

PLAY. LEARN. SUCCEED.

ACADEMY 7 & 8

DEVELOPED BY:



LESSON PLANS



DEDICATED TO THE PROMOTION AND DEVELOPMENT OF SOCCER

ACADEMY 7 & 8

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FIRST 10 MINUTES

Emphasis:

Learning new moves from other players as well as the coach.

Set-up:

One ball per person.

Grid size should be approximately 20 x 20 yards.

Objective:

For players to experiment with new moves as well as get comfortable on the ball.

Progression:

Have players pair up 5 yards apart, alternating dribbling at each other in order to perfect their moves in a format that provides direction. To build confidence, do not allow the defender to steal the ball until the move has been perfected by each player.

Coaching Points:

- Keep close control of the ball
- Don't be afraid to make a mistake
- Listen to teammates explain the move
- Pay attention to the details
- Be explosive





Beehive Soccer

Emphasis:

Fun game! Teaches players to open up after they make a play on the ball.

Set-up:

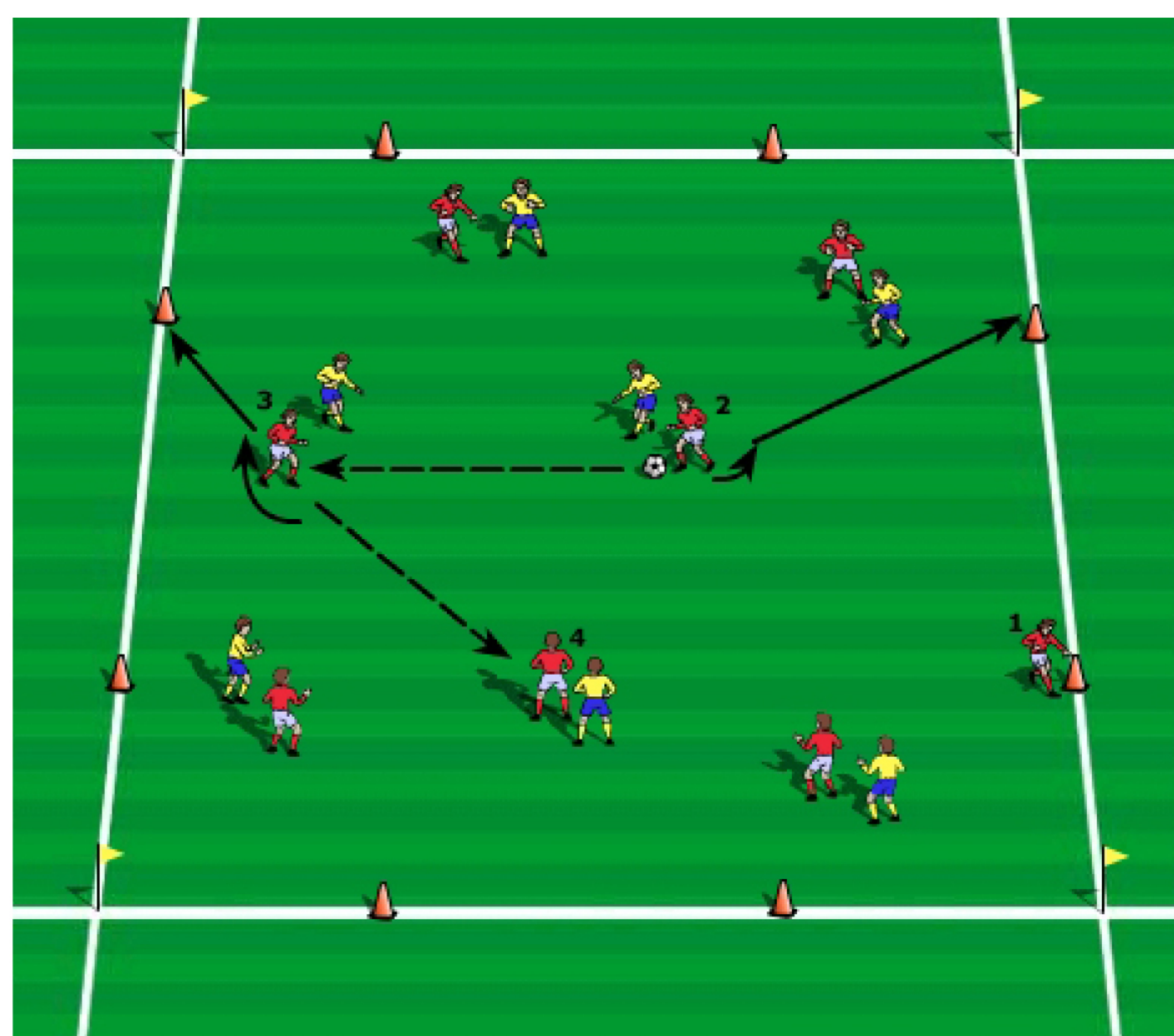
Divide players into two equal teams. One ball is needed. Create a 20 x 20 yard grid with several cones.

Progression:

1. After players have made a play on the ball they must immediately turn and find the nearest cone and touch it before getting involved in the next play.
2. Example- Player #1 has already passed the ball and is bending down to touch a cone. Player #2 is playing the ball to player #3. As he passes the ball to player number #3 he must turn and sprint to find a cone. Player #3 then finds the next open player and so on.
3. This exercise can be played as a possession exercise in a grided area or played as a scrimmage with goals. Open the area up to accommodate the numbers.

