



# Development Academy

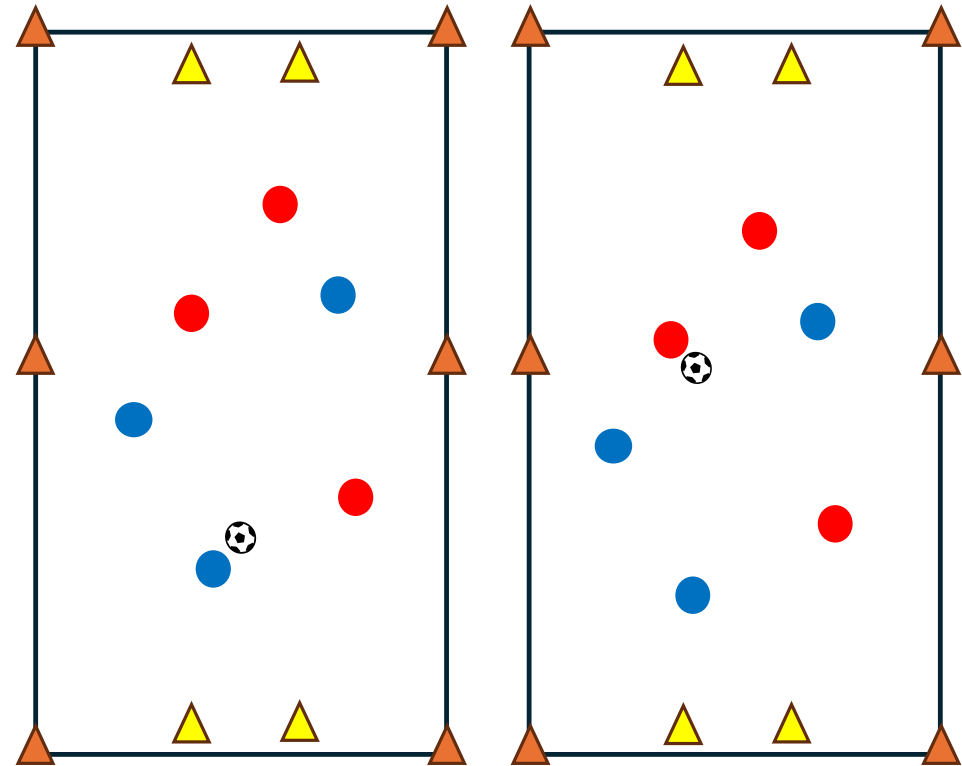
## Week 5

Ball Striking  
Play/Practice/Play

# DA Wk5 PLAY: 3v3 Small Sided Games



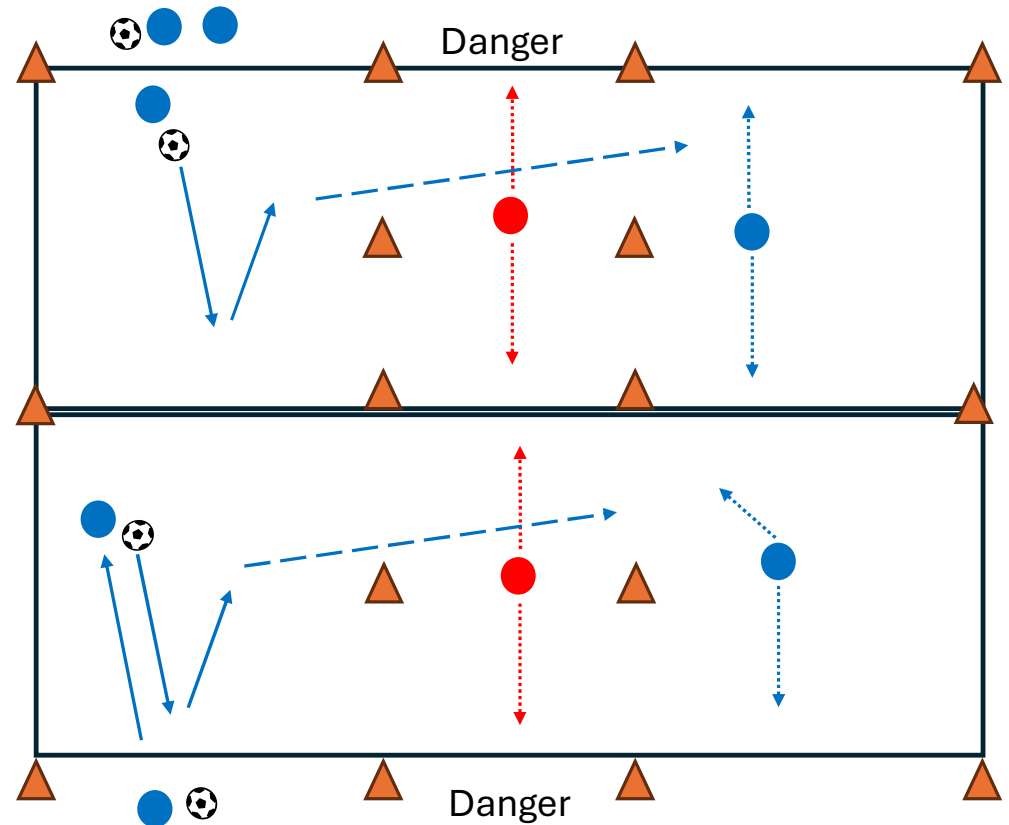
Time	10 mins
Setup	Create 1 or 2 small rectangles with cones. Use cones for goals and pennies for teams.
Description	As players arrive, have them join the game. Rotate teams/players after 5mins
Technical	Light Coaching keep the game going



