

Curriculum Week 4

Session 1

Speedwork	10 Min	Ladders	http://www.youtube.com/watch?v=2GHUjqlQPh4
Footskills:	10 Min	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
Shooting	20 Min	3 line shooting (Right and Left Foot)	http://www.youtube.com/watch?v=rZB1g7-19pA
Scrimmage	30 Min	Set up 2 goals 24 to 36 yards apart depending on age group. Make the field wider than it is long to ensure players are nearly always in shooting range. Divide your team into 3 even teams. Have 2 teams on the field and play till someone shoots and scores. The team that scores stays on the field, while the other team comes off and the resting team now plays.	

Session 2

Speedwork	10 Min	Side to side	http://www.youtube.com/watch?v=hw3kTnj_7V8&feature=youtu.be
Footskills:	10 Min	Toe Touches	http://www.youtube.com/watch?v=_sL2_vDyKsU
		Capping	http://www.youtube.com/watch?v=n1gK5bsYaBM
		Quick Touch	http://www.youtube.com/watch?v=xbSsXdrbegw
		Triangle	http://www.youtube.com/watch?v=3PVIXqpP3kE
Change in Direction		Inside of the foot turn	http://www.youtube.com/watch?v=CmbehZHKXlg
		Outside of the foot turn	http://www.youtube.com/watch?v=P_n10JSLft8
		Stop Turn	http://www.youtube.com/watch?v=18rf0FCss04
Shooting	20 Min	Finishing Game	http://www.youtube.com/watch?v=DDUmagB8Mq4
Scrimmage	30 Min	Same scrimmage as last time to encourage shooting.	