lot on the left and right side. Goals are 5 yards behind each endline. When a team is in possession, one player can open up into the "parking lot" to provide an option. Defenders cannot go into parking until attacker takes a touch. GK's stay in their zone, unless the ball is in attacking half, they must step onto the field. Joker is limited to 2 touches.		<b>DIMESIONS</b> 24x16 w/ two 5 yd endzones.
	<b>REST</b>	1		
	<b>SETS</b>	8		
	<b>TOTAL</b>	40		
	<b>COACHING POINTS</b>			
<b>TECHNICAL</b>	Check your shoulders - Placement of pass (lead foot/protect foot) - Weight of pass - Open body when receiving (if possible) - Eye Contact - Hand Gestures - Communicate with words			
<b>TACTICAL</b>	Open the game when team gains possession - Give/Go - 3rd man run - Check towards ball when teammate is under pressure - Synchronized movements to create a combination			
<b>PROGRESSION</b>	Rules: 1. Players can only be in the parking lot for 3 seconds without the ball. 2. Players have 1 touch in the parking lot. 3. Cannot play a give and go in defensive 3rd. 4. If facing backwards in attacking half, must play in 1 touch.			

<b>4v4+1</b>		<b>PSAM</b>		
	<b>WORK</b>	<b>DESCRIPTION</b>	<b>NOTES</b>	
	4	Normal Rules.		<b>DIMESIONS</b> 35x25
	<b>REST</b>	1		
	<b>SETS</b>	2		
	<b>TOTAL</b>	10		
	<b>COACHING POINTS</b>			
<b>TECHNICAL</b>	Check your shoulders - Placement of pass (lead foot/protect foot) - Weight of pass - Open body when receiving (if possible) - Eye Contact - Hand Gestures - Communicate with words			
<b>TACTICAL</b>	Open the game when team gains possession - Give/Go - 3rd man run - Check towards ball when teammate is under pressure - Synchronized movements to create a combination			
<b>PROGRESSION</b>				



# SPORTING SESSIONS

## SPORTING KC ACADEMY CURRICULUM



<b>Program:</b>	SKC Academy U12 Curriculum	<b>Age/Level:</b>	U12	<b>Date:</b>	1-Dec-18
<b>Objective:</b>	Getting Open/Unmarked to Pass or Finish				

<b>Activity 1:</b>	Technical Pattern	<b>Description:</b>	<b>Duration:</b>	20-30 min
		<p>Groups of 3 going to goal. Ball starts w/ player 1 who plays the ball centrally, then peels off and curls their run, staying onside, to the back post. Player 2 checks centrally, receives ball w/ their back to player 3, then turns &amp; plays a through ball between the defenders. Player 3 will time their run to stay onside, and play a first-time cross to player 1 to finish.</p>		
		<b>Coaching Points:</b>	<b>Progressions:</b>	
		<p>*Technical- passing technique, 1st touch, pace of pass, type of pass, etc. *Body shape- prepared to receive ball, proactive movements</p>		<p>Execute on the opposite side of field</p>
<b>Activity 2:</b>	Volleying/Heading To Goal	<b>Description:</b>	<b>Duration:</b>	15-20 min
		<p>Player at the top of the box will volley a ball into the big goal and then head another ball into the small goal on the side.</p>		
		<b>Coaching Points:</b>	<b>Progressions:</b>	
		<p>*Technical- shooting technique (inside of foot), pace/placement of shot, heading technique *Body shape- open your body to shoot, adjust body position to ball</p>		<p>Make it a competition between two teams. Count how many goals &amp; header goals they can score in a five minute period.</p>
<b>Activity 3:</b>	3v3 Finishing Game	<b>Description:</b>	<b>Duration:</b>	20-30 min
		<p>Teams coming onto field can dribble onto field or pass the ball to a wide neutral winger. The wide winger can serve a cross in 2 touches or dribble onto the field to create a 4v3. When the ball goes out of bounds, the team in possession transitions off and the team waiting comes on with a new ball.</p>		
		<b>Coaching Points:</b>	<b>Progressions:</b>	
		<p>*Body shape- open up, check shoulders *Technique- shooting/passing technique *Spatial awareness- notice if there is space to attack, dangerous movements, when to accelerate</p>		<p>Rules: 1) Wide player must dribble onto field or cross ball in 2 touches. 2) If wide player takes 1st touch onto field, he must take a shot or the player he passes to must shoot with his 1st touch.</p>



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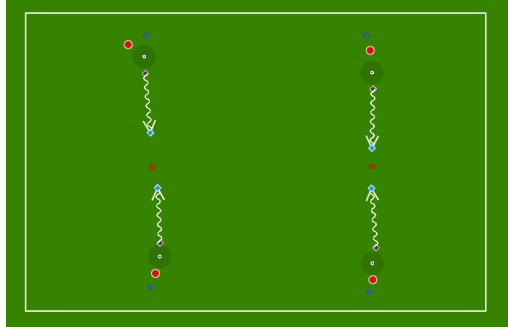