Coaching Points:

- Improve communication between teammates
- Accuracy of passing
- Decision making
- Recognition to create space for other teammates
- Possess the ball
- Defend
- Angles of support
- Movement on and off the ball



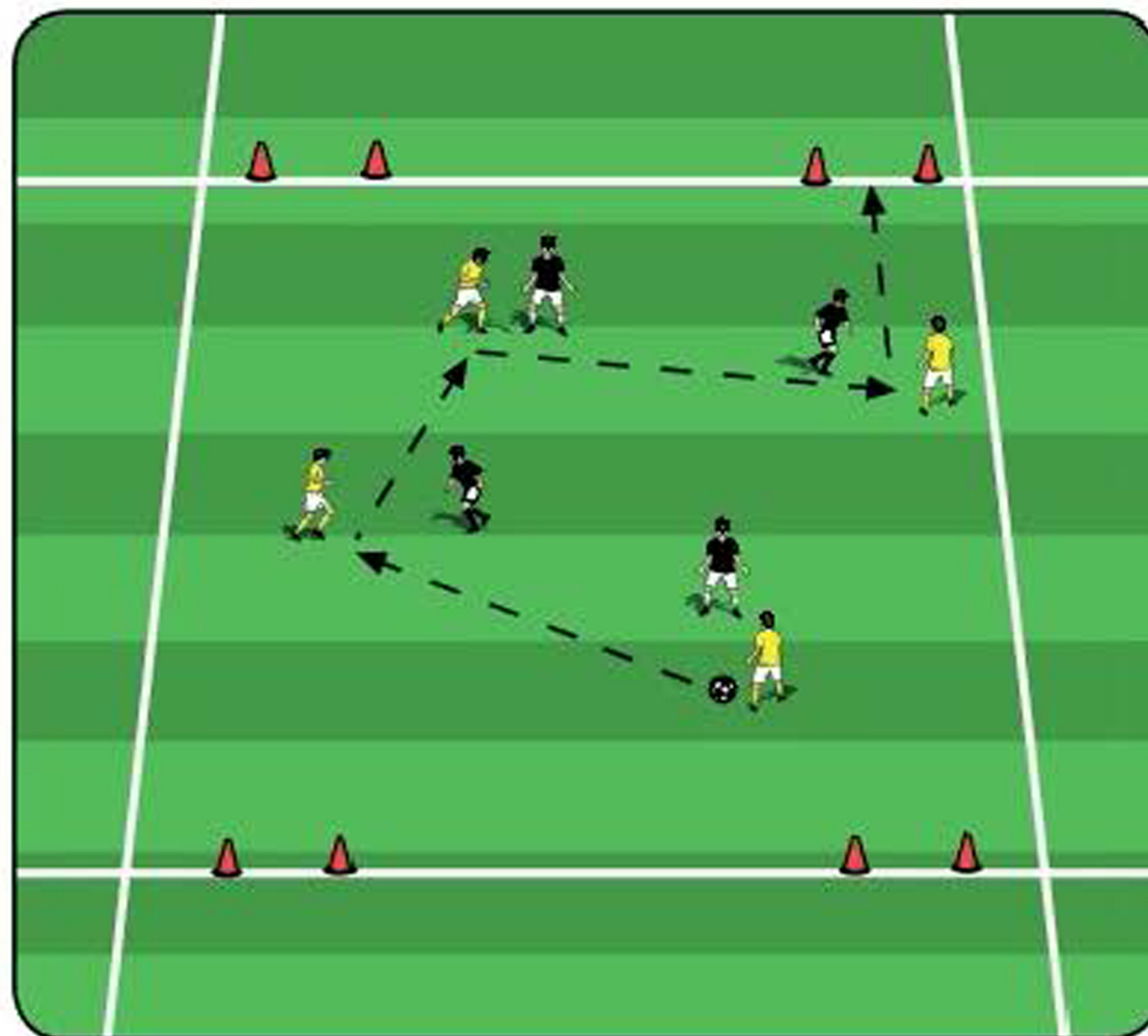
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WEEK 1

ACTIVITY #2



4 small line goals without keepers

The goals are positioned on the endlines spread to the width of the field. This encourages play from flank to flank and takes the play out of the middle of the field. The 4 goal setup encourages directional changes. Goals may be scored from direct passes or from a dribble. The coach may determine the exact method of scoring -- a direct pass, a give and go, 1 vs 1 dribble, switch fields to score.



Follow The Leader

Emphasis:

Confidence on the ball by maintaining control of the ball while changing direction and changing speeds.

Set-up:

Players need to be in groups of twos. Each group will have one ball per group of two. Grid size should be approximately 20 x 20 yards.

