CLUB ACADEMY

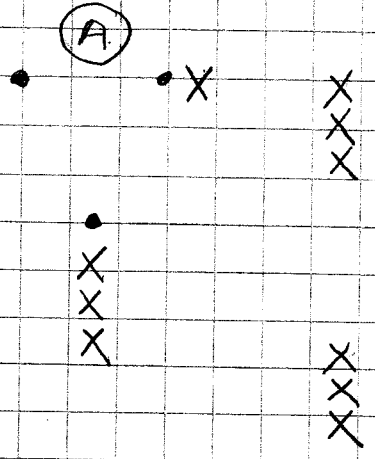
U-13-UP 2017

U-13 VP

- CLUB ACADEMY -

A. SETUP 3 STATIONS PLUS A SCRIMAGE (SAFE ZONE)

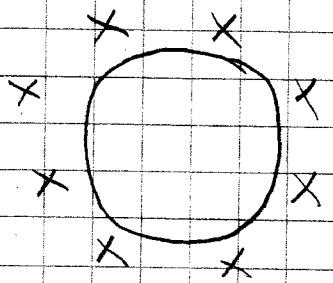
1.)



A. THIS IS PASS + MOVE TO EMPTY CONE HAND, FEET, ONE TOUCH, REC LEFT PASS RT.

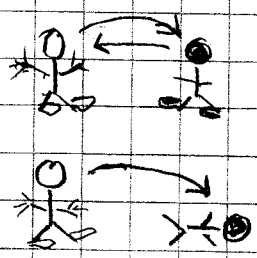
B. THIS IS ALSO PASS + MOVE. PASS STAY IN SAME LINE PASS GO TO OTHER LINE HAND, FEET, ONE TOUCH, REC RT PASS LEFT INTRO DUMMY PASS.

2.) RONDO'S



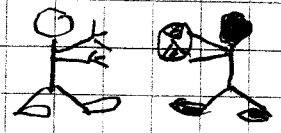
A.) SET UP GROUPS OF 5 OR 6 FORM A CIRCLE + PASS.
B.) HAND, FEET, REC RT PASS LEFT ONE TOUCH PASS + MOVE
C.) ON COMMAND LAST PASSER IS DEF.

3.) HEADING



A.) FIRST PAIR UP. ONE STAND ONE LAY DOWN PLAYER LAYING DOWN COME UP REC PASS TO HEAD AND REPEAT, THEN SWITCH
B.) BOTH STAND ONE HOLD THE BALL PARTNER COME TOUCH THE BALL BACK AWAY GET HEADER + REPEAT
C.) ONE PLAYER MAKE A BASKET WITH ARMS PARTNER HEADS BALL TRY TO MAKE A BASKET.

4.) POSSESSION SCRIMAGE



A.) THIS GAME IS PLAYED FIRST BY HAND BALL CAN TAKE 3 STEPS THEN MUST PASS.
B.) ON WHISTLE BALL IS PLAYED WITH FEET WORK ON UNLIMITED TOUCHES 2 AND 1 TOUCH.

FIRST OF ALL THANK YOU TO ALL COACH'S FOR YOUR EFFORT IN THIS PROGRAM. BOTH THE CLUB AND I WANT TO THANK YOU. HAVE FUN OUT THERE.

(2)

COACH'S DECIDE

1.) WARM UP: A.) 10 - 15 min
B.) BALL SKILLS
C.) RONDO'S
D.) STRETCHING
E.) ETC.

2.) BREAK UP INTO GROUPS OF 10-12 MIXED BOYS AND GRLS.

3.) LET THEM PLAY FIRST FOR A WHILE THEN WORK ON PATIENCE + WHERE. TWO TOUCH AFTER A WHILE WHERE PDS. HOP STOP ETC. BALL DOSONT ALWAYS HAVE TO GO FORWARD. DONT OVER COACH.

- FUTSAL -

QUICK DECISION MAKING

1.) FOUR FIELD PLAYERS 1 KEEPER 5 V 5

2.) NO OFF SIDES

3.) KEEPER CAN PLAY WITH HANDS OR FEET BUT HAS ONLY 5 SECONDS TO GET BALL IN PLAY

4.) KEEPER CANNOT KICK OR PASS THE BALL PAST THE HALF

5.) SUB ON THE FLY

6.) 5 YARDS MUST BE GIVEN FOR ANY KICK

7.) ALL KICK INS HAVE 5 SECONDS TO START

8.) 25 MIN HALF'S WITH 5 MIN FOR THE HALF. 1 TIME OUT EA PER HALF.

