



## Academy 9 Curriculum Outline

### **Curriculum Outline:**

All practice sessions will enhance players abilities within the 2 prescribed general topics. *Finishing/Passing/1st Touch & Possession/Penetration Ball Skill* topics with special attention to individual skill development through isolated and small sided activities. This proven curriculum will dictate the individual players' eventual ball skills and game insight abilities over the course of their Academy experience and beyond.

Every practice session will have one of the two prescribed topics. Players are highly encouraged to participate at all practice sessions so that appropriate development can occur. Coaching staff will never make a player feel guilty for missing a session.

### **Homework:**

Simple homework assignments should be considered as part of the curriculum. The coaching staff will demonstrate the designated ball skill moves on Fridays. The last 5 minutes of every Wednesday's session should be used to 'test' the players.

*I will provide our Academy coaches with each session's lesson plan with expectation that all activities are executed in unison throughout the practice sessions.*

To familiarize yourself with the moves visit:

<https://www.teamexcelsoccer.com/sidekick-ball-skills---level-i.html>

### **Practice Session Layout:**

SCOR Warm-up:

- 10 minutes
- FIFA 11+
- Players are expected to know routine within first 2 weeks of season

### **Wednesday's Topic:** Finishing/Passing/1st Touch

- 6 Steps to Perfect Shooting
  - isolated passing activities with partner
  - progress making activities competitive in nature, not 1vs1
- Small Sided Activities
- Small Sided Scrimmage (10 minutes)
- Ball Skill Test (5 minutes)

Note: Address 1st & 2nd Defending briefly during attacking activities

### **Friday's Topic:** Possession/Penetration

- Technique from Ball Mastery list
  - 2 skills
  - set players up across from each other
  - repetitiously run through activity
  - progress w/pressure
- 2 Small Sided Activities
- Small Sided Scrimmage (10 minutes)

### **Games:**

Saturday games have one and only one goal in mind; that is to provide an environment where all players will feel comfortable coming out of their comfort zone. Absorbing instruction and focusing on execution at practice sessions and the willingness to experiment at games is what will bring our players to their next level. Stay focused on the task at hand ... to develop ball skills, a willingness to try them in the game and a better understanding of spacial awareness.

The Program's intent to develop our players' technical abilities appropriately demands that our coaches pay special attention to the details and use their coaching experience and expertise to find the correct moments and approach to instruct. The activities will be age and level appropriate but your moments of instruction will define whether or not we see progress throughout the sessions and season.

Don't forget that these kids are still exactly that, kids. Build a relationship with them, have fun and make sure you do all you can to make these kids want to come back to every practice and game we offer. The excitement factor needs to be developed also.

Thanks in advance for the quality of work and results you will be providing.