# DA Wk5 PRACTICE: Pass the Bulldog



Time	15mins
Setup	Make three sections. Two sections on the end are safe zones. Zone in the middle is the danger zone. Players can't leave their zone. Adjust size of middle section base on passing strength
Description	Players on the outside will dribble into the safe zone and PASS through the danger zone to a teammate in the other safe zone without having their ball stolen by a "bulldog". Teammates in the safe zones need to move/dribble to draw the bulldog
Technical	Keeping the ball Close and Under Control, using inside and outside of the foot, changing directions quickly, moving without the ball
Rotation	Dribbler goes to Bulldog, Bulldog goes to teammate, Teammate back in line
Tips	If player with the ball is standing, call rotate,

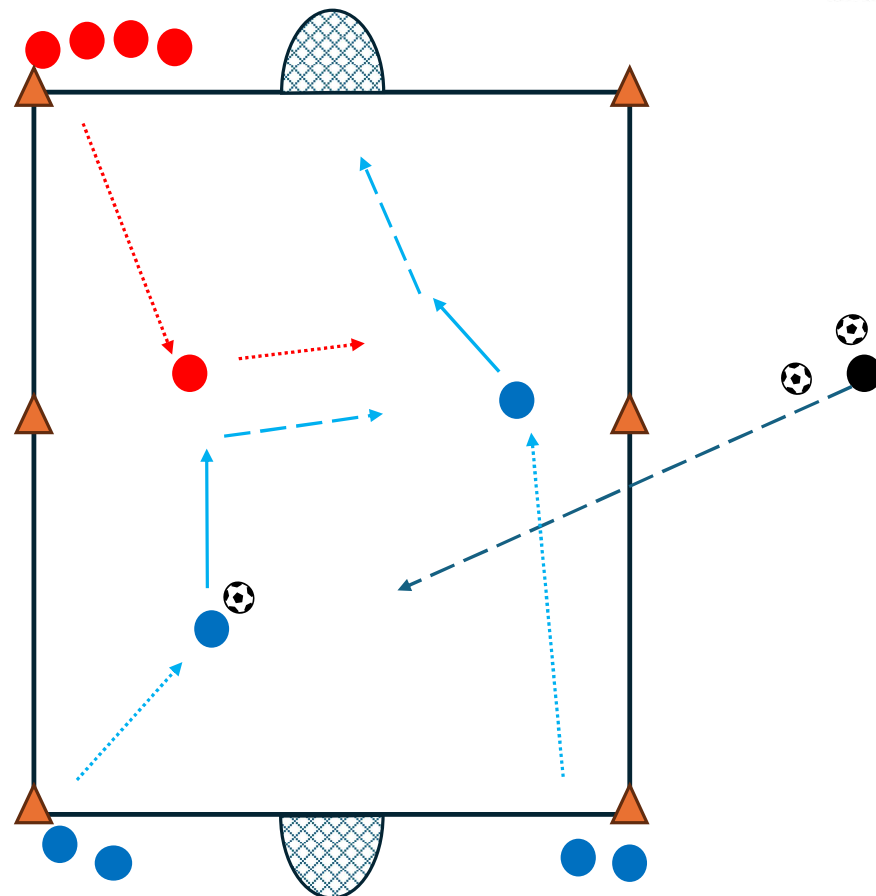


Pass/Shot	
Run w/o ball	
Run with ball	

# DA Wk6 PRACTICE: 2v1 to Goal



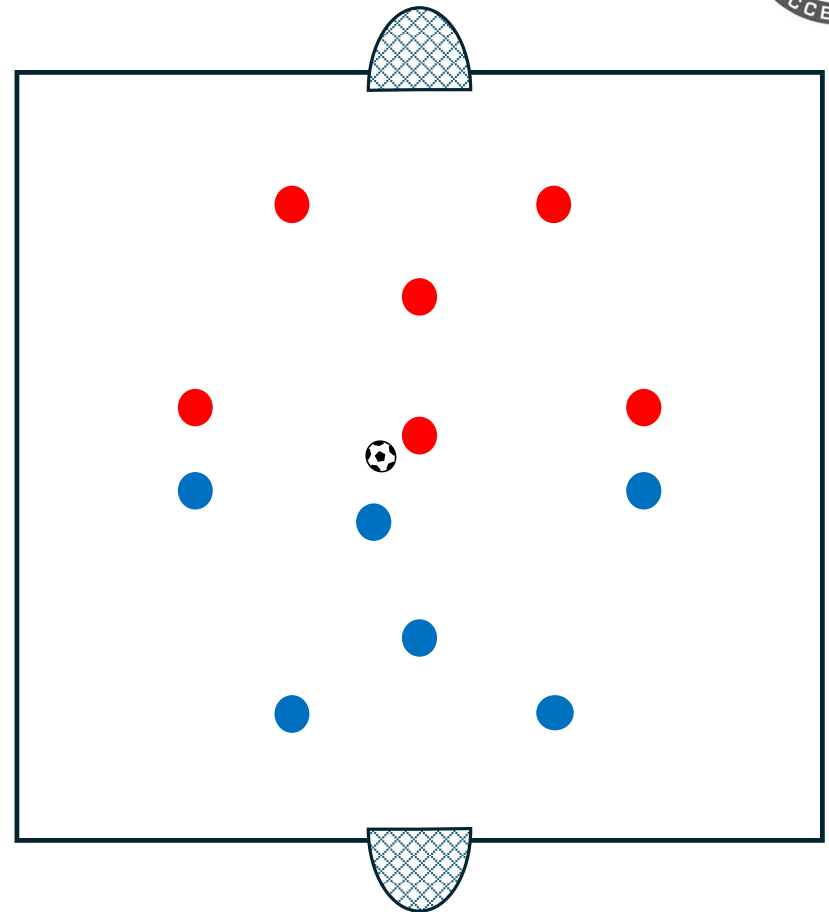
Time	15-20 mins
Setup	Use a 30x25 grid and put gates/Pugs at each end. Split the kids into two teams (or three groups) and have each team on opposite ends of the field.
Description	The game is initiated by coach or defensive team passing the ball into the second team. The team receiving the ball will send two players and the defending team will only send one player. At this point the three kids on the field will play 2v1. They can pass or dribble to score. Be sure to ROTATE sides so that both teams get a chance to attack and defend.
Technical	Control the ball, dribbling with the ball close, pass before pressure arrives, changing direction, increasing speed past the defender
Talking Points	<p>“Can we use this in our game?”</p> <p>“If the ball is far away, can the defense take it?”</p> <p>“Do you want to run into the defender?”</p> <p>“When do pass the ball?”</p>



# DA Wk5 PLAY: Scrimmage



Time	15mins
Setup	USE PUG NETS. Half-field scrimmage against the team on the opposing half of the field you share.
Description	Play official rules – kickoffs, goal kicks, corners, throw ins, etc. <b>Split teams so games are 3v3, 4v4 or 5v5. The goal is to involve ALL players.</b>
Technical	Light instruction, keep the game moving. Coaching/guiding throw ins, goal kicks, etc.