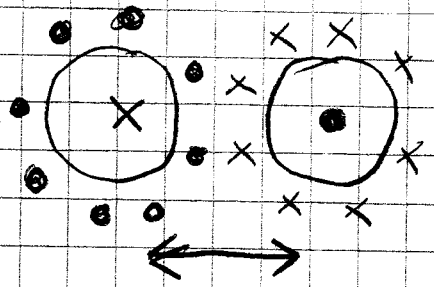
13-UP

- CLUB ACADEMY -

(3)

(A.) SET UP THREE STATIONS PLUS A SCRIMAGE

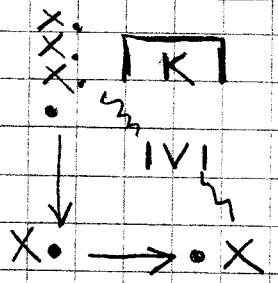
1.) RONDO GAME



A.) IN THIS GAME FIRST GENERAL PASSING IN EACH RONDO.

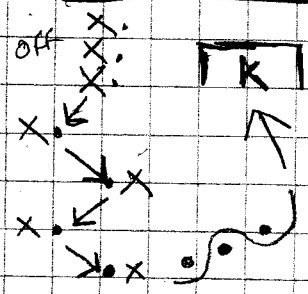
B.) ON COMMAND A PLAYER FROM EACH RONDO BECOMES A DEF IN THE OTHER GROUP.

2.) 1V1 GAME



A.) THIS IS A PASS AND FOLLOW EXCERSIZE. THE FIRST PASSOR BECOMES THE DEF. PLAY TO GOAL.

3.) SHOOTING GAME



A.) THIS IS A PASS AND MOVE SHOOTING EXCERSIZE. RESTRICTIONS ON THE SHOOTER CAN BE ADDED.

B.) AFTER A WHILE ADD IN A DEFENDER TO MAKE IT 1V1 TO GOAL.

4.) SCRIMAGE

A.) SPLIT THE PLAYERS IN HALF SEPERATE THE FIELD INTO TWO AREAS. EACH GROUP BREAK INTO TEAMS AND PLAY TO GOAL.

B.) CAN PLAY WITH OR WITHOUT KEEPERS.

FIRST OF ALL THANK YOU TO ALL COACH'S FOR YOUR EFFORT IN THIS PROGRAM. BOTH THE CLUB AND I WANT TO THANK YOU. HAVE FUN OUT THERE.

COACH'S DECIDE

1.) WARM UP: A.) 10 - 15 min
B.) BALL SKILLS
C.) RONDO'S
D.) STRETCHING
E.) ETC.

2.) BREAK UP INTO GROUPS OF 10-12 MIXED BOYS AND GRLS.

3.) LET THEM PLAY FIRST FOR A WHILE THEN WORK ON PATIENCE + WHERE. TWO TOUCH AFTER A WHILE WHERE POS. HOP STOP ETC. BALL DOESN'T ALWAYS HAVE TO GO FORWARD. DONT OVER COACH.

- FUTSAL -

QUICK DECISION MAKING

1.) FOUR FIELD PLAYERS 1 KEEPER 5 V 5

2.) NO OFF SIDES

3.) KEEPER CAN PLAY WITH HANDS OR FEET BUT HAS ONLY 5 SECONDS TO GET BALL IN PLAY

4.) KEEPER CANNOT KICK OR PASS THE BALL PAST THE HALF

5.) SUB ON THE FLY

6.) 5 YARDS MUST BE GIVEN FOR ANY KICK

7.) ALL KICK INS HAVE 5 SECONDS TO START

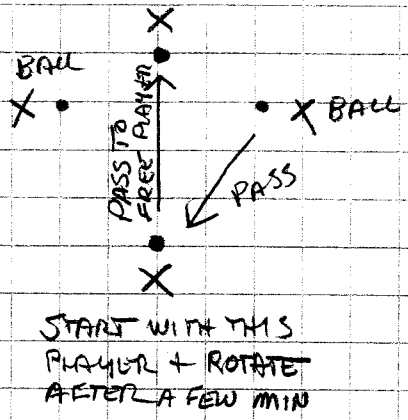
8.) 25 MIN HALFS WITH 5 MIN FOR THE HALF. 1 TIME OUT EA PER HALF.

