

Curriculum Week 1

Session 1	Time	Activity	Youtube link for video
Running a practice	See Coaches Letter		
Warm up Footskills	5 Minutes	Teach: Toe Touches Teach: Capping	http://www.youtube.com/watch?v=sL2_vDyKsU http://www.youtube.com/watch?v=n1qK5bsYaBM
Speedwork	10-15 Minutes	Ladders	http://www.youtube.com/watch?v=2GHUjqlQPh4
Teaching Attacking Moves	Please review before teaching the moves	Par 1 Part 2 Part 3	http://youtu.be/siQ7I04l6iQ http://youtu.be/yVFwfOEZ4p8 http://www.youtube.com/watch?v=Xa-xx8Rc6mQ
Attacking Move:	15 Minutes	Teach: Fake and Take	http://www.youtube.com/watch?v=Z20lCm4brEQ
Activity		1v1 Attacking to Endline	http://www.youtube.com/watch?v=F1WOkIDUN8o
Scrimmage			

Session 2

Warm up: Footskills	5 Minutes	Review: Toe Touches Review: Capping	http://www.youtube.com/watch?v=sL2_vDyKsU http://www.youtube.com/watch?v=n1qK5bsYaBM
Speedwork	10-15 Minutes	Ladders	http://www.youtube.com/watch?v=2GHUjqlQPh4
Attacking Moves:	15 Minutes	Review: Fake and Take Teach: Scissors	http://www.youtube.com/watch?v=Z20lCm4brEQ http://www.youtube.com/watch?v=LVuzth7s6Ec
Activity	15 Minutes	1v1 To one goal	http://www.youtube.com/watch?v=Ujx-XhfFT2M
Scrimmage			