# Development Academy

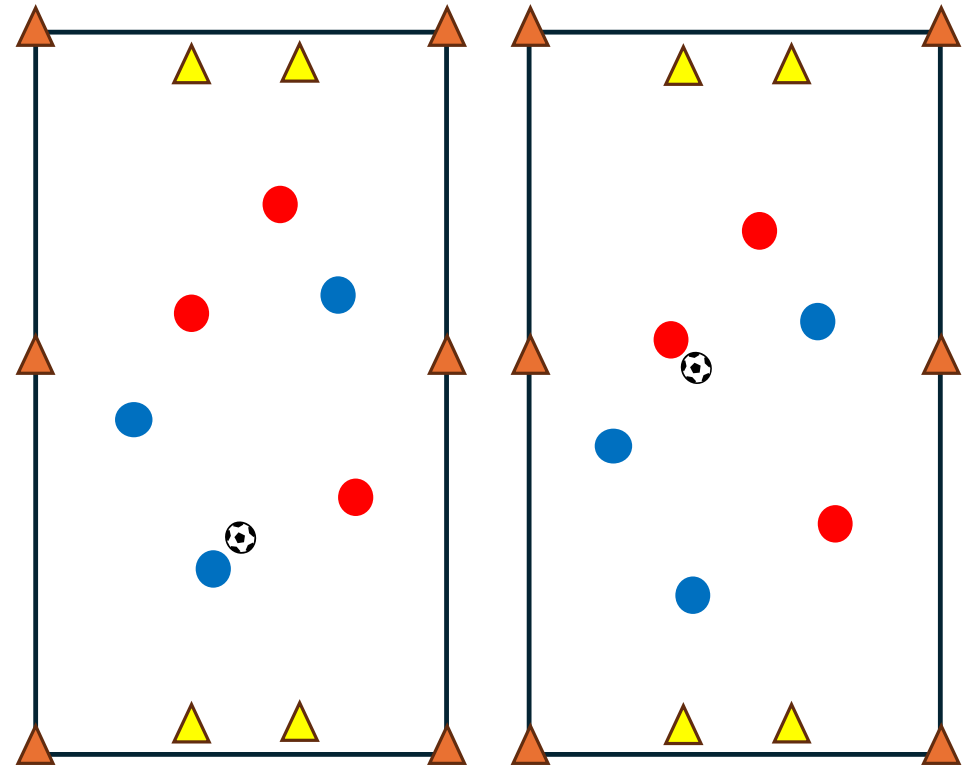
## Week 6

Ball Striking  
Play/Practice/Play

# DA Wk6 PLAY: 3v3 Small Sided Games



Time	10 mins
Setup	Create 1 or 2 small rectangles with cones. Use cones for goals and pennies for teams.
Description	As players arrive, have them join the game. Rotate teams/players after 5mins
Technical	Light Coaching, keep the game going

