

Curriculum Week 2

Session 1:

Warm up Footskills	5 Minutes	Review: Toe Touches Review: Capping Teach: Quick Touch	http://www.youtube.com/watch?v=sL2_vDyKsU http://www.youtube.com/watch?v=n1gK5bsYaBM http://www.youtube.com/watch?v=xbSsXdrbegw
Speedwork	10 Minutes	Side to side	http://www.youtube.com/watch?v=hw3kTnj_7V8&feature=youtu.be
Attacking Moves	15 Minutes	Review: Fake and Take Review: Scissors Teach: Rollover	http://www.youtube.com/watch?v=Z20lCm4brEQ http://www.youtube.com/watch?v=LVuzth7s6Ec http://www.youtube.com/watch?v=gGKRrKk2gos
Activity:	15 Minutes	1v1 Boss of the Ball	http://www.youtube.com/watch?v=B5Hn93PDX1o
Scrimmage	20 Minutes		

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Activity:	15 Minutes	1v1 Attacking through 2 zones	http://www.youtube.com/watch?v=WBJAYG4m_oq
Scrimmage	20 Minutes		