

Curriculum Week 5

Session 1

Warm up:	5 Min		
Choose or Combine from:			
Footskills:		Toe Touches Capping Quick Touch Triangle	http://www.youtube.com/watch?v=_sL2_vDyKsU http://www.youtube.com/watch?v=n1gK5bsYaBM http://www.youtube.com/watch?v=xbSsXdrbegw http://www.youtube.com/watch?v=3PVIXqpP3kE
Attacking Moves		Fake and Take Scissors Rollover	http://www.youtube.com/watch?v=Z20lCm4brEQ http://www.youtube.com/watch?v=LVuzth7s6Ec http://www.youtube.com/watch?v=gGKRrKk2gos
Change in Direction		Inside of the foot turn Outside of the foot turn Stop Turn	http://www.youtube.com/watch?v=CmbehZHKXlg http://www.youtube.com/watch?v=P_n10JSLft8 http://www.youtube.com/watch?v=18rf0FCSs04
Speedwork	10 Min	Ladders	http://www.youtube.com/watch?v=2GHUjqlQPh4
Passing and Receiving	15 Min	Passing and Receiving Inside of the foot. Passing & receiving with the outside of the foot.	http://www.youtube.com/watch?v=jTXjOm9TmCM&feature=youtu.be
Scrimmage	30 Min	May limit touches to encourage passing	

Session 2

Warm up Footskills	5 Min	Toe Touches Capping Quick Touch Triangle Fake and Take Scissors Rollover Inside of the foot turn Outside of the foot turn Stop Turn	http://www.youtube.com/watch?v=_sL2_vDyKsU http://www.youtube.com/watch?v=n1gK5bsYaBM http://www.youtube.com/watch?v=xbSsXdrbegw http://www.youtube.com/watch?v=3PVIXqpP3kE http://www.youtube.com/watch?v=Z20ICm4brEQ http://www.youtube.com/watch?v=LVuzth7s6Ec http://www.youtube.com/watch?v=gGKRrKk2gos http://www.youtube.com/watch?v=CmbehZHKXlq http://www.youtube.com/watch?v=P_n10JSLft8 http://www.youtube.com/watch?v=18rf0FCSs04
Speedwork	10 Min	Side to side	http://www.youtube.com/watch?v=hw3kTnj_7V8&feature=youtu.be
Passing and Receiving	20 Min	Advanced Passing and Receiving	http://www.youtube.com/watch?v=6NJfMe_DVb4
		Apply light pressure and use the more basic traps unless your group is more advanced.	
Scrimmage	30 Min		