DATE:		DURATION:		PHASE:	PRINCIPLE OF PLAY:
Mar	6	2018	80 mins	ATTACKING	Game Combination (actions 2 or 3 players)
TIME:		AGE:		COUNTER PRINCIPLE:	
		U13			

## POSSESSION TO ADVANCE

### Technical Moves Warm-Up

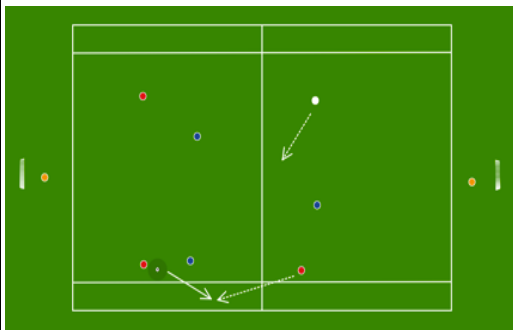
PEM



WORK	DESCRIPTION	DIMESIONS	NOTES	
3	Players opposite of each other start dribbling into the middle cone at the same time. They do the #4 move at the cone. Once they exit, they pass to the next player and ask for a bounce. Once they bounce that players move to the side of the cone. They receive a ball and perform a swivel turn and then a cut. Once they cut, they start dribbling towards the middle cone.	10x10x10	Session was shortened due to cold weather.	
REST				0.5
SETS				3
TOTAL				10.5
COACHING POINTS				
TECHNICAL	Quick touches towards the cone - Execute moves at speed			
TACTICAL	Eye contact before passing - double movement - non verbal communication.			
PROGRESSION	1. Use other foot. 2. Scissor, flip flap, pull 3. Double scissor, cut.			

4v4+1

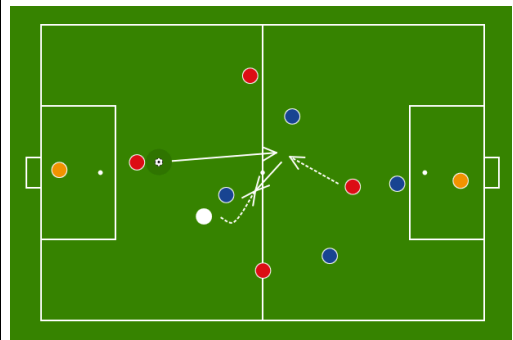
PTDM



WORK	DESCRIPTION	DIMESIONS	NOTES	
4	24x16 yd field plus an additional 5 yard wide parking lot on the left and right side. Goals are 5 yards behind each endline. When a team is in possession, one player can open up into the "parking lot" to provide an option. Defenders cannot go into parking until attacker takes a touch. GK's stay in their zone, unless the ball is in attacking half, they must step onto the field. Joker is limited to 2 touches.	24x16 w/ two 5 yd endzones.	Session was shortened due to cold weather.	
REST				1
SETS				8
TOTAL				40
COACHING POINTS				
TECHNICAL	Check your shoulders - Placement of pass (lead foot/protect foot) - Weight of pass - Open body when receiving (if possible) - Eye Contact - Hand Gestures - Communicate with words			
TACTICAL	Open the game when team gains possession - Give/Go - 3rd man run - Check towards ball when teammate is under pressure - Synchronized movements to create a combination			
PROGRESSION	Rules: 1. Players can only be in the parking lot for 3 seconds without the ball. 2. Players have 1 touch in the parking lot. 3. Cannot play a give and go in defensive 3rd. 4. If facing backwards in attacking half, must play in 1 touch.			

4v4+1

PSAM



WORK	DESCRIPTION	DIMESIONS	NOTES	
4	Normal Rules.	35x25	Session was shortened due to cold weather.	
REST				1
SETS				2
TOTAL				10
COACHING POINTS				
TECHNICAL	Check your shoulders - Placement of pass (lead foot/protect foot) - Weight of pass - Open body when receiving (if possible) - Eye Contact - Hand Gestures - Communicate with words			
TACTICAL	Open the game when team gains possession - Give/Go - 3rd man run - Check towards ball when teammate is under pressure - Synchronized movements to create a combination			
PROGRESSION				





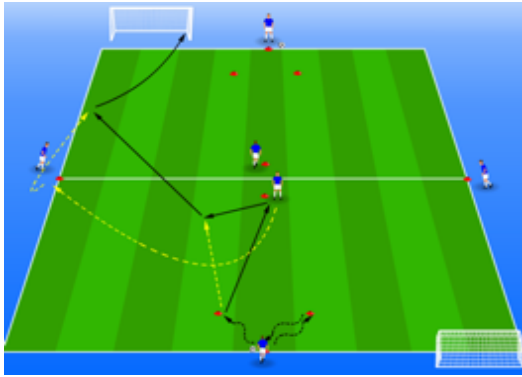
# SPORTING SESSIONS

## SPORTING KC ACADEMY CURRICULUM



<b>Program:</b>	SKC Academy U13 Curriculum	<b>Age/Level:</b>	U13
<b>Objective:</b>	Finding Players Behind The Defence	<b>Date:</b>	1-Dec-18