Objective:

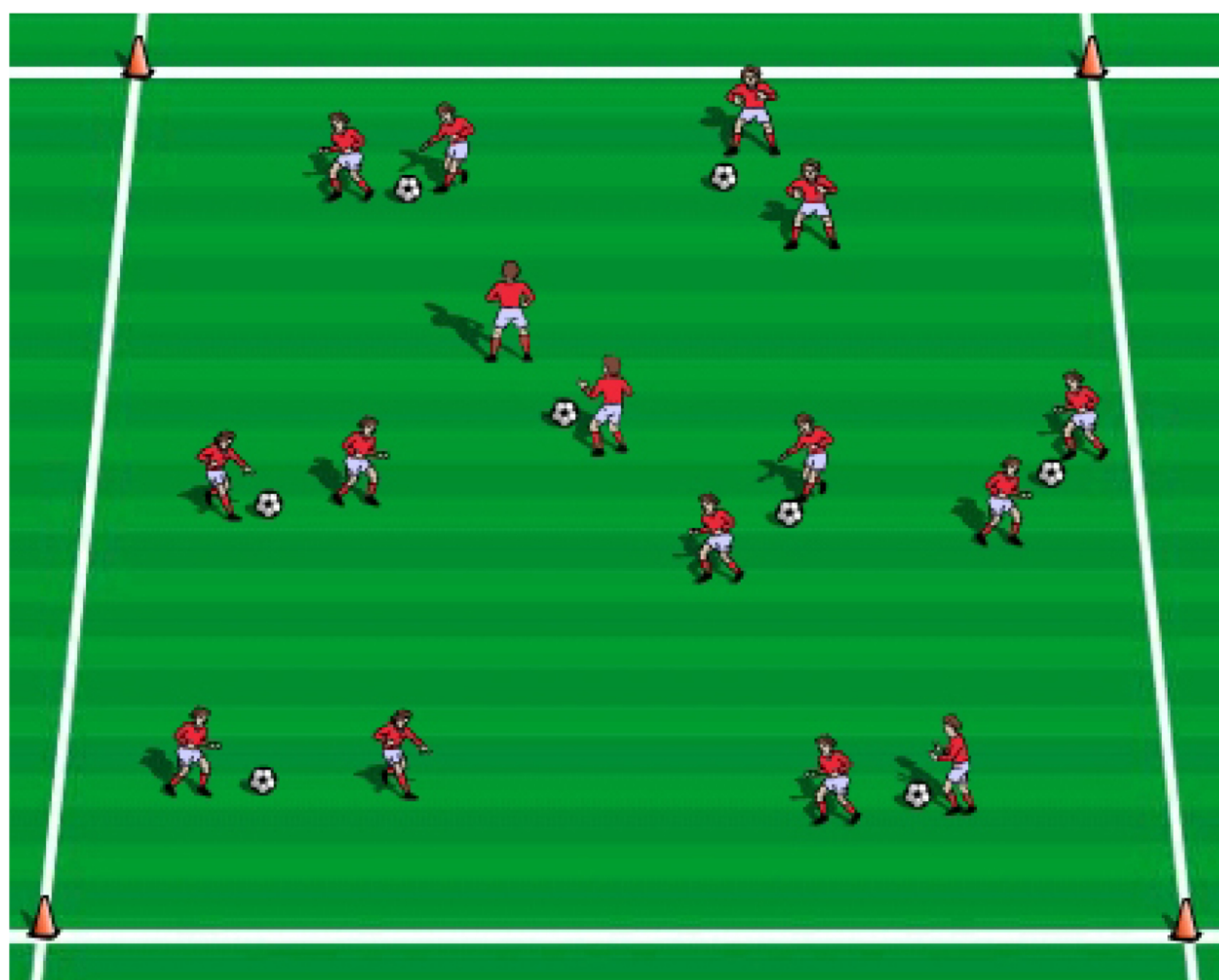
For players to get comfortable on the ball while changing direction and speed.

Progression:

The player with the ball will dribble while following the player without the ball. The player dribbling will try and maintain a close distance between him and his partner. The player without the ball leads by walking fast. As coach feels they are technical enough, the leader may start jogging slowly, increasing the difficulty for the playing following dribbling. Allow players to switch.

Coaching Points:

- Keep close control of the ball.
- Eyes up seeing ball and man.
- Utilize the outside and inside of the foot to cut the ball.
- Keep the gap close between the leader and the man with the ball.
- Avoid running into each other





Ghost Busters

Emphasis:

Changing direction and changing speeds while maintaining control of the ball.

Set-up:

Grid size should be approximately 20 x 20 yards. One player starts with a ball. The rest of the players are randomly spread out within the grid. All the rest of the balls are placed around the outside of the grid.

Objective:

