

10 Week Academy - 16 Players

	Week 1	Week 2	Week 3	Week 4	Week 5
Theme	Fundamentals	Fundamentals 2	Soft Touches	Passing	Combinations
Warm Up	Toe Touch / Side to Side	TT Roll / SS Push	Juggling	Running Partner passing	TT Roll / SS Push
	5 Minutes	5 Minutes	10 Minutes	10 Minutes	10 Minutes
	<i>Water Break</i>	<i>Water Break</i>	<i>Water Break</i>	<i>Water Break</i>	<i>Water Break</i>
High Intensity	Dribbling D1	Dribbling D2	Hurtles	Ladder > Rebound > Volley	4 Corners
	10 Minutes	20 Minutes	20 Minutes	20 Minutes	20 Minutes
	Dribbling D1R	<i>Water Break</i>	<i>Water Break</i>	<i>Water Break</i>	<i>Water Break</i>
	10 Minutes				
	<i>Water Break</i>				
Low Intensity	Octagon P1	Technical Circle	Individual Move Training	Round Table	4 Corners
	20 Minutes	20 Minutes	20 Minutes	20 Minutes	20 Minutes
	<i>Water Break</i>	<i>Water Break</i>	<i>Water Break</i>	<i>Water Break</i>	<i>Water Break</i>
	Octagon Keep Away	Octagon Keep Away			
	15 Minutes	15 Minutes			
Game	4 v 4	4 v 4	4 v 4	4 v 4	4 v 4
Time	12 minutes x 2 halves	12 minutes x 2 halves	12 minutes x 3 periods	12 minutes x 3 periods	12 minutes x 3 periods

Toe Touch / Side to Side - this is the warmup where a player stands still and alternates touch the top of the ball with their toes. Also, tapping the sides of the ball with their instep keeping the ball between their legs

TT Roll - Toe Touch a few times then roll ball into a drag back turn, toe touch again repeat | **SS Push** - Side to side then outside of foot push take 1 step left or right, repeat

D1 - straight line of poles or cones to dribble through in snake route. (*R) Return through the obstacles. Player should make 1 or the 5 feints to change direction. *Cruyff Turn, Drag Back, Inside Hook, Outside Hook, Spin Turn*

P1 - straight passing - no runs or movement - just trap and pass fundamentals

1T - 1 Touch - Drill should be 1 touch passing

Individual Move Training - Full Field dribbling, 1 v 1 short moves around a pole, the drill purpose is to practice outside and inside cuts, step overs, scissors, etc

Technical Circle - <https://www.youtube.com/watch?v=2MNaq8N0lvE>

10 Week Academy - 16 Players - 2nd Half

	Week 6	Week 7	Week 8	Week 9	Week 10
Theme	Give N Go	Defense	Strategy	Small Games	
Warm Up	Running Partner passing	Defensive Agility	Overlap Warm Up	Running Partner passing	Juggling
	10 Minutes	10 Minutes	10 Minutes	10 Minutes	
	<i>Water Break</i>	<i>Water Break</i>	<i>Water Break</i>	<i>Water Break</i>	
High Intensity	Give N Go	Defensive Agility Session 2	Drop Pass / Playing out of the back	End Zones	4 v 4 - In Game Coaching
	20 Minutes	20 Minutes	20 Minutes	30 Minutes	12 minutes x 3 periods
	<i>Water Break</i>	<i>Water Break</i>	<i>Water Break</i>	<i>Water Break</i>	<i>Water Break</i>
Low Intensity	Give N Move	Defensive Agility Session 3	Overlap Session 2		4 v 4 - Different Teams
	20 Minutes	20 Minutes	20 Minutes		12 minutes x 3 periods
	<i>Water Break</i>	<i>Water Break</i>	<i>Water Break</i>		
Game	4 v 4	4 v 4	4 v 4	4 v 4	
Time	12 minutes x 3 periods	12 minutes x 3 periods	12 minutes x 3 periods	12 minutes x 4 periods	