**Activity 1:** Pattern To Goal



<b>Description:</b>	<b>Duration:</b> 15-20 min
<p>CM starts with ball &amp; decides which side the play will be on by a dribble fake towards the left or right cone then playing the opposite side. After a couple dribbles, CM passes to FWD who receives ball &amp; plays back to the CM who runs forward after playing ball. FWD then make a overlapping run behind CM. CM passes the ball to LW/RW who makes run towards goal.</p>	
<b>Coaching Points:</b>	<b>Progressions:</b>
<ul style="list-style-type: none"> <li>*Focus on wide players &amp; actions movements</li> <li>*Movements- timing of runs, types of runs</li> <li>*Communication- verbally &amp; nonverbally</li> </ul>	<p>Vary types of runs for the wide player. Give a specific pattern to force notice of choice for wide player movement.</p>

**Activity 2:** 5v5 + 2 Neutrals Possession Game



<b>Description:</b>	<b>Duration:</b> 20-30 min
<p>1 DEF is allowed in the end zone. Both teams must have a player in the end zone at all times. 2 neutral players must be on opposite halves of the field. Earn a point by receiving a pass or dribbling into the end zone with control of the ball.</p>	
<b>Coaching Points:</b>	<b>Progressions:</b>
<ul style="list-style-type: none"> <li>*Movements- players runs off the ball, speed of runs, change of pace, timing of runs</li> <li>*Technical- pass technique (weight/type of pass), 1st touch setting you up for next play</li> <li>*Spacial awareness- know when to dribble or pass, knowing where the space is</li> </ul>	<p>Neutrals have 2 touch max. Can look to play into zone after successfully connecting 3 passes.  <b>RULES:</b> 1 pt to dribble across end zone, 2 pts for passing to player running into end zone, 3 pts for 1 time pass into end zone to a running player.</p>

**Activity 3:** 6v6 4-Zone Drill



<b>Description:</b>	<b>Duration:</b> 20-30 min
<p>When defending, cannot defend past the build up zone. Once final line is broken, ATT team has 3 seconds to finish. No more than 3 players inside the build up zone. Only 1 DEF allowed in build up zone if they choose to press.</p>	
<b>Coaching Points:</b>	<b>Progressions:</b>
<ul style="list-style-type: none"> <li>*Movements- off the ball movements, pace of runs, timing of runs, run dictates where pass is played</li> <li>*Technical- types/pace of passes</li> <li>*Spacing- awareness of space to penetrate, movement into space</li> </ul>	<p>Add neutral player based off numbers. 1 DEF allowed in build up zone once ball is played through, ATT have 5 seconds to finish.</p>



# SPORTING SESSIONS

## SPORTING KC ACADEMY CURRICULUM



<b>Program:</b>	Sporting KC Academy Curriculum	<b>Age/Level:</b>	U13
<b>Objective:</b>	In-Depth Play After A Space Opening	<b>Date:</b>	11-Jan-19

**Activity 1:** Pattern To Goal

<b>Description:</b>	<b>Duration:</b> 15-20 min
<p><b>Action 1:</b> A1 starts ball in hand, throws to B1 who moves in front of mannequin. B1 heads down to A1 feet who takes diagonal touch away from B1. B1 repositions around red cone &amp; receives diagonal misguiding pass from A1 to finish in 1 touch.</p> <p><b>Action 2:</b> A2 plays ball to B2 who bounces back. A2 plays both passes with left foot in 1 touch. B2 bounces back with right foot &amp; immediately runs across to receive ball behind mannequin to finish first time with left foot.</p>	
<b>Coaching Points:</b>	<b>Progressions:</b>
<ul style="list-style-type: none"> <li>*Technical- specific foot actions, body shape, purposeful movement</li> <li>*Timing- of runs, pace of ball, when to create/move to space</li> </ul>	<p>Action 1 on both sides for 5 min, action 2 on both side for 5 min. Add in creating combinations before finishing on last action.</p>

**Activity 2:** 3v2 Variation

<b>Description:</b>	<b>Duration:</b> 15-20 min
<p>3v2. One of the DEF players plays ball to attacking player which goes to goal with 3 ATT players. 2 DEF players come out and look to stop ATT players from scoring on the big goal.</p>	
<b>Coaching Points:</b>	<b>Progressions:</b>
<ul style="list-style-type: none"> <li>*Movement- off the ball, on the ball, space awareness, timing of movements</li> <li>*Technical- speed of play, types of passes/finishes, know when to dribble and/or pass</li> </ul>	<p>Rules: Pass or dribble through an open channel= 2 pts. Once break line, you must score in under 3 sec.</p>

**Activity 3:** 6v5 Attacking Variation

<b>Description:</b>	<b>Duration:</b> 30 min
<p>6v5. ATT team goes towards the big goal (focus on this group for this drill). If DEF team wins the ball, they can go to any of the 3 small goals.</p>	
<b>Coaching Points:</b>	<b>Progressions:</b>
<ul style="list-style-type: none"> <li>*Awareness- movement (and timing) on/off ball, spacial/player awareness, knowing when to dribble and/or pass</li> <li>*Technical- types of passes, types of runs, shooting technique</li> </ul>	<p>Must have numbers up or equal numbers in the channel that ATT team looks to penetrate. No DEF are allowed to join defensive zone, ATT team must score in 3 sec after breaking final line.</p>



