

RSC Youth Academy 8Us – Fall '18

RSC Player Development Goals for the Fall Season to include -

Ball Mastery – Use 4 sides of foot, in/outside cut, drag backs, L turns, scissors

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

Partner Phase – Cooperative Passing and Receiving in 2s – 3s and 2v1 Attacking

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 – Dribbling and Shielding (60), Play (30)
2. Training Day with Parent Coaches – Warm up and Festival Discussion
3. Technical Training – RWB, 1v1 to goals (60), Play (30)
4. Training Day with Parent Coaches – Warm Up and Restarts

5. Technical Training – 1v1 to Targets and Shooting (60), Play (30)
6. Team Specific Training
7. Technical Stations - Shooting Games and 1v1 over end lines (60), Play (30)
8. Training Day with Parent Coaches – Tech Warm Up (30), Play (60)

9. Technical Training – 2v1 games and Shooting (60), Play (30)
10. Team Specific Training
11. Technical Stations - Shooting Games in 2s/3s and RWB (after Receiving) Relay
12. Team Specific Training

13. Technical Training - Passing/Receiving in 4s (60), Play (30)
14. Training Day with Parent Coaches – Tech Warm Up (30) and Play (60)

15. 4v4 Tournament – A, B, C mixed within same age group
16. Team Specific Training

17. Tech. Stations - Shooting Games in 2s/3s and RWB (after Receiving) Relay
18. Team Specific Training
19. Team Specific Training
20. 4v4 Tournament – A, B, C Mixed teams