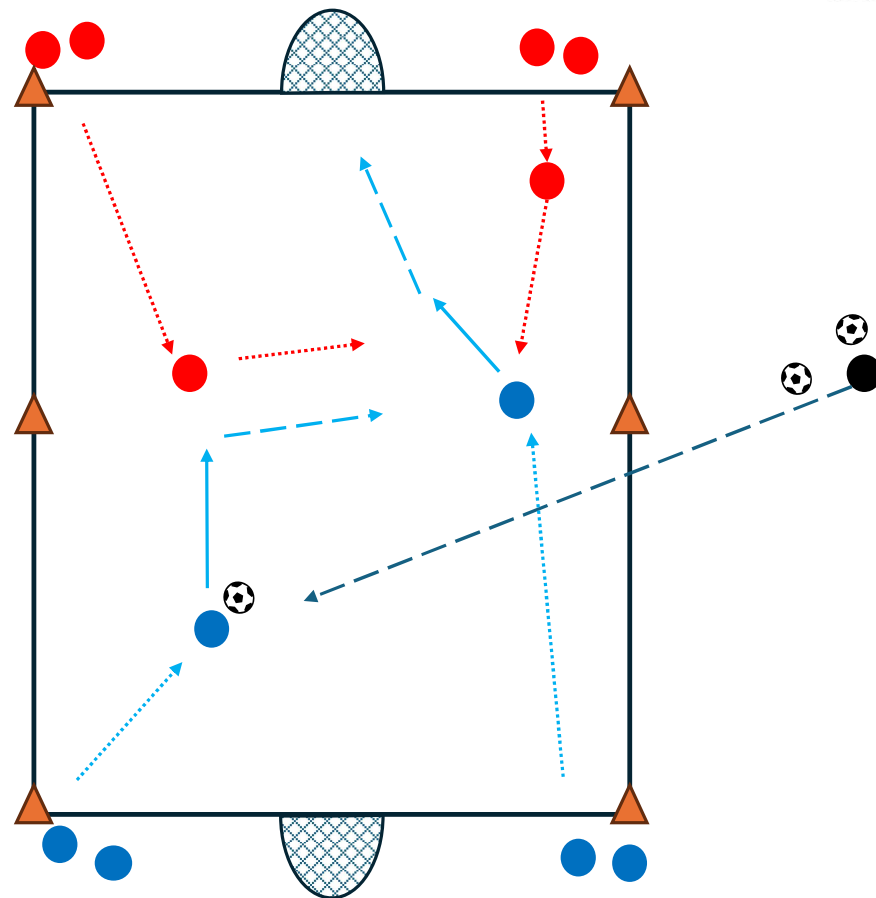


# DA Wk6 PRACTICE: 2v2 to Goal



Time	15-20 mins
Setup	Use a 30x25 grid and put gates/Pugs at each end. Split the kids into two teams (or four groups) and have each team on opposite ends of the field.
Description	The game is initiated by coach or defensive team passing the ball into the second team. The team receiving the ball will send two players and the defending team will also send two players. At this point the playes on the field will play 2v2. They can pass or dribble to score. Be sure to ROTATE sides so that both teams get a chance to attack and defend.
Technical	Control the ball, dribbling with the ball close, pass before pressure arrives, changing direction, increasing speed past the defender
Talking Points	<p>“Can we use this in our game?”</p> <p>“If the ball is far away, can the defense take it?”</p> <p>“Do you want to run into the defender?”</p> <p>“When do pass the ball?”</p>

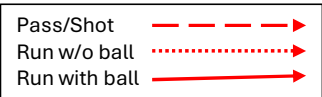
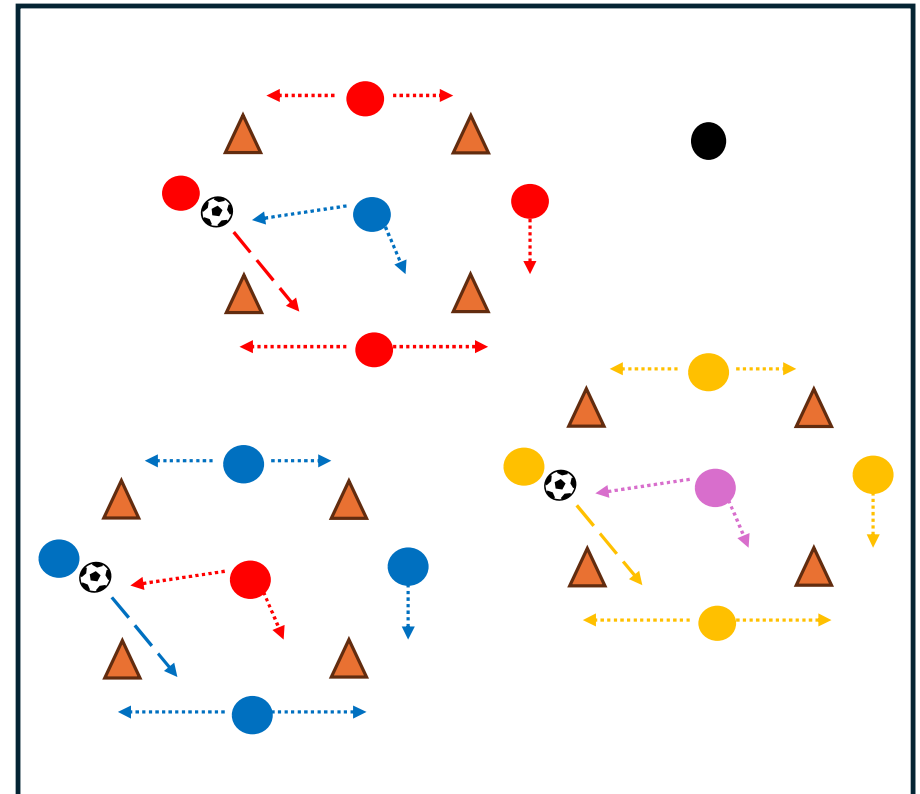
Pass/Shot	
Run w/o ball	
Run with ball	