# SPORTING SESSIONS



DATE:		DURATION:		PHASE:	PRINCIPLE OF PLAY:
Jan	23	2018	90 mins		Play in the gaps and between the line
TIME:		AGE:		ATTACKING	COUNTER PRINCIPLE:
		U13			

## COMPETITION DAY

TITLE OF ACTIVITY #1		PEM
	<b>WORK</b>	<b>DESCRIPTION</b>
	2	The ball is being passed around the outside 4 players. The 2 central players synchronize their movement to get on different levels and lines in order to play the ball through the middle of the grid. Players on the inside are free to interchange with players on the outside
	<b>REST</b>	<b>DIMESIONS</b>
	1	24X24 Cogi cross
	<b>SETS</b>	7
<b>TOTAL</b>	<b>COACHING POINTS</b>	<b>NOTES</b>
21	No touch turn - dynamic touch - half turn - lead foot - one or two touch - body shape	
<b>TECHNICAL</b>		
<b>TACTICAL</b>	Different lines and level - awareness of space and time - synchronized movements - decision of 1 or 2 touch	
<b>PROGRESSION</b>	Set of combinations to play forwards - 1 touch for middle players	

TITLE OF ACTIVITY #2		PTDM
	<b>WORK</b>	<b>DESCRIPTION</b>
	2	Players are to connect 7 passes for a point. Players on the outside of the squad must stay on the outside. If the defending team wins the ball, the must dribble across any line to get a point.
	<b>REST</b>	<b>DIMESIONS</b>
	1	24X24
	<b>SETS</b>	6
<b>TOTAL</b>	<b>COACHING POINTS</b>	<b>NOTES</b>
18	Open body shape - check your shoulders - no touch turn - dynamic touch - half turn	
<b>TECHNICAL</b>		
<b>TACTICAL</b>	Different lines and levels between players - synchronize your movements with teammates - find blind side of defenders as well as center points	
<b>PROGRESSION</b>	If both central players touch the ball it goes back to outside = 1 pt. If the pass between central players is 1 touch = 1 pt.	

TITLE OF ACTIVITY #3		PSAM
	<b>WORK</b>	<b>DESCRIPTION</b>
	8	7v7. All restarts come from the GK, unless the ball goes out in the middle zone (it will be a throw in). Defending team must occupy 3 zones when defending.
	<b>REST</b>	<b>DIMESIONS</b>
	2	45X30
	<b>SETS</b>	2
<b>TOTAL</b>	<b>COACHING POINTS</b>	<b>NOTES</b>
20	Open body shape - check shoulders - no touch turn - dynamic touch - half turn - find diagonal passing lanes to play forwards	
<b>TECHNICAL</b>		
<b>TACTICAL</b>	Different lines and levels between players - synchronize your movements with teammates - communicate (passer to receiver, receiver to passer) - find center points - who can get on blind side of defenders	
<b>PROGRESSION</b>	Must play through every horizontal zone - Overpass 1 or both central zones and it counts for an extra point if you score - Ball must stay on the ground besides shot	



# SPORTING SESSIONS

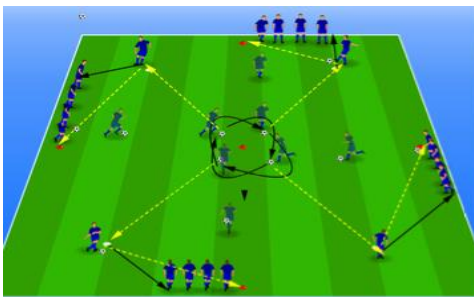


Name: SKC Coaching Staff Team: SKC Academy U13-U15

Date: 11/1 Mesocycle: Fall 2016 Microcycle/Day: -

### TRAINING OBJECTIVE(S):

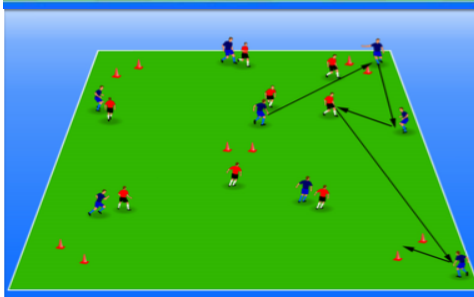
Possession: Creation & use of space



**I. Cogi Square-Passing PRG** Intensity: MED Activity Time: 2 min  
 Duration: 12 min Intervals: 4 Recovery Time: 1 min

**ORGANIZATION (Physical Environment / Equipment / Players)**  
 4 players are dribbling toward the center cone. They should all be arriving at the same time, stopping the ball they were dribbling and rotate to the correct ball.

**COACHING POINTS / KEY CONCEPTS**  
 Players should be timing runs and meeting the correct ball at the same time and passing the ball to their teammate who has created separation to receive the ball and advance the ball back to the starting point. **Who** is the trigger for movement? **What** foot do you pass the ball too, what foot do you receive the ball with? **Where** is the space? **When** do you leave? **Why** are we doing this?