13-UP

- CLUB ACADEMY -

(A) SET UP THREE STATIONS PLUS A SCRIMAGE

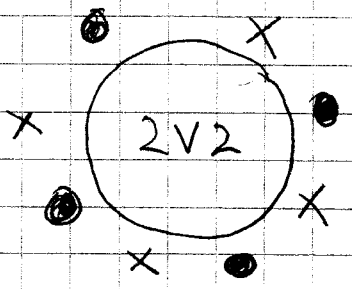
1.)



A.) THIS IS AN EXCERCIZE IN DECISION MAKING. ONE PLAYER WORKS AGAINST 3 PLAYERS, 2 OF THE 3 HAVE BALLS ONE PASSES REC HAS TO FIND THE PLAYER WITH NO BALL + PASS IT TO THEM ETC.

B.) AFTER A TIME SWITCH A NEW PLAYER TO THE START SPOT.

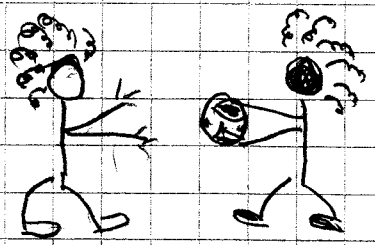
2) RHONDO SAFE ZONE



A.) SAFE ZONE RONDO IS PLAYERS ON THE OUT SIDE ARE SAFE PLAYERS.

B.) PLAYERS IN THE MIDDLE PLAY 2V2 AT ANY TIME A PLAYER IN POSSESSION CAN PASS TO THEIR SAFE PLAYER THEY BECOME ACTIVE THE PASSER BECOMES THE SAFE PLAYER.

3) POSSESSION GAME



A.) HAND BALL IS PLAYED WITH MAX 3 STEPS THEN PASS. THIS SHOULD BE DONE QUICKLY.

B.) ON WHISTLE BALL IS PLAYED WITH FEET 2 TOUCH MAX.

4.) SCRIMAGE

SMALL SIDED

A.) MAKE 3 FIELDS PLAY 4 V 4 TO GOAL WITH NO KEEPERS TWO TOUCH ONLY.

FIRST OF ALL THANK YOU TO ALL COACH'S FOR YOUR EFFORT IN THIS PROGRAM. BOTH THE CLUB AND I WANT TO THANK YOU. HAVE FUN OUT THERE.

COACH'S DECIDE

1.) WARM UP: A.) 10 - 15 min
B.) BALL SKILLS
C.) RONDO'S
D.) STRETCHING
E.) ETC.

2.) BREAK UP INTO GROUPS OF 10-12 MIXED BOYS AND GIRLS.

3.) LET THEM PLAY FIRST FOR A WHILE THEN WORK ON PATIENCE + WHERE. TWO TOUCH AFTER A WHILE WHERE PDS. HOP STOP ETC. BALL DOESN'T ALWAYS HAVE TO GO FORWARD. DON'T OVER COACH.

- FUTSAL -

QUICK DECISION MAKING

1.) FOUR FIELD PLAYERS 1 KEEPER 5 V 5

2.) NO OFF SIDES

3.) KEEPER CAN PLAY WITH HANDS OR FEET BUT HAS ONLY 5 SECONDS TO GET BALL IN PLAY

4.) KEEPER CANNOT KICK OR PASS THE BALL PAST THE HALF

5.) SUB ON THE FLY

6.) 5 YARDS MUST BE GIVEN FOR ANY KICK

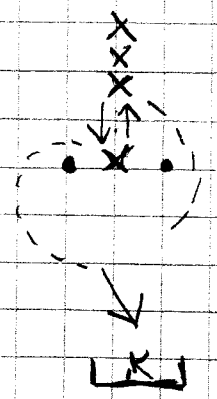
7.) ALL KICK INS HAVE 5 SECONDS TO START

8.) 25 MIN HALF'S WITH 5 MIN FOR THE HALF. 1 TIME OUT EA PER HALF.

U-13 UP - CLUB ACADEMY - (7)

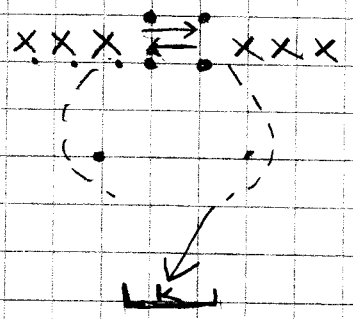
(A) SET UP THREE STATIONS PLUS A SCRIMAGE "SHOOTING"

1.)