# DA Wk6 PRACTICE: Monkey in the Middle/Rondo



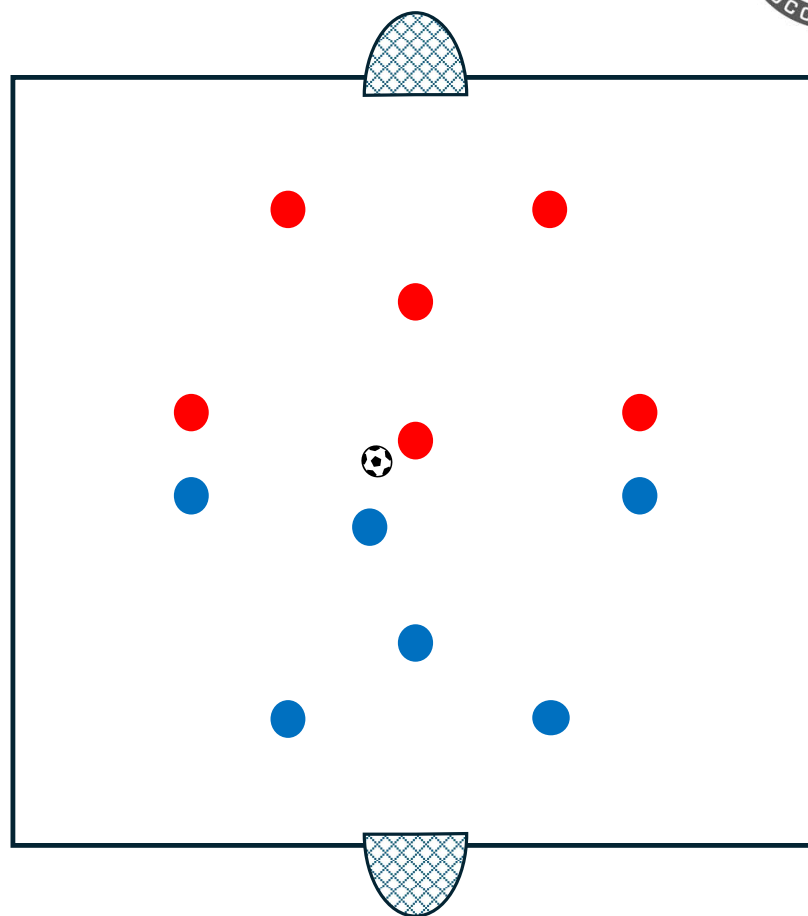
Time	
Setup	10x10 grid. Players make a circle of 3-6 players within the grid. One ball. One player is in the middle of the other players. Make space bigger for less skilled players.
Description	Coach says GO, players on the outside of the circle try to pass the ball across the middle or safely to other players on the opposite or outside of the circle. If the player in the middle intercepts the pass they change places with the person that passed the ball, who is now in the middle
Technical	<ul style="list-style-type: none"> <li>• Control the ball</li> <li>• Inside the foot pass</li> <li>• Strong ankle</li> <li>• Advise against “toe balls”</li> <li>• Head up</li> <li>• “Face” target with head &amp; hips</li> <li>• Movement to “get open”/receive pass</li> </ul>