**II. Passing & Rec. Gate Game** Intensity: MED Activity Time: 9 min  
 Duration: 33 min Intervals: 3 Recovery Time: 2 min

**ORGANIZATION (Physical Environment / Equipment / Players)**  
 Teams compete to complete as many passes through the various gates as possible; must go to a new gate e. time.

**COACHING POINTS / KEY CONCEPTS**  
 Timing to check to open space behind a gate; separation from defender to create space; communication (verbal/nonverbal/physical); Anticipation. Where is the next gate you could combine through? Where is the game compact vs. open? When is the right time to move to a new gate?



**III. 6-Pt Passing & Rec. Pattern** Intensity: MED Activity Time: 6 min  
 Duration: 21 min Intervals: 3 Recovery Time: 1 min

**ORGANIZATION (Physical Environment / Equipment / Players)**  
 Players are playing one and two touch passes to advance the ball to the other side of the passing grid. Different combinations and movements are required to build a rhythm to advance the ball.

**COACHING POINTS / KEY CONCEPTS**  
**How** is the timing? **What** is the weight of the ball? What foot are you passing too? Are the movements synchronized?



# SPORTING SESSIONS SPORTING KC ACADEMY CURRICULUM



<b>Program:</b>	Sporting Sessions- SKC Academy Curriculum	<b>Age/Level:</b>	U14 SKC Academy
<b>Objective:</b>	Destabilize To Attack (Concept of 1v1s)	<b>Date:</b>	5-Oct-18

<b>Activity 1:</b>	6v6 Variation		
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<b>Description:</b>	<b>Duration:</b>	15-20 min
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6v6 w/ GK + neutral. 3 DEF & 3 ATT. Aim of game: get behind def w/ dribble & create finishing opportunities. Scoring: 1 pt earned when goal is scored. Rules: All restarts w/ GK. DEF & ATT must remain in their half. Neutral can play in either half. All players have unlimited touches except neutral has 2 touches. Must dribble into finishing zone. 2-3 sec to finish once in zone.

<b>Coaching Points:</b>	<b>Progressions:</b>
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<ul style="list-style-type: none"> <li>*Body shape- know where you want to receive the ball, movement off ball</li> <li>*Dynamic movement- accelerated, proactive</li> <li>*Spatial awareness- create space, be aware of time you have &amp; where def are</li> </ul>	<p>Clock starts over if ball is brought back out of finishing zone. ATT team can earn 2 pts if they bet into finishing zone in middle channel. Wide channel DEF cannot enter until ATT players gets 1st touch.</p>
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<b>Activity 2:</b>	Isolating the defender & creating space		
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<b>Description:</b>	<b>Duration:</b>	15-20 min
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Ball can only be played on movement of the furthest player from ball off the cone & play is live once ball played in. Blue player providing balance has 2 touch when outside area; In area, has unlimited. Must dribble into shooting zone- (2-3 sec to shoot once in). DEF on ball may recover in shooting zone. If DEF win ball. play to counter goals in 2-3 sec. Alternate play b/w L/R sides

<b>Coaching Points:</b>	<b>Progressions:</b>
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<ul style="list-style-type: none"> <li>*Spatial awareness- setting up the space you want to get into, proactive movement</li> <li>*Time- giving yourself &amp; your teammate space &amp; time</li> <li>*Dynamic movements-accelerated, deception</li> </ul>	<p>If balancing player dribbles forward or if wide player takes touch inside field then change service position as diagrammed.</p>
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<b>Activity 3:</b>	Sequence play variations		
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<b>Description:</b>	<b>Duration:</b>	20-30 min
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**SEQ 1:**Balance player to wing who dribbles mannequin (MQ) & serves early ball to 9 who finishes. **SEQ 2:**Balance player to wing who dribbles at MQ that is at 18 yd box- gets into direct game channel and finishes. **SEQ 3:**Balance player to the 9 who plays back to balance player who plays the wing who beats MO then serves to 9 or finishes. **SEQ 4:**Players choice

<b>Coaching Points:</b>	<b>Progressions:</b>
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<ul style="list-style-type: none"> <li>*Spatial awareness- open up the game, give yourself/teammates time &amp; space</li> <li>*Dynamic movements-accelerated, deception, proactive</li> <li>*Technique-1st touch, passing, finishing</li> </ul>	<p>Competition for left v right using designated sequence then players choice. 6 balls each round.</p>
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<b>Activity 4:</b>	9v9 game play		
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<b>Description:</b>	<b>Duration:</b>	20-30 min
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9v9 game play; ATT team must attempt to penetrate in final third through wide channels.

