

RSC Youth Academy 9U – Spring ‘19

RSC Player Development Goals for the Spring Season to include -

Ball Mastery – L turns, scissors, cuts, 180 turns, and intro to receive aerial ball

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

Group Phase - 2v1 – 3v2 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 – 3v2 games and 2v2 Shooting (60), Play (30)Indoor
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. Technical Training – 1v1 to Targets and Shooting (60), Play (30)
6. Tryouts
7. Tryouts
8. Technical Stations - Shooting Games and 3v3 over end lines (60), Play (30)
9. Technical Training – 3v2 games and 2v2 Shooting (60), Play (30)
10. Technical Training – Passing/Receiving and Possession in 4s (60), Play (30)
11. Technical Stations - Shooting Games in 2s/3s and RWB (after Receiving) Relay
12. Technical Training - Passing/Receiving and Finding Space in 2s - 4s (60), Play (30)
13. Technical Training - Passing/Receiving in 4s (60), Play (30)
14. Technical Training - “Playing in Pairs” (60), Play (30)
15. Technical Training – 3v3 to Targets and Shooting (60), Play (30)
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