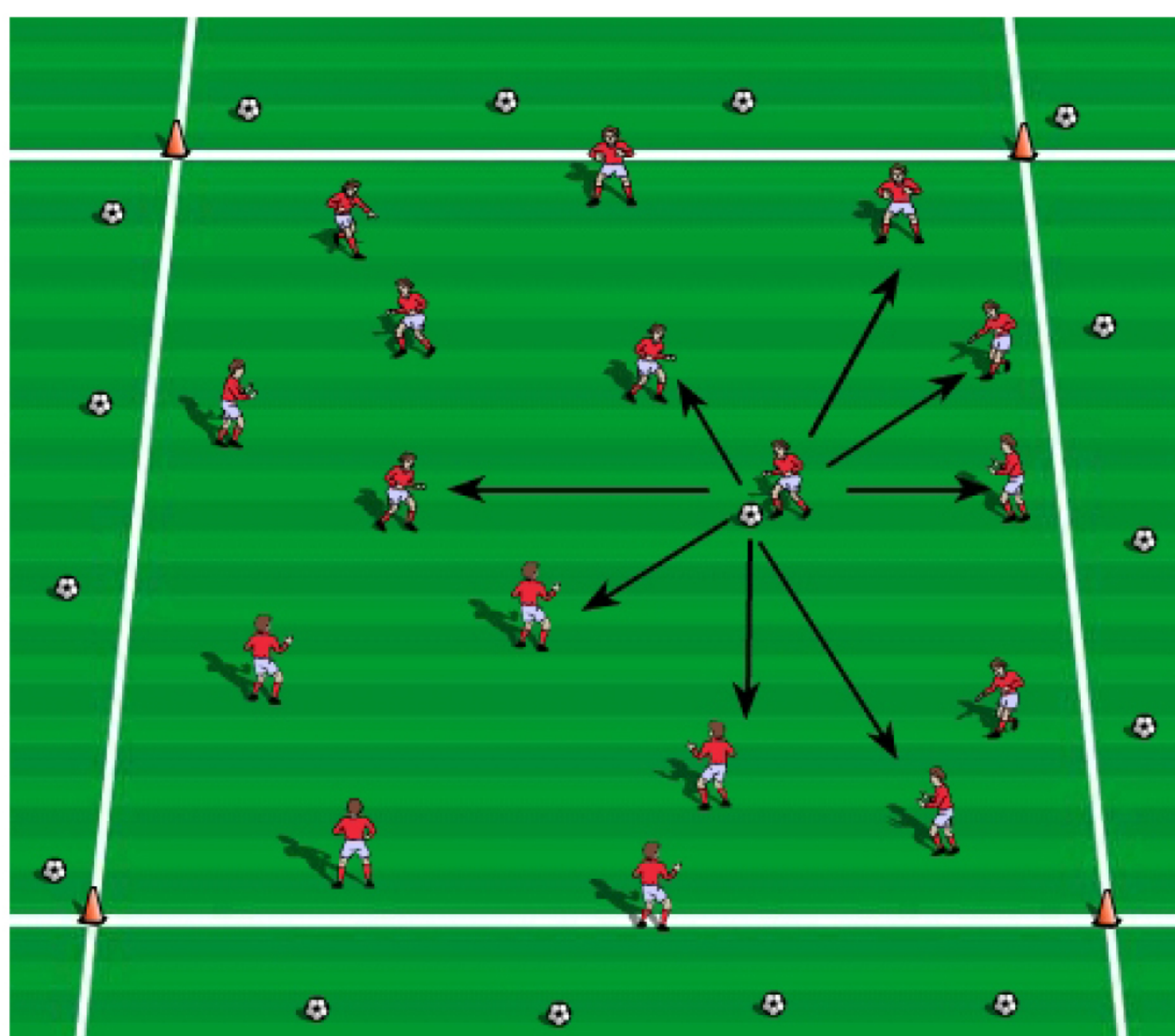
To have fun while gaining multiple touches on the ball.

Progression:

1. Player with ball (ghost) starts by running with the ball at the rest of the players (Pac-man).
2. After a player has been hit by the ball below the waist they proceed to the outside of the grid and grab a ball. The player must first work on a specific skill before reentering the grid. Example being ball taps or juggling.
3. The last Pac-man left is the winner.

Coaching Points:

- Keep close control of the ball.
- Eyes up seeing ball and men.
- Be deceptive and utilize the inside and outside of the feet changing direction quickly.
- Attack players with the ball.





Traffic Jam

Emphasis:

For players to get comfortable on the ball while moving quickly through a congested area.

Set-up:

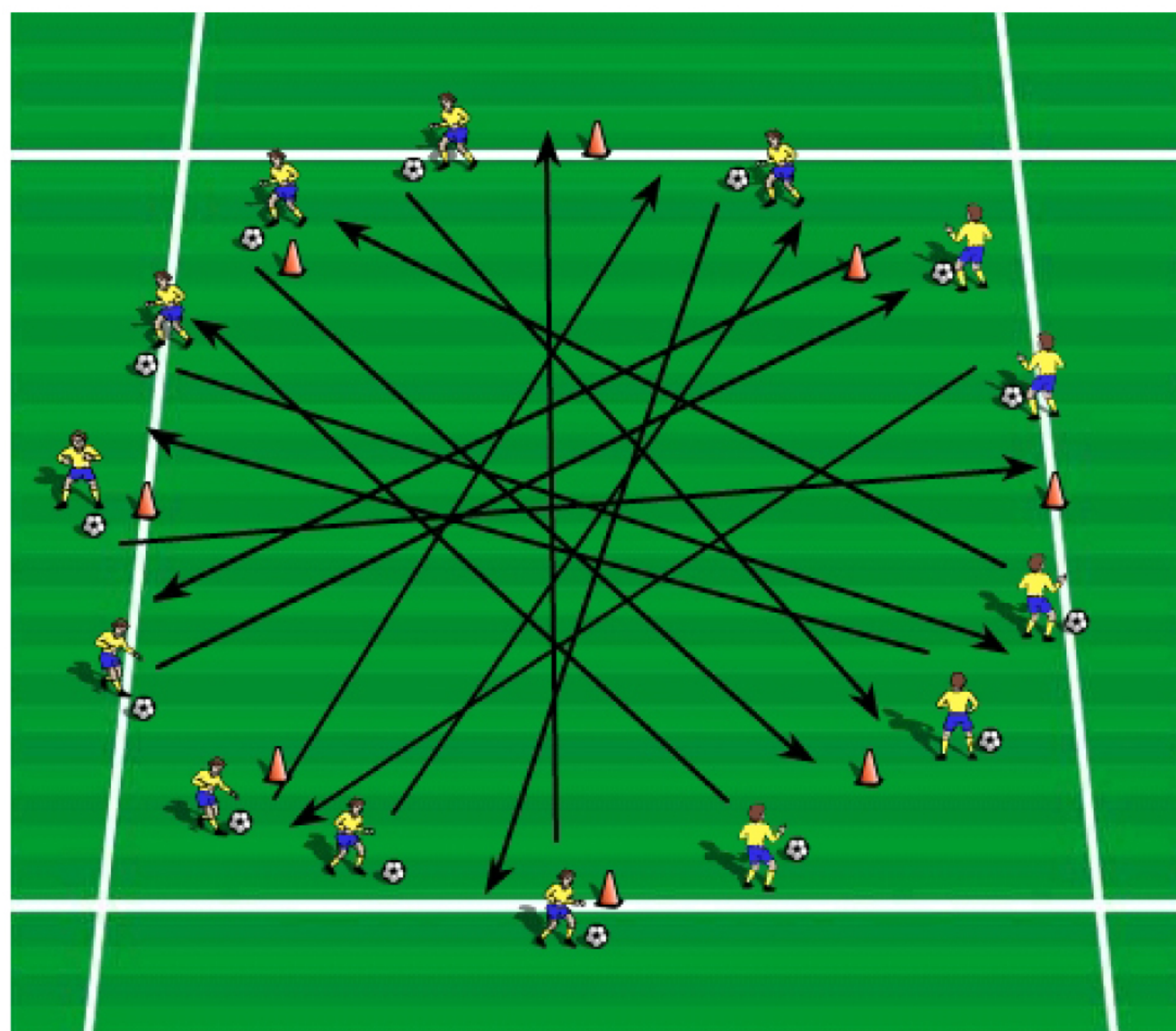
Each player needs a ball. Grid size should be approximately 20 yards in circumference. Ideally, use the center circle or cones to make the circle.