<b>Coaching Points:</b>	<b>Progressions:</b>
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<ul style="list-style-type: none"> <li>*Reinforce technical &amp; tactical coaching points from previous activities</li> <li>*Encourage ATT team to collectively draw defense towards one side, before quickly switching point of attack</li> </ul>	<p>1: Unrestricted game play</p>
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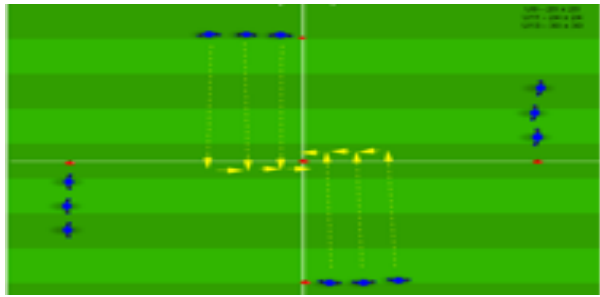
# SPORTING SESSIONS

## SPORTING KC ACADEMY CURRICULUM



<b>Program:</b>	Sporting Sessions- SKC Academy Curriculum	<b>Age/Level:</b>	U14 SKC Academy
<b>Objective:</b>	Creation & Use of Space	<b>Date:</b>	

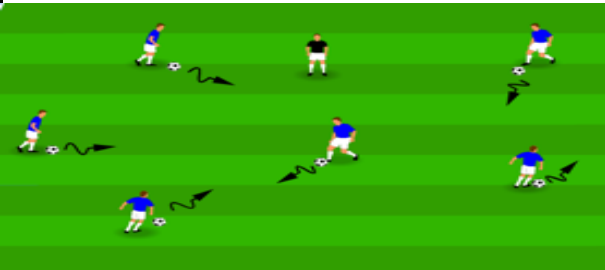
<b>Activity 1:</b>	Warm Up: Cogi Sync
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<b>Description:</b>	<b>Duration:</b> 15-20 min
Players should line up evenly at each of the four outer cones. Begin with synchronized jogging & progress to add dynamic stretching. Opposite lines work together in unison. Add dribbling/passing variations when possible.	

<b>Coaching Points:</b>	<b>Progressions:</b>
<ul style="list-style-type: none"> <li>*Synchronize each as a group action by...</li> <li>1) paying attention to the players around you</li> <li>2) the spacing between you</li> <li>3) giving information</li> <li>4) receiving information</li> </ul>	Add dribbling/passing variations with emphasis on: <ul style="list-style-type: none"> <li>-Turns: pull-back, hook</li> <li>-Moves: fake &amp; take - outside</li> <li>-Combos: wall pass (give &amp; go)</li> </ul>

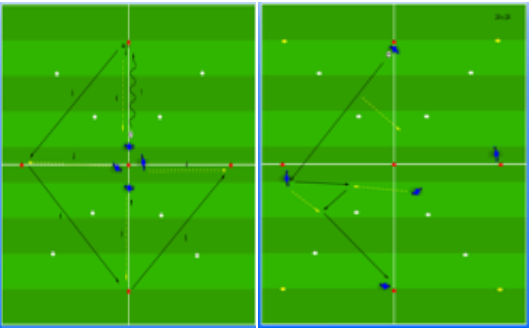
<b>Activity 2:</b>	Technical: Dribbling/Ball Control
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<b>Description:</b>	<b>Duration:</b> 15-20 min
Players dribble around keeping ball close seeking space while avoiding each other. Add moves & turns as they continue to dribble around the box.	
-Moves: Roll-pop, L turn, ronaldo chop, step over, scissors	

<b>Coaching Points:</b>	<b>Progressions:</b>
<ul style="list-style-type: none"> <li>*Be aware of surroundings, eyes up</li> <li>*Start slow to do it right then get into a rhythm as they pick up speed</li> <li>*Proactive thinking, know where going before you act</li> </ul>	Use the moves already introduced & combine them as they continue to increase speed of play & on final action into space.

<b>Activity 3:</b>	Cogi Passing & Receiving (Focus: Angle Play)
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<b>Description:</b>	<b>Duration:</b> 20-30 min
Players begin in center (min: 3, max: 7). First player dribbles out, remaining players ready to anticipate which way he will turn. On the turn, the appropriate player pops open to provide a support option. The ball continues to travel around the diamond. After pass is made that player must reposition into center before popping open again. Play is 2 touches.	

<b>Coaching Points:</b>	<b>Progressions:</b>
<ul style="list-style-type: none"> <li>*Body shape, position to see deep, middle, wide</li> <li>*Prepare feet to complete next action quickly</li> <li>*Awareness of space</li> <li>*Communication- verbally &amp; non-verbal</li> </ul>	Player on ball must have 2 options (1 left & 1 right). 5 players: 4 on each point of the cross, 1 in the center. Players move ball b/w them trying to find rhythm. Central player looks to either come for a bounce pass or rec. ball b/w lines, turns & plays to opposite end. Players must occupy different levels & lines throughout drill.

<b>Activity 4:</b>	4v4 + Neutral
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<b>Description:</b>	<b>Duration:</b> 30 min
All restarts from build up zone. Ball must be passed in middle zone first to progress play to goal (may move ball side to side on dribble before passing it in to find angle). Neutral cannot dribble across zones (stays in middle). Must play through all 3 zones. Earn points by scoring on the goal.	

<b>Coaching Points:</b>	<b>Progressions:</b>
<ul style="list-style-type: none"> <li>*Body shape, position to see field &amp; players</li> <li>*Communication- verbally &amp; non-verbally</li> <li>*Spatial awareness- try to be on different levels/zones &amp; be aware of numbers in space</li> </ul>	Before restart ATT team must occupy all 3 zones. DEF team must start in middle zone, as ball is passed in may send player into build up zone. When ball is in highest zone ATT team must occupy 2 highest zones. When ball is in middle zone, ATT team must occupy all 3 zones.




