



Cook Inlet Soccer Club

Development Academy Curriculum

Session: Theme(s)

- 1 Running with the ball (Outside of the foot)
Changing direction with the outside of the foot
Changing direction to maintain possession
Shielding on the run

- 2 Passing and control (Inside of the foot -Push Pass)
Passing and control (Outside of the foot)
Passing to feet/space - angle and weight of pass

- 3 Stop and Turn Move
Stop and Turn (Dribble away with outside of foot)
Incorporate Stop and turn into 1 v 1's

- 4 Drag Back Move
Stop and Turn (Dribble away with outside of foot)
Incorporate Drag Back into 1 v 1's

- 5 Pass and Control - Laces and Lofted Pass
Pass to feet/space - angle and weight of pass
Support at a distance that prevents interception (add player to 2 v 1)

6 Step Over and Cruyff Moves + Others

Dribbling when space allows (add passive pressure)

Dribbling/Attacking 1 v 1's

7 Passing and fake with turn (Inside of foot)

Passing and fake with turn (Outside of foot)

Controlling pass with 'off-defender' foot

Shielding on the run

8 Defending - Stance/Body position (weight on front foot)

Defending with opponent changing direction

Defending goal-side

When and where to tackle (Cover the 3 D's - Delay/Deny/Destroy)

9 Defending the Dribble 1 v 1/Defending the turn 1 v 1

Tracking runners with and without the ball

Proactive Defending - Stepping in and reading the play

10 Shooting - Inside of the foot

Shooting - Outside of the foot

Shooting Laces/Lofted

11 Aerial Control - Feet (Two-touch then One-touch)

Aerial Control - Side Volley and Laces Volley

Dealing with balls in the air - Feet/Volley control

12 Aerial Control - Thigh

Aerial Control - Chest

Dealing with balls in the air - All Aspects

13 Passing - Lofted

Passing - Driven

Passing - All revised

14 Shooting - Half Volleys

Shooting - Volleys

Finishing from crosses (Cut Back Crosses and lofted)