Progression:

1. All players start off by dribbling around the circle in the same direction.
2. Upon the coaches whistle all players dribble their ball directly across the circle to the opposite side.
3. The coach needs to change direction constantly. When coach says to cut the ball all players will cut the ball through their legs and head in the opposite direction around the circle.

Coaching Points:

- Keep close control of the ball
- Eyes up seeing ball and men
- Keep arms out for balance and shielding
- Find the little space that is available and run through it
- Explode quickly
- Utilize all parts of the foot





Moving Goal

Emphasis:

Players combining with teammates to score.

Set-up:

Two players hold a scrimmage vest between them. Each player holds the vest tight with one arm forming a goal. The players are allowed to walk at a steady pace changing directions on a whim, making it a bit of a challenge for both teams to score. Divide the rest of the players into two equal teams. Change goal posts every three minutes. Only one ball is needed.

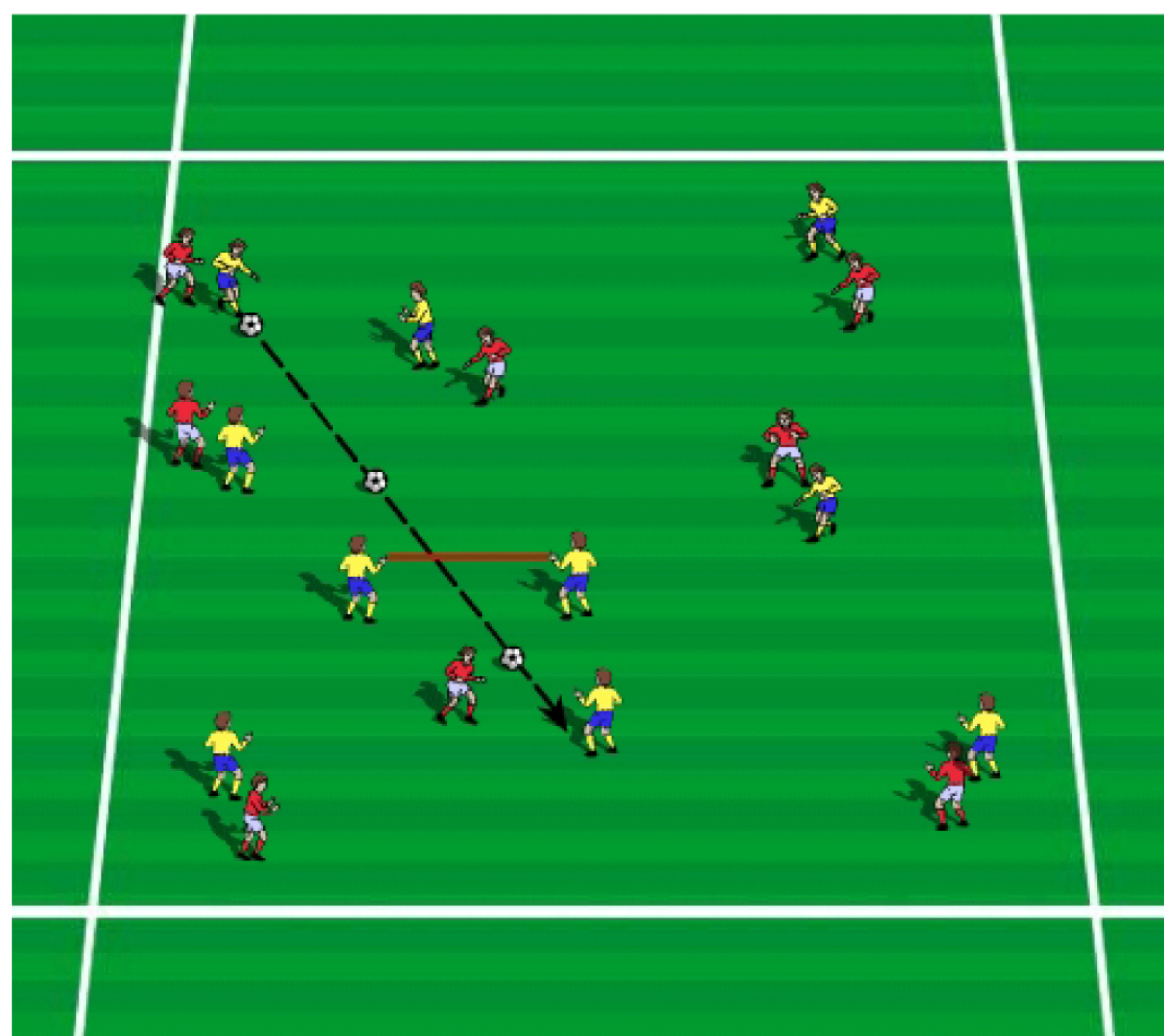
Progression:

