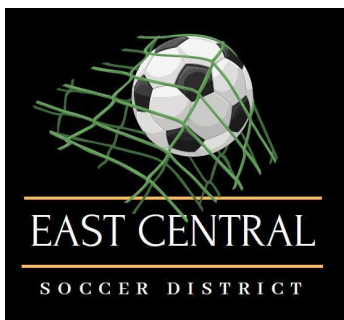




East Central Soccer District Academy Curriculum

10 Week Activity Schedule

Week 1 – DRIBBLING

Tuesday – U8 Activities

Move, Dribble, Pass
Serve & Protect (Attack)
Godzilla
Bang & Rotate

Tuesday – U10 Activities

Team Flag Relay
Sharp Gates
Bang & Rotate
Serve & Protect (Attack)

Thursday – U8 Activities

Triple Move Triangle Races
Sharp Gates
Box Race
Team Flag Relay

Thursday – U10 Activities

Triple Move Triangle Races
Sharp Gates
Box Race
Eastbound & Down (Dribble)

Week 2 – BALL CONTROL & TURNING

Tuesday – U8 Activities

Dead Ball
Fruit Ninja
Sharp Gates
Burn, Turn & Return

Tuesday – U10 Activities

Dead Ball
Fruit Ninja
Burn, Turn & Return
2 v 2 Toss

Thursday – U8 Activities

Triangle Toss, Trap & Pass
High Ball Relay
Back & Forth
Snarf the Cones!

Thursday – U10 Activities

Triangle Toss, Trap & Pass
High Ball Relay
Sharp Gates
Back & Forth

Week 3 – PASSING & RECEIVING

Tuesday – U8 Activities

Pairs – Cones Progression

Tuesday – U10 Activities

Wall Pass Square

Fast Box
Wally Boomerang
4 Corner Score

Thursday – U8 Activities

Outside-In
Progressive Passing
Teamwork Alley
Number Cycle

Progressive Passing
Teamwork Alley
Z-Square

Thursday – U10 Activities

1-Touch Alley
Eastbound & Down (Pass)
Check, Receive, Turn & Pass
Number Cycle

Week 4 – SHOOTING

Tuesday – U8 Activities

Round & Fire
Criss-Cross Shoot
Shoot Wally!
Cross & Finish Intro

REC FREE DAY for U8, U10 Boys

Thursday – U8 Activities

Fast Break
Shoot Wally!
Round & Fire
Criss-Cross Shoot

REC FREE DAY for U8, U10 Girls

Tuesday – U10 Activities

Round & Fire
Criss-Cross Shoot
Shoot Wally!
Cross & Finish Intro

Thursday – U10 Activities

Fast Break
Shoot Wally!
Cross & Finish Full
Round & Fire

Week 5 – SHOOTING & DEFENSE

Tuesday – U8 Activities

Fast Break
Criss-Cross Shoot
Shoot Wally!
Cross & Finish Intro

Thursday – U8 Activities

Defense Basics Progression
Serve & Protect Progression (Defend)

Tuesday – U10 Activities

Fast Break
Criss-Cross Shoot
Shoot Wally!
Cross & Finish Full

Thursday – U10 Activities

Defense Basics Progression
Serve & Protect Progression (Defend)

Week 6 – PASSING & RECEIVING

Tuesday – U8 Activities

Check, Receive, Turn & Pass
Eastbound & Down (Pass)
Fast Box
Number Cycle

Tuesday – U10 Activities

1-Touch Alley
Eastbound & Down (Pass)
Wall Pass Square
2 v 2 + Bumpers

Thursday – U8 Activities

Teamwork Alley
Outside-In
2 v 2 + Bumpers
1-Touch Alley

Thursday – U10 Activities

Outside-In
Check, Receive, Turn & Pass
Wally Overlap
2 v 2 + Bumpers

Week 7 – 1