# DA Wk6 PLAY: Scrimmage



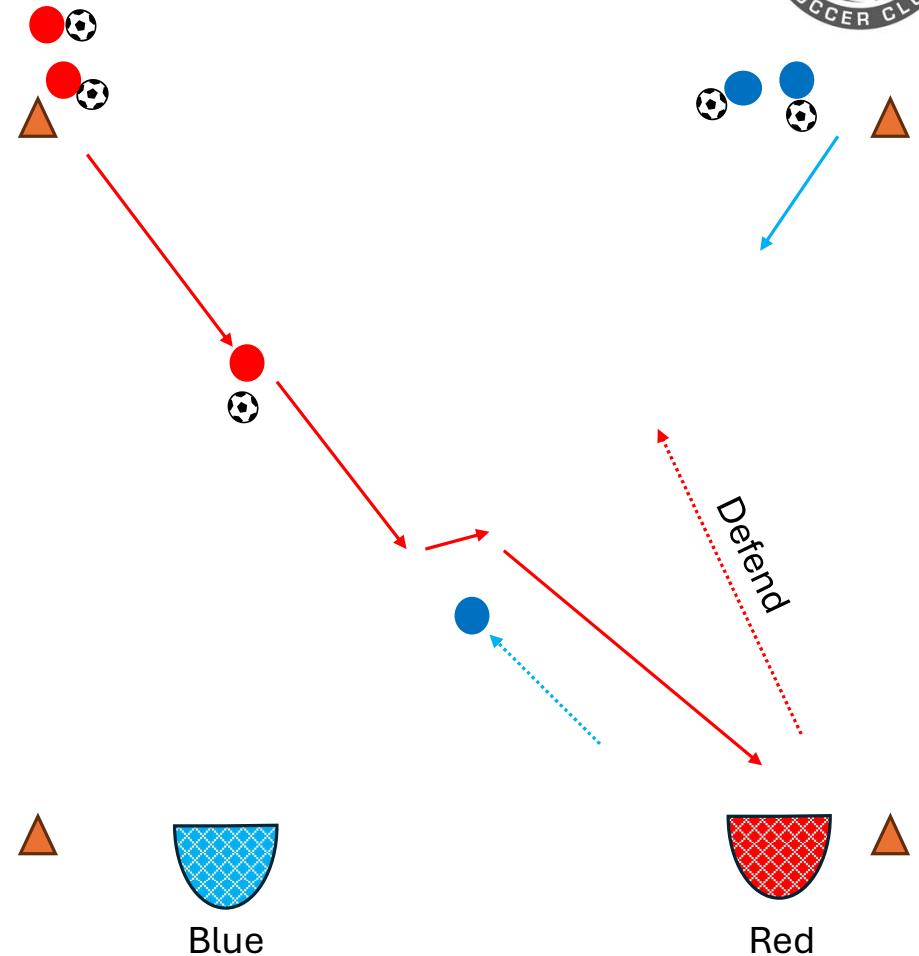
Time	15 mins
Setup	USE PUGG NETS. Half-field scrimmage against the team on the opposing half of the field you share.
Description	Play official rules – kickoffs, goal kicks, corners, throw ins, etc. <b>Split teams so games are 3v3, 4v4 or 5v5. The goal is to involve ALL players.</b>
Technical	Light instruction, keep the game moving. Coaching/guiding throw ins, goal kicks, etc.



# DA Wk5&6 Optional: 1v1 Diagonal Goal



Time	15 mins
Setup	Every player needs a ball, create large square with cones, 2 PUGG nets. One defender
Description	Attacker starts with the ball dribbling diagonal across the square. Attacker make 1v1 move or avoids defender to score. After a goal or the ball goes out, attacker becomes defender. Play is continuous. <u>Attack-Defend-Take ball &amp; back in line</u>
Technical	Control the ball, dribbling with the ball close, attempting a 1v1 move, changing direction, increasing speed past the defender. Change players order for fair 1v1 match-ups
Talking Points	“Can we use this in our game?” “If the ball is far away, can the defense take it?” “Do you want to run into the defender?”