1. Players may only score by passing the ball through the goal which is then received by a teammate on the other side of the goal. A pass that is intercepted on the other side of the goal does not count as a goal.

2. If you score a point by making a goal, the team that scored must first pass it to another teammate before they can attempt to score again.

Coaching Points:

- Communication between teammates.
- Field awareness is critical
- Possess the ball.
- Concentrate on accurate passing.
- Go to meet the ball.
- Support your teammates by giving good angles.
- You must win the ball back quickly when you don't have it.





Opposites Attract

Emphasis:

Fun game! Dribbling, cutting, change of direction and change of pace.

Set-up:

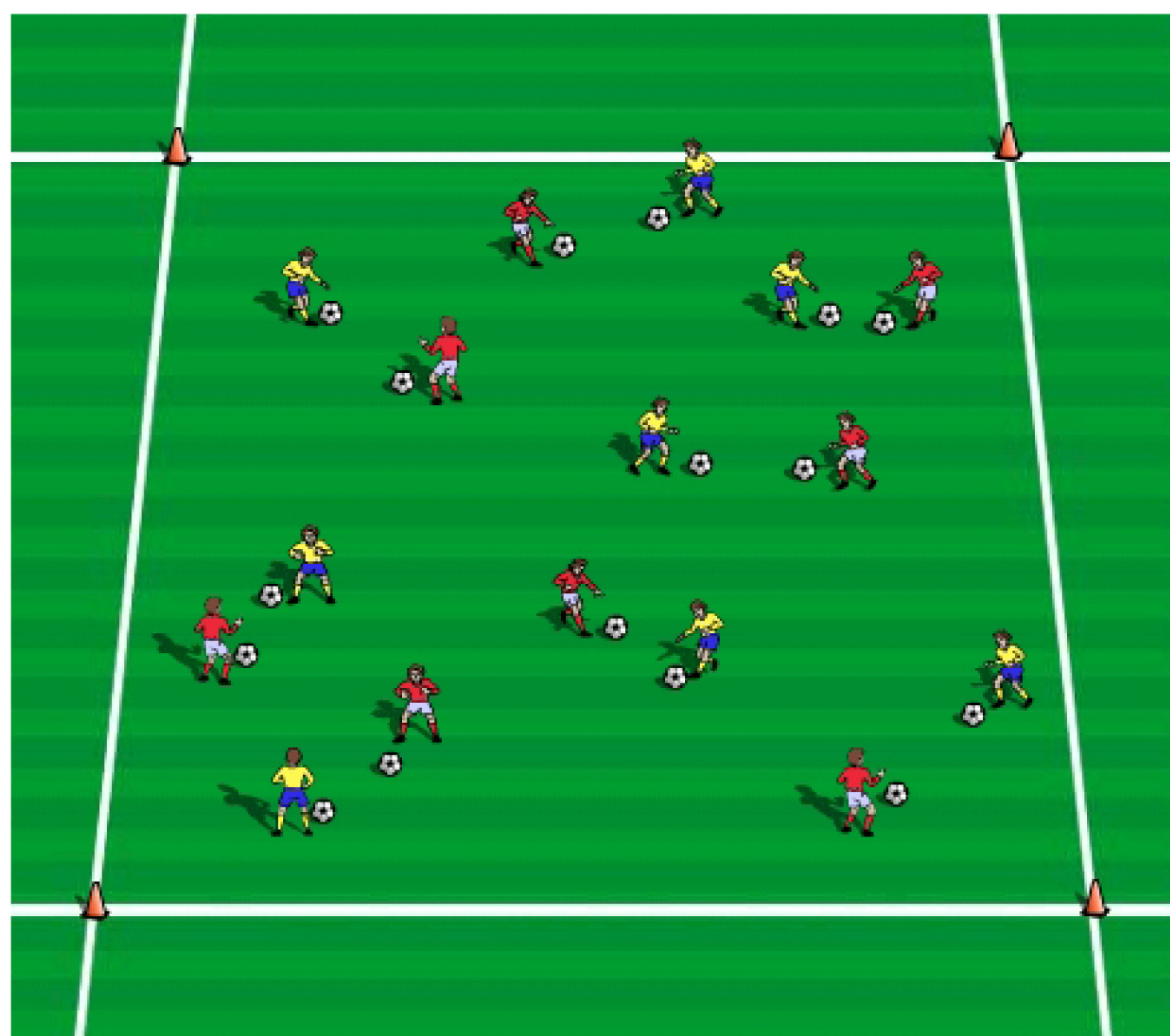
All players have a ball in a 20 x 20 yard grid.