# SPORTING SESSIONS SPORTING KC ACADEMY CURRICULUM




<b>Program:</b>	Sporting Sessions- SKC Academy Curriculum	<b>Age/Level:</b>	U14 SKC Academy
<b>Objective:</b>	Possession To Advance: Playing Into Gaps & Between The Lines	<b>Date:</b>	5-Oct-18


<b>Activity 1:</b>	Finding space quickly
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	<b>Description:</b>	<b>Duration:</b>	15-20 min
	11v11 in 60x60 to goal. Formation: 1-4-3-3. Restarts begin with GK. Rules: Must play through all 3 zones. DEF can only send #9 to press in build-up zone. #7, 8, 10, 11 DEF in middle zone but above blue line. Can recover back once ball breaks blue line. Win ball & must go to goal in 3 touches or must play back to build-up zone. ATT only have 2 players in build-up zone at a time.		
	<b>Coaching Points:</b>	<b>Progressions:</b>	
<ul style="list-style-type: none"> <li>*Body shape-prepare feet to play quickly</li> <li>*Create space-changing speed/direction, move, open the game</li> <li>*Passing mechanics-1st touch, types of passes</li> <li>*Communication-verbally &amp; nonverbally</li> </ul>		ATT: receives bal in middle zone & play in more than 1 touch then 2nd touch must be pass fwd. If play back in 1 touch, next touch must be 1 touch fwd. DEF: must def in zones relative to positioning of ball.	


<b>Activity 2:</b>	Sequence play
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	<b>Description:</b>	<b>Duration:</b>	15-20 min
	SEQ 1: GK to 4 to 2 to 9 who finishes on goal in 2 touches. SEQ 2: GK to 5 to GK to 6 to 10 to 3 to 9 who finishes in two touches. SEQ 3: GK to 4 to 8 to 9 who finishes. SEQ 4: Players choice.		
	<b>Coaching Points:</b>	<b>Progressions:</b>	
<ul style="list-style-type: none"> <li>*Anticipate-move quickly, find space, proactive</li> <li>*Communication-verbally &amp; nonverbally</li> <li>*Passing/finishing mechanics-1st touch, types of passing/finishing, accurate/hard passes/finishes</li> <li>*Spacial awareness-body shape, quick turns</li> </ul>		Competition between sides- 5 balls each. Players choice on sequence.	

<b>Activity 3:</b>	Playing between lines
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	<b>Description:</b>	<b>Duration:</b>	20-30 min
	Ball starts with GK. DEF team (blue) starts. First pass to CB, once ball played from GK-DEF players live. ATT scores on small goals. DEF goes to big goal when possession won. Rules: DEF must be shot off in 3-4 sec, can only def line, CB can only def when ball played in zone. ATT must play through each zone (1 pass max in zone).		
	<b>Coaching Points:</b>	<b>Progressions:</b>	
<ul style="list-style-type: none"> <li>*Anticipate movements- play quickly, proactive</li> <li>*Mechanics- 1st touch, passing, finishing</li> <li>*Body shape-see &amp; open the game, set up space, move defenders</li> <li>*Communicate-everyone talking, giving info</li> </ul>		DEF #9 may tag opponent to earn point- may def in 1 zone up but not down. ATT team doesn't have to play through each zone but must play on ground-only play 1 pass in zone- can't play back a zone. DEF gets bonus if can	

<b>Activity 4:</b>	9v9 game play
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	<b>Description:</b>	<b>Duration:</b>	20-30 min
	9v9 game play; ATT team must attempt to penetrate in final third through wide channels.		
	<b>Coaching Points:</b>	<b>Progressions:</b>	
<ul style="list-style-type: none"> <li>*Reinforce technical &amp; tactical coaching points from previous activities</li> <li>*Encourage ATT team to collectively draw defense towards one side, before quickly switching point of attack</li> </ul>		1: Unrestricted game play	



# SPORTING SESSIONS



Name: SKC Coaching Staff

Team: SKC Academy U16-U19

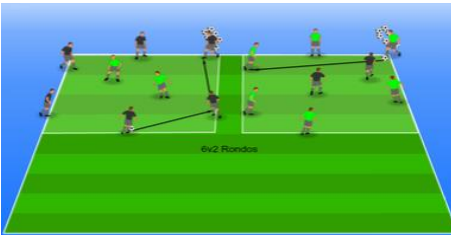
Date: 11/9

Mesocycle: Fall 2016

Microcycle/Day: -

## TRAINING OBJECTIVE(S):

Finding attacking runs in behind the back line



**I. WARM-UP- Rondo 6v2** *Intensity:* MED *Activity Time:* 90 sec  
*Duration:* 10 min *Intervals:* 5 *Recovery Time:* 30 sec

**ORGANIZATION (Physical Environment / Equipment / Players)**  
 10x10 grid. Normal Rondo. Passes counted on running basis as well as mistakes or interceptions. Deduct mistakes from passes for a total. Losing team has consequences.

