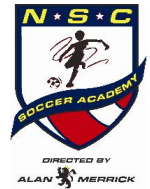




# NSC Soccer Academy - Training Sessions

## In House – Team Practices



### Session1: Ball Control

Warm Up (15 minutes): [Set up 15 x 15 yard grid] [1 ball per player]      Coaching Points / Notes:

- Ball Familiarity – Inside, Outside Dribbling      Head is up, Looking for space, Spread out using entire area
- Toe Taps, Insides, Foundation      \_\_\_\_\_
- Anatomy Soccer      “First one done” \_\_\_\_\_
- GAME: Freeze Tag      Pass through legs to get free \_\_\_\_\_

*Water Break*

Main Activity (20 minutes): *Basic Soccer Moves* [Using same space]

- Inside Hook, Outside Hook, Pull Back      \_\_\_\_\_
  - 8 Touch Move – 4 Touch Move – 2 Touch Move      \_\_\_\_\_
  - GAME: Crab Soccer or Sharks & Minnows      \_\_\_\_\_
- Water Break*

Ending with a Game (20 minutes): *Explain and place kids in positions the first few practices*

- Have fun!!! Don't coach too much (aside from keeping players from bunching up)...positive reinforcement regarding ball control skills used earlier in practice.      \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

### Session2: Ball Control Review and progression to Passing

Warm Up (15 minutes): [Set up 15 x 15 yard grid] [1 ball per player]      Coaching Points / Notes:

- Review Control Techniques from Week 1      Head is up, Looking for space, Spread out using entire area
- o Toe Taps, Insides, Foundation , Basic Moves      \_\_\_\_\_
- GAME: Freeze Tag, Crab Soccer      \_\_\_\_\_

Main Activity (20 minutes): *Basic Passing Techniques* [One ball per two partners]

- 2 Touch Passing – 5 yards apart      Inside of feet, ankles locked, toe up \_\_\_\_\_
- On the move line passing      \_\_\_\_\_
- 1 & 2 Touch Passing – Increase to 10 yards apart      \_\_\_\_\_
- On the move passing – using all the space      \_\_\_\_\_

Ending with a Game (20 minutes): *Explain and place kids in positions the first few practices*



## NSC Soccer Academy - Training Sessions In House – Team Practices



### Session3: Passing Review and progression to Juggling

Warm Up (15 minutes): [Set up 15 x 15 yard grid] [1 ball per player]      Coaching Points / Notes:

- Review Control Techniques from Week 2      Inside of feet only, toe up heel down and ankle locked
  - 1 and 2 Touch Passing, add Movement \_\_\_\_\_
- GAME: Frogs and Flies \_\_\_\_\_  
\_\_\_\_\_ *Water Break*

Main Activity (20 minutes): *Basic Juggling* [1 ball per player]

- Instep Juggling      Laces only, foot at a 90 degree angle, keep ankle flexed
- Thigh Juggling      Thigh only, no knees! Thigh should be flat upon contact
- Head Juggling      Use the forehead, not the top. Power comes from legs
- GAME: Simon Says \_\_\_\_\_  
\_\_\_\_\_ *Water Break*

Ending with a Game (20 minutes): *Explain and place kids in positions the first few practices*

- Have fun!!! Don't coach too much (aside from keeping players from bunching up)...positive reinforcement regarding ball control skills used earlier in practice. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

### Session4: Juggling Review and progression to Shooting

Warm Up (15 minutes): [Set up 15 x 15 yard grid] [1 ball per player]      Coaching Points / Notes:

- Review Control Techniques from Week 2      Head is up, Looking for space, Spread out using entire area
  - Juggling: Instep, Thigh and Head \_\_\_\_\_
- GAME: Juggling Competition \_\_\_\_\_

Main Activity (20 minutes): *Basic Shooting Techniques* [1 ball per 2 players]

- 2 Touch Shooting – 5 yards apart

Instep only, toe down, heel up ankle locked, swing from hip

After technique has been shown go straight to games

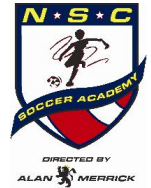
- Game: Shooting Gallery

- Game: Lightning

Ending with a Game (20 minutes): Explain and place kids in positions the first few practices



## NSC Soccer Academy - Training Sessions In House – Team Practices



### Session 5: Ball Control, Passing, Juggling and Shooting Review

**Review #1:** [Set up 15 x 15 yard grid] [1 ball per player]

**Coaching Points / Notes:**

- Inside Hook, Outside Hook, Pull Back
- 8 Touch Move – 4 Touch Move – 2 Touch Move
- GAME: Crab Soccer or Sharks & Minnows

Concentrate on correct foot shape

Water Break

**Review #2: Basic Passing** [1 ball per 2 players]

- 2 Touch Passing – 5 yards apart
- On the move line passing
- 1 & 2 Touch Passing – Increase to 10 yards apart
- On the move passing – using all the space

Inside of feet, ankles locked, toe up

**Review #3: Basic Juggling** [1 ball per player]

- Instep Juggling
- Thigh Juggling
- Head Juggling
- GAME: Simon Says

Laces only, foot at a 90 degree angle, keep ankle flexed

Thigh only, no knees! Thigh should be flat upon contact

Use the forehead, not the top. Power comes from legs

Water Break

**Review #4: Basic Shooting** [1 ball per 2 players]

- **2 Touch Shooting – 5 yards apart**  
\_\_\_\_\_

*Instep only, toe down, heel up ankle locked, swing from hip*

*After technique has been shown go straight to games*

- **Game: Shooting Gallery**  
\_\_\_\_\_

- **Game: Lightning**  
\_\_\_\_\_