Progression:

1. Coach has players dribbling randomly in a grided space.
2. As players come within a yard of another player they must put on a move cutting the ball in the opposite direction.
3. Player must turn and explode away from the opposing player while in control of their ball.

Coaching Points:

- Improve vision and field awareness.
- Decision making with the ball.
- Cutting.
- Moves.
- Speed dribbling.
- Body control.
- Quick acceleration.





Bumper Balls

Emphasis:

Accuracy of passing.

Set-up:

One ball per person. Grid size should be approximately 70 x 60 yards. A full half field would be ideal.

Objective:

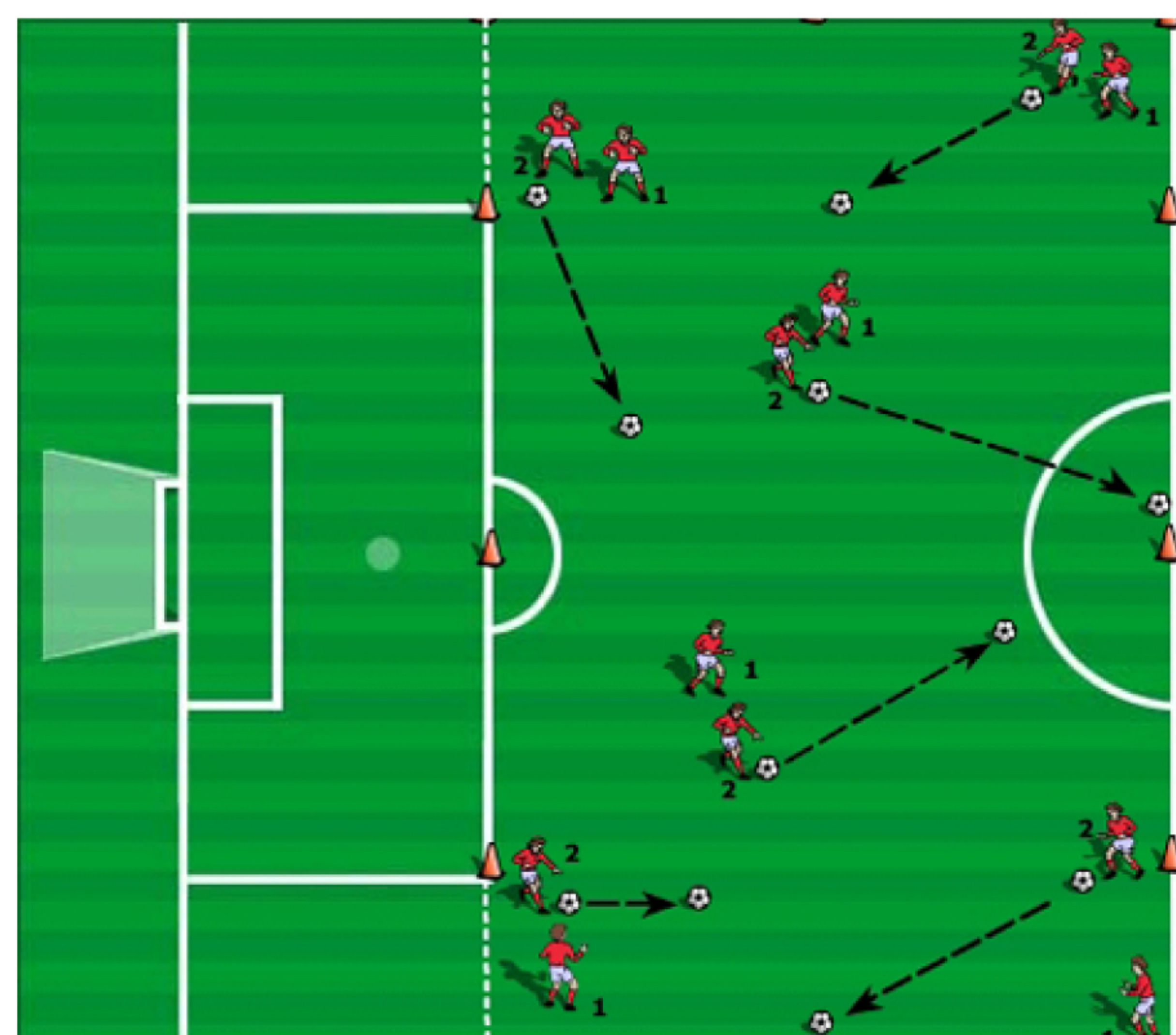
For players to get comfortable striking a ball with the inside of the feet for accuracy and utilizing the instep drive over distances.

Progression:

1. Player #1 and #2 stand next to each other to start.
2. Player #1 passes his ball forward. The distance does not matter (10-20 yards approximately). Player #2 let's player #1's ball come to a complete stop. Player #2 then tries to pass his ball and hit player #1's ball.
3. Every time a player hits his opponent's ball they collect a point.
4. The player that gets three points first wins.
5. Players keep alternating passes until one hits the other players' ball.
6. Winners and losers from different groups are paired and repeat the exercise.
7. Once players are comfortable with this exercise, allow players to hit the ball as a moving target. At no time are any balls by either player allowed to come to full rest.
8. Final progression to direct players to use a specific part of their foot only during that particular game.

