

# PISA Hurricane Fall Academy Program

~~September 29th - November 3rd~~ October 6th - November 10th

6 week program with training on Fridays at 5pm-6:15pm at Veterans Park

Grades 1st-4th

Cost- \$150

The Hurricane Fall Academy Program is designed for PISA recreation players aspiring for the next level and to prepare them for the Hurricane travel program. This is a 8 week program that will meet on Fridays during the Fall with focused training sessions to develop the players overall understanding of the game and skill development on the ball. All sessions will be run by professional coaches from the Hurricane staff and led by Matt Sadler. All players will receive a shirt for participation.

## Season Practice Schedule Plan

### Week 1- Dribbling/Mastery of the Ball

**Warmup- "Paint the Picture"** Players all inside a coned off grid with a ball

- players dribble freely with ball in space when instructed using whole grid
- coaching points- head up while dribbling, keeping the ball touch tight, attacking open space when you see it, using different parts of foot for control and movement

**"Freeze Tag"** 2-3 taggers without a ball inside a grid, other players with a ball must avoid being tagged while keeping control of their ball. If player is tagged they must freeze with legs spread until another player unfreezes them by dribbling thru their legs

**"Attack the Open Gate"** Inside a grid multiple gates are set up for players to be able to dribble through. Have 2-3 players be gate defenders without a ball while the rest of players have a ball at their feet. Players with a ball try a dribble through open gates and keep track of how many they get, if a gate defender is standing in a gate the player with a ball must find an open gate to go through. Coaching points- head up while dribbling and attacking open space with pace when you see it

**"Small Sided Games"**- 4v4 or 5v5 games without a gk. Coaching points are focused on when is the right time to dribble in the game. Attacking space on the dribble when you see it

### Week 2- Beating an Opponent/Taking on Defenders

**Warmup-** All players on the ball inside a grid. Coach will instruct the players on specific moves while dribbling in the grid. Coaching points focusing on individual steps of the moves. Having head up while on the dribble and finding open space to attack while on the move

**1v1-** Set up grids 10 x15 with lines on both ends. Ball on one end of the lines. Player on side with the ball plays it to the other and the game begins. The Objective is to get across the opponent's line by dribbling past them. Points awarded for getting past the opponent's line. Coaching points are attacking defender with pace and accelerating after the move

**"King/Queen of the Mountain"**- set up a ladder-like grid with 2-3 zones. Each zone will have a defender with the last zone defended by the King or Queen. Other players will take turns trying to get past the zone defenders and if they beat them they take their spot and try to become the new King/Queen that is in the last zone.

**Small Sided Games-** Small sided games with coaching points focusing on when to take players on. Extra point awarded for successfully taking on a defender

### Week 3- Ball Control and Receiving

**Warmup-** Players on ball in grid. Starting with basic ball juggling and controlled touches using different parts of the body and challenging players with different juggling skills to work on control. Advancing to players moving on the dribble with coach given commands on different ways to receive a ball coming to them or out of the air

**Players working in pairs-** partners will stand about 5-10 yards apart serving to each other. Coaches will instruct player on different ways to receive the ball according to how it is coming to them

**Relay Races-** Set up groups to compete against each other. Coaches select a different way for players to receive a ball on ground or out of the air and then take under control on the dribble to advance for their team

**Small Sided Game-** coaches focus on rewarding good receiving touches and control and more importantly controlled touches that make them face space or the next pass to a teammate

### Week 4- Passing and Receiving

**Warmup-** Players with a partner and a ball between them inside a large grid. Each pair will work on different passing and receiving techniques instructed from the coaches while on move inside the grid

**“Horseshoes”-** Partnered players will compete against each other by taking turns trying to pass through other players legs from a specified distance. Points awarded if able to accurately pass it through their opponents legs. Coaches will adjust distance and passing techniques to challenge players

**“Pass to attack”-** 3v1 to goal- The attacking players must make 3 passes as quick as they can before they can attack and try to score on goal. First 3 passes are free and can not be defended and attacking players can not go forward until all 3 passes are made. Coaches focus on playing fast, movement off the ball and player spacing

**Small Sided Games-** Coaches reward teams extra points for passing combination play and passes that find space

### Week 5- Defending

**Warmup-** Knock-out- All players with a ball inside a grid except for 2-3 selected defenders. Defenders try to take the ball from opponents or knock the ball outside of the grid.

**“Take Away”-** All players inside the grid with a ball except for 1 player without a ball. Player without a ball tries to take a ball from someone with a ball. If a ball is taken from you you must find another to go and get. Rounds go for 1-2 mins. Increase the number of players without a ball as games go on. Have a consequence if you end round without a ball

**1v1 in 10x15 grid-** players on both sides of the grid with balls on one end. Players on the ball side pass to the opposite side and the game begins. The Objective is to get across the opponent's line. Points are awarded for the defensive side only. If ball is forced out defender gets one point, if defender can win ball and get across their line 2 points awarded

**Small Sided Games-** Coaches focus on recognizing good defending moments and getting behind the ball once they lose it on the attack

#### Week 6- Ball Striking and Technique

**Warmup-** Juggling- coaches focus on different juggling challenges focusing on touch using laces of shoe. Ankles being locked and toes pointed out

**Ball Striking Technique-** Coaches will go step by step on ball striking and what the player should focus on and feel when hitting the ball. Coaches will use fence for players to strike ball into for repetitions and coaching points

**“Horseshoes”-** Players working in pairs over a specified distance trying to hit a driven ball with laces through partners legs. Coaches correct technique individually during activity

**Small Sided Games-** Coaches focus on rewarding well driven balls using the laces

#### Week 7- Finishing

**Warmup-** Juggling- coaches focus on different juggling challenges focusing on touch using laces of shoe. Ankles being locked and toes pointed out. Reminding techniques from week prior

**Shooting/Finishing on Goal-** Coaches vary distances and players will work on shooting and finishing on goal from one touch close range to shooting with distance and accuracy. Placement over Power

**“Power and Finesse”-** Coaches will make two teams, one team is shooting the other team is behind the goal going for 2 min rounds and then switching roles. Coach is serving balls to the shooting team and players have to try and make a long range shot and then one at close range. Points awarded for each goal. Team behind the goal can get a point if a shot is missed and they can catch it in the air before it hits the ground

**Small Sided Games to Goals-** make sure games are to larger goals with gks

#### Week 8- Fast Footwork/ Speed of Play

**Warmup-** Cover Drills on a ball inside of a grid. Focus on fast controlled touches

**Transition Game 1v1-** two teams with two small sided goals in a 20x30 grid. Teams are in one line next to their goal with a pile of balls available for use. One player from each team goes at a time trying to score on the opponent's goal on their turn. If the ball goes out a new player from each side comes on with the side that did not knock it out bringing the ball on. If you score you stay on for your team. Focus on playing fast and fast transition once the previous play is over. First team to 10 wins

**Transition Game 2v2-** same game as above but now it is 2v2. Make sure all team balls are on same side so no confusion on who brings ball in

**Small Sided Games-** focus on quick decisions and playing fast when given space to attack