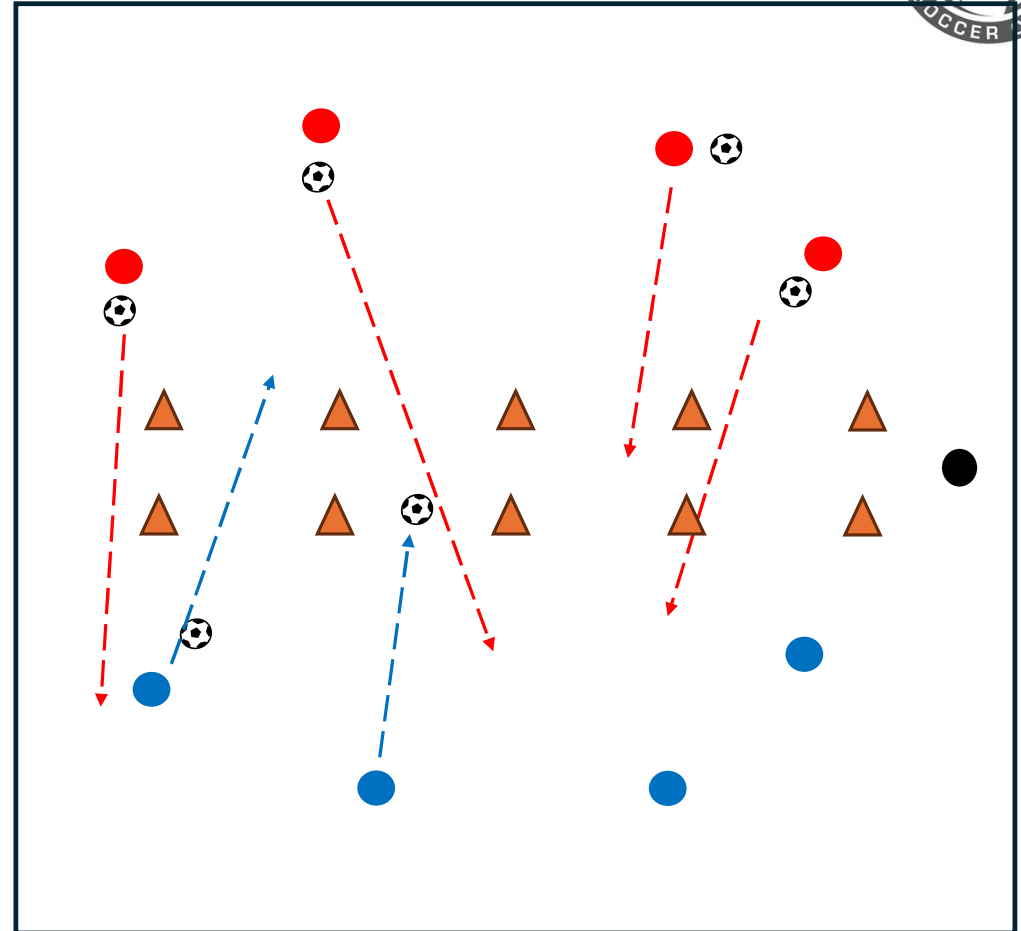


Pass	
Run w/o ball	
Run with ball	

# DA Wk5&6 PRACTICE: Clean the Yard



Time	10-15 mins
Setup	Every player needs a ball. Divide the group into two teams. One on each half of the field. Build a “dead zone” or “street” in the middle that the players cannot enter.
Description	Each player starts with a ball. When Coach says play, the players try to strike the ball from their side to the other side. Coach yells freeze after 2 min and the team with the least amount of balls on their side wins. Kids don’t run in the “street”
Technical	<ul style="list-style-type: none"> <li>• Use both feet</li> <li>• Head down when you ball strike</li> <li>• Plant foot alongside the ball</li> <li>• Use Laces for Power</li> <li>• Advise against “toe balls”</li> <li>• Use Instep (inside of foot) accuracy</li> <li>• Swing our leg all the way thru – Land on the foot you kicked it with</li> </ul>
Variations	Add Pugs or boxes for extra points/targets



Pass/Shot	
Run w/o ball	
Run with ball	