**COACHING POINTS / KEY CONCEPTS**  
 Quick ball movement; player movement to create angles to receive; splitting passes; correct body orientation to receive ball. PRG1: 4 min of normal rondo w/ entire team. PRG2: 4 rounds of 90 sec against opposing teams



**II. 9v9 Variation** *Intensity:* MED *Activity Time:* 8 min  
*Duration:* 27 min *Intervals:* 3 *Recovery Time:* 1 min

**ORGANIZATION (Physical Environment / Equipment / Players)**  
 9v9 to goal. Defending team only defend in central channel. Defending #9 is only player to defend in attacking 3rd. Final ball must be played between the cones & only 1 defender is allowed in the

**COACHING POINTS / KEY CONCEPTS**  
 Look for cues to make run in behind; decisive runs must be made to break the back line; CB must find time & space to play ball in behind. When do we make the run? Where should we make the run? How many runs should we have?



**III. Pattern Play to Goal** *Intensity:* MED *Activity Time:* 5 min  
*Duration:* 30 min *Intervals:* 5 *Recovery Time:* 1 min

**ORGANIZATION (Physical Environment / Equipment / Players)**  
 Passing Exercise to Break the Backline. Play starts w/ 4 or 5. 4/5 goes through gate & looks to play 1 of 3 options making runs in behind. PRG1: 4/5 play into 7/11 who can also play in behind or combine w/ 4 or 5.

**COACHING POINTS / KEY CONCEPTS**  
 PRG2: 4/5 plays out to who plays wide to 7/11, 7/11 then can turn & play in behind or look to combine w/ other players. PRG3: 4/5 dribbles at back line & plays penetrating ball. Good movement to get in behind; final ball; number system; decisive runs along the back line; finish w/ determination.



**IV. 10v9 Gameplay** *Intensity:* MED *Activity Time:* 10 min  
*Duration:* 24 min *Intervals:* 2 *Recovery Time:* 2 min

**ORGANIZATION (Physical Environment / Equipment / Players)**  
 Attacking team plays against a very compact block that only looks to counter. IF defending team wins the ball, they have 6 seconds to score

**COACHING POINTS / KEY CONCEPTS**  
 Good movement to get in behind; number system; decisive runs along the back line; finishing w/ determination.





# SPORTING SESSIONS



DATE:	DURATION:	PHASE:	PRINCIPLE OF PLAY:
	75 mins	ATTACKING	Get open to isolate and dribble (concept of 1v1)
TIME:	AGE:		COUNTER PRINCIPLE:
	COE		

## COMPETITION DAY

### TITLE OF ACTIVITY #1

	<b>WORK</b>	<b>DESCRIPTION</b>	<b>NOTES</b>
	<b>REST</b>	Players dribble around keeping ball close seeking space while avoiding each other.	
	<b>SETS</b>		
	<b>TOTAL</b>		
	<b>0</b>	<b>COACHING POINTS</b>	
	<b>TECHNICAL</b>	1,2,3, 4 roll...roll/roll...1,2 dribble...1,2,3,4 dribble...touch flip flap...ronaldo chop...ronaldo chop stepover...ronaldo chop step over push flip flap pull...	
<b>TACTICAL</b>	Eyes up...start slow to do it right and get into a rhythm...speed up once you have the rhythm...speed up on final action into space		
<b>PROGRESSION</b>			

### TITLE OF ACTIVITY #2

	<b>WORK</b>	<b>DESCRIPTION</b>	<b>NOTES</b>
	<b>REST</b>	Opposite lines work together. Players must dribble toward center point stop the ball a yard from the center point, get around the cone and play the opposite ball, then turn and defend. Attacking player must pop off the post at appropriate time to receive ball and go against the defender. Finish to the far half of the goal One group always defending and one group attacking. Switch at appropriate time. Rules: Must be in the attacking half to finish - Must remain in right half of the field.	
	<b>SETS</b>		
	<b>TOTAL</b>		
	<b>0</b>	<b>COACHING POINTS</b>	
	<b>TECHNICAL</b>	1st touch controlled in direction you wish to go...quick touches as you run...quick feet through your move...push ball past the line on final action...finish on the next touch	
<b>TACTICAL</b>	Pick up speed by meeting the ball...isolate your self in best space to pick up speed...set up space you wish to go to (behind the line, left? Right?)...		
<b>PROGRESSION</b>			

### TITLE OF ACTIVITY #3

	<b>WORK</b>	<b>DESCRIPTION</b>	<b>NOTES</b>
	<b>REST</b>	5 v 5 plus a joker to goals. Each team has a parking lot in which player may go to isolate themselves, but they must dribble back into the playing area. Joker must play forward	
	<b>SETS</b>		
	<b>TOTAL</b>		
	<b>0</b>	<b>COACHING POINTS</b>	
	<b>TECHNICAL</b>	1st touch controlled in direction you wish to go...quick touches as you run...quick feet through your move...push ball past the line on final action...finish on the next touch	
<b>TACTICAL</b>	Pick up speed by meeting the ball...isolate your self in best space to pick up speed...set up space you wish to go to (behind the line, left? Right?)...		
<b>PROGRESSION</b>			