

RSC Youth Academy 10U – Spring ‘19

RSC Player Development Goals for the Spring Season to include -

Ball Mastery – Inside-out, L turns, scissors, 180 turns, and receive aerial ball

1v1 – Dribbling “Fake, Change Direction, Change Speed” and Ind. Defending

Group Phase - 3v2 – 4v4 Attacking, Defending in 3s – 4s, 2 person combos

Technical Training – Players will stay with their team and trainer for session.

Team Specific Training – Trainer will plan session based upon their observations of the players’ training and game performance from the previous week.

Technical Stations – Players are to check in with base team and trainer and will spend 30 minutes at 2 different stations, then finishing with SSG’s (small sided games).

Anticipated Themes

1. Technical Training – Shielding and Turning (60), Play (30)
2. Technical Training – Passing/Receiving and Possession in 4s (60), Play (30)
3. Technical Stations - Shooting Games in 2s/3s and RWB (after Receiving) Relay
4. Technical Training - Passing/Receiving and Finding Space in 2s - 4s (60), Play (30)

5. Training – Shielding and Turning (60), Play (30)
6. Tryouts
7. Tryouts
8. Technical Stations - Shooting Games and 4v4 over end lines (60), Play (30)

9. Technical Training – 3v2 games and 3v3 Shooting (60), Play (30)
10. Technical Training – Shooting Games in 3s and 4v4 changing the point
11. Technical Training – Passing/receiving and possession in 4s (60), Play (30)
12. Technical Stations - 2v1/3v2 and Shooting (60), Play (30) Technical

13. Technical Training - Passing/Receiving in 4s (60), Play (30)
14. Technical Stations - 4v4 to Targets and Shooting (60), Play (30) Technical
15. Technical Stations - Shooting Games (60), Play (30) Technical
16. Team Specific Training

17. Tech. Stations - Shooting Games in 3s and 3v3 over end line
18. Team Specific Training
19. Team Specific Training

20. 4v4 Tournament – A, B, C Mixed teams