

Curriculum Week 4

Session 1

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=Z20lCm4brEQ 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	15 Min	Teach: Trapping/Passing Inside of the foot Teach: Inside of the foot trap over to the other foot	http://www.youtube.com/watch?v=jTXjOm9TmCM http://www.youtube.com/watch?v=jTXjOm9TmCM
Activities	15 Min	3v1 Keep Away	http://www.youtube.com/watch?v=0-j7zkBJYtA&feature=youtu.be
Scrimmage	20 Min		

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=Z20lCm4brEQ 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	15 Min	Review: Inside of the foot pass Review: Inside of the foot trap over to the other foot Teach : Outside of the foot trap	http://www.youtube.com/watch?v=jTXjOm9TmCM http://www.youtube.com/watch?v=jTXjOm9TmCM http://www.youtube.com/watch?v=jTXjOm9TmCM
Activities	15 Min	Teach: 4v2 Tiger cage	http://www.youtube.com/watch?v=NZznjbiOjak&feature=youtu.be
Scrimmage	20 Min		

Note:

When doing the warmup for your group you don't need to use all of the skills, moves, etc. You may just want to do: Attacking moves, change in direction moves, or footskills for the warmup.

