



SCSA Academy

Week	Academy Juniors (U6-U8)	Academy (U9-U10)
1	Individual Principles - Dribbling and Ball Control ↳ soccer fitness ↳ individual ball control ↳ Basic principles of soccer	Individual Principles - Dribbling and Ball Control ↳ soccer fitness, shape, familiarity ↳ creativity ↳ basic principles of soccer
2	Individual Principles - Dribbling and Ball Control ↳ soccer fitness ↳ Basic principles of soccer ↳ 1v1 and 2v2 Games	Individual Principles - Moves to Change Direction ↳ creativity, ball control, basic moves to turn ↳ 1v1 and 2v2 games ↳ speed of play when 1v1 in game situations
3	Individual Principles - Moves to Change Direction ↳ creativity, ball control, basic moves to turn ↳ 1v1 and 2v2 games ↳ speed of play when 1v1 in game situations	Individual Principles - Moves to Beat and Opponent ↳ creativity, ball control, basic moves when attacking defender ↳ 1v1 and 2v2 games ↳ speed of play when 1v1 in game situations
4	Individual Principles - Moves to Change Direction ↳ creativity, ball control, basic moves to turn ↳ 1v1 and 2v2 games ↳ speed of play when 1v1 in game situations	Individual Principles - 1v1 Review Games ↳ creativity, ball control, basic moves ↳ 1v1 and 2v2 games
5	Individual Principles - Moves to Beat and Opponent ↳ creativity, ball control, basic 1v1 moves ↳ technique of move ↳ speed of play when 1v1 in game situations ↳ 1v1, 2v1, 2v2 games	Passing and Receiving Part I ↳ 1v1, 2v1, 2v2 Games ↳ Transition Offense --> Defense ↳ technique, weight, and placement of pass ↳ defensive principles 1v1, 2v2
6	Individual Principles - Moves to Beat and Opponent ↳ creativity, ball control, basic 1v1 moves ↳ technique of move ↳ speed of play when 1v1 in game situations	Passing and Receiving Part II ↳ 3v2 & 3v3 Games ↳ Transition Offense --> Defense ↳ create numbers up situations ↳ technique, weight, and placement of pass ↳ defensive principles 1v1, 2v2
7	Individual Principles - Moves to Beat and Opponent ↳ creativity, ball control, basic 1v1 moves ↳ technique of move ↳ speed of play when 1v1 in game situations	Receiving and Attacking - Shooting ↳ 2v2, 3v2, and 3v3 games ↳ Transition offense ---> Defense ↳ create numbers up situations
8	Passing and Receiving Part I ↳ 1v1 and 2v1 games ↳ transition offense ----> defense ↳ weight of passes, playing into space, principles of attacking 1v1 and 2v1	Dribble, Pass, Shoot Review ↳ Creativity, moves to beat opponent ↳ weight of pass, playing into space, passing principles ↳ Shooting, receiving
9	Passing and Receiving Part II ↳ 1v1 and 2v1 games ↳ transition offense ----> defense ↳ weight of passes, playing into space, principles of attacking 1v1 and 2v1	Group Principles - 1v1-2v2 Review Games ↳ 1v1, 2v1, 2v2 games ↳ receiving and attacking, passing principles ↳ defensive principles 1v1, 2v2
10	Moves to change direction review games ↳ creativity, ball control, basic moves to turn ↳ 1v1 and 2v2 games ↳ speed of play when 1v1 in game situations	Group Principles - 3v3 Review Games ↳ 3v2 & 3v3 Games ↳ Transition Offense --> Defense ↳ create numbers up situations ↳ principles of group defending - pressure, cover, balance
11	Moves to beat opponent review games ↳ creativity, ball control, basic 1v1 moves ↳ technique of move ↳ speed of play when 1v1 in game situations ↳ 1v1, 2v1, 2v2 games	Group Principles - 4v4 Games ↳ receiving and attacking ↳ 3v3, 4v3, and 4v4 games ↳ group attacking principles - combination play ↳ principles of group defending - pressure, cover, balance, compactness
12	Passing and Receiving review games ↳ review games ↳ coaching development ↳ coaching assessments	Coach's Choice - Coaches Create Training Session ↳ review games ↳ coaching development ↳ coaching assessments