A.) THIS EXCERSIZE CAN BE A SINGLE SHOOTER FIRST THEN GO TO A 1V1 SHOOTING EXCERSIZE..

2.)



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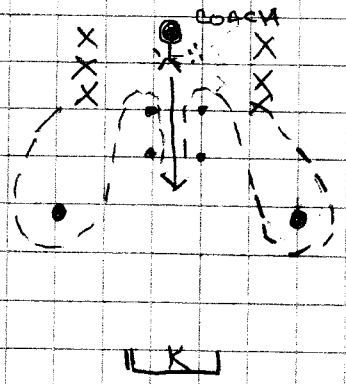
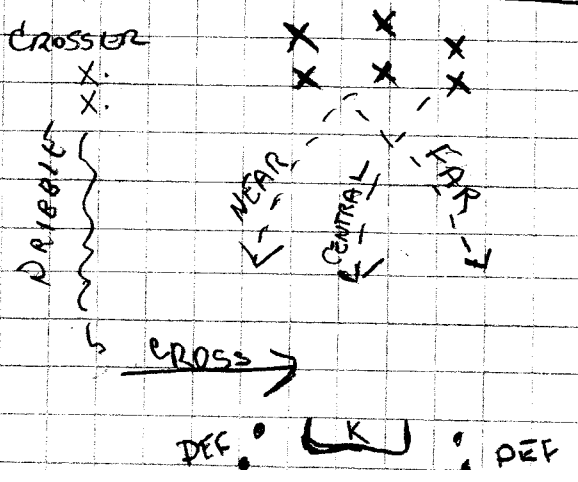


A.) THIS EXCERSIZE CAN BE A SINGLE SHOOTER FIRST THEN GO TO A 1V1 SHOOTING EXCERSIZE.
B.) THIS CAN ALSO BE A RACE TO THE BALL FOR THE SHOT.

4.) SMALL SIDED GAME TO GOAL



CROSSER

A.) THIS EXCERSIZE IS THREE CROSSING + CALLING WHERE THEY WILL GO FOR THE CROSS + SHOT.
B.) ALTERNATE SIDE'S SWITCH CROSSER'S
C.) CAN ALSO ADD DEF TO PLAY 3V2 TO GOAL

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COACH'S DECIDE

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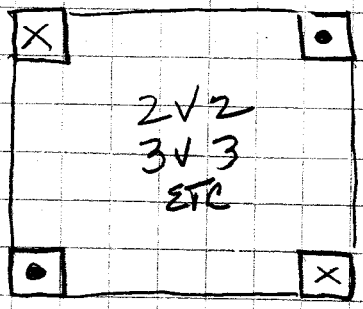
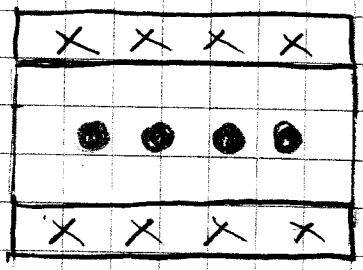


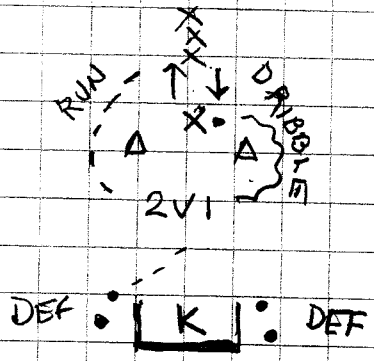
1.) THIS IS A SAFE ZONE EXCERSIZE PLAYERS IN THE MIDDLE PLAY POSSESSION PASS TO YOUR SAFE ZONE PLAYER THEY BECOME ACTIVE AND THE PASSER BECOMES THE SAFE ZONE.

B)



1.) THIS IS A DEFENSIVE EXCERSIZE THE X'S ARE OFFENCE THE ● ARE DEF. OBJECT PASS THRU THE DEF TO OPPOSITE SIDE.
2.) ROTATE SO ALL CAN BE DEF.

C)



1.) THIS IS A 2V1 EXCERSIZE TO GOAL.
2.) AS THE PLAYER WHO HAS THE BALL DRIBBLE'S AROUND THE CONE THE PASSER RUNS AROUND THE OTHER CONE. AT THIS TIME THE DEF COMES OUT PLAYING 2V1

D) SCRIMAGE

1.) IF THERE IS TIME SPLIT THE PLAYERS INTO 2-3-4 TEAMS AND PLAY FULL FIELD GAME.

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COACH'S DECIDE

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