

RSC Youth Academy 10U – Fall '18

RSC Player Development Goals for the Fall 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, 2/3 person combos

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

Training Day with Parent Coaches – Training Staff will demonstrate and collaborate with the Parent Coaches how to effectively warm up and coach a team on Game Day.

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).

Tournaments – Players are to check in with base team and trainer.

Anticipated Themes

1. Technical Training – Shielding and Turning (60), Play (30)
2. Training Day with Parent Coaches – Intro Game warm up and Review Restarts
3. Technical Training – Passing/Receiving and Possession in 4s (60), Play (30)
4. Training Day with Parent Coaches – Warm Up and Play “Staying Connected”

5. Technical Training – 1s and 4s to Targets and Shooting (60), Play (30)
6. Team Specific Training
7. Technical Stations - Shooting Games and 4v4 to goal (60), Play (30)
8. Training Day with Parent Coaches – Tech Warm Up (30), Play (60)

9. Technical Training – 3v2 games and 3v3 Shooting (60), Play (30)
10. Team Specific Training
11. Technical Stations - Shooting Games in 3s and 4v4 changing the point
12. Team Specific Training

13. Technical Training - Passing/Receiving in 4s (60), Play (30)
14. Training Day with Parent Coaches
15. 4v4 Tournament – A, B, C mixed within same age group

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