Coaching Points:

- Weight of passes.
- Timing of the pass.
- Accuracy of the pass.
- Utilizing instep with inside the foot as well as the outside of the foot.



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WEEK 4

ACTIVITY #3

Count It Out

Emphasis:

Improve a player's field awareness while communicating and developing passing skills.

Set-up:

Players are to be numbered 1- 18 or however many players you have on your squad. Two or three balls are adequate depending on the player's skill level. Players randomly spread out while remembering their numerical order.

Objective:

To become a better passing team thru ball striking and movement on & off ball.

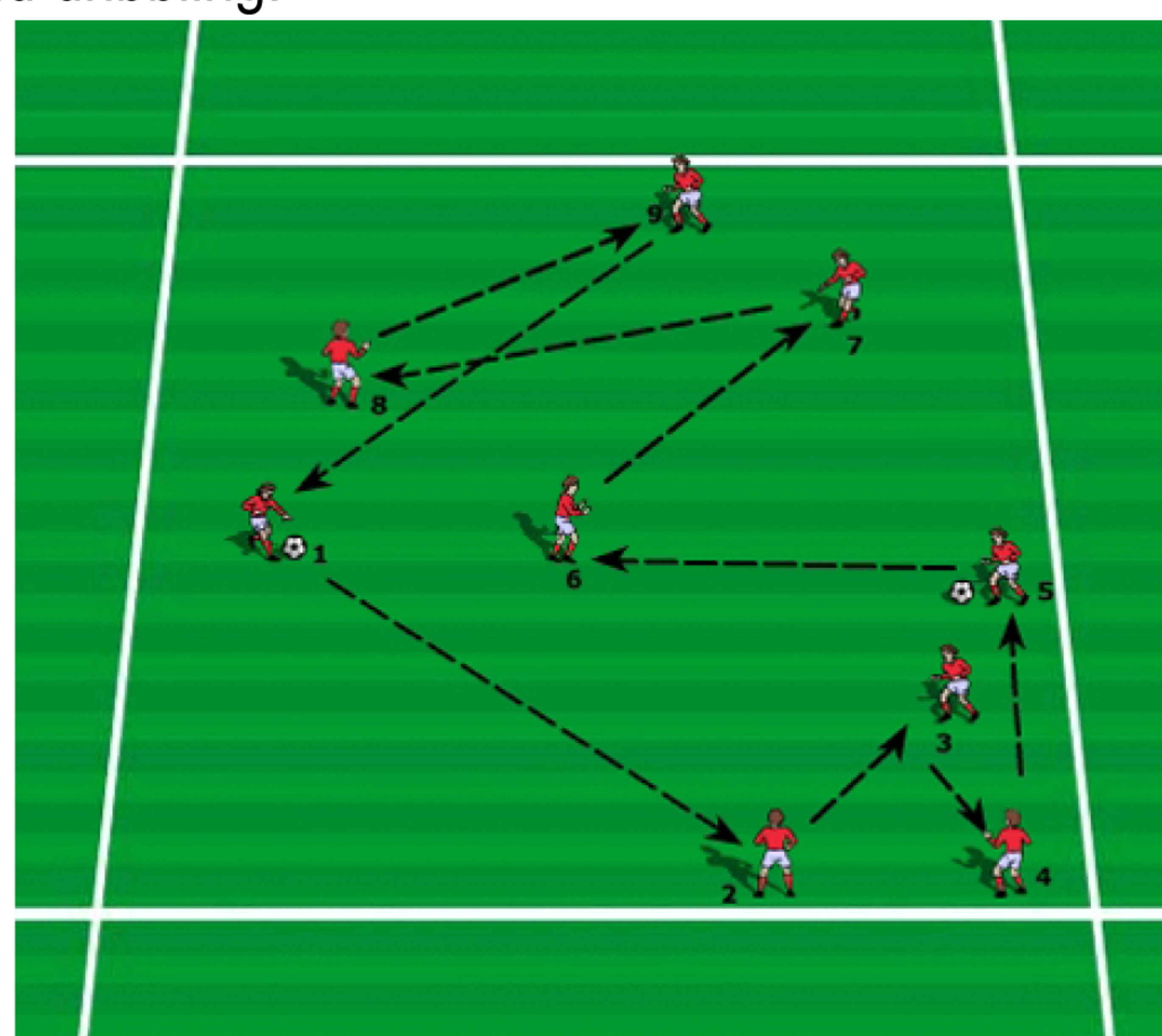
Progression:

- Players #1 and #5 start off with the ball. The ball is passed from player to player based on the next sequential number.
- One may start this exercise off in the player's hands in order to insure the exercise doesn't break down.
- A coach may add more balls evenly spaced within the team. Example #1, 9, 16
- Add touch limitations to the exercise to increase the difficulty.

Remember that ... one touch is to enhance a teams ability to pass, two touches restriction emphasizes a players preparation touch and passing, three touches emphasizes receiving, passing and dribbling.

Coaching Points:

- Communication between teammates.
- Timing of the runs.
- Good vision.
- Locking the ankle.
- Follow thru to the target.
- Accuracy of the pass.
- Good preparation touch
- Weight of the pass.



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