

Academy

Fall Outline

Week:

1. **Goalkeeping**- Set Position, 1v1+Goalkeepers
2. **Dribbling for Control**- Team Freeze Tag, Endline Game
3. **1st Attacker**- Partner Tag, Team 1v1 to End Zones
4. **Passing**- Paint the Field, Four Goal Game
5. **Shooting**- Clean Out Your Yard! Rage in the Cage!
6. **1st Defender**- Pass and Press, 1v1 in Grids, Match Up and Defend!
7. **Passing for Possession**- Pass and Receive, Passers and Dribblers, 4v4 with Incentives
8. **Finishing**- Bombs Away! 4v4 with Incentives

Spring Outline

Week:

1. **Dribbling for Control**- Team Freeze Tag, Endline Game
2. **Dribbling to Beat an Opponent**- 1v1/2v2 to Gates, Four Goal Game
3. **Goalkeeping Review**- Team Handball, 4v4 (3v3+ goalkeepers)
4. **Passing for Possession**- Doctor! Doctor! 3v1 Keep Away, 4v4 to Targets
5. **Passing to Penetrate**- Countdown! 4v4 to Attacking Zones
6. **2nd Defender**- 1v1, 2v2, Four Zone Defending
7. **Shooting for Power**- Bombs Away! 4v4 with Incentives
8. **Finishing**- Passing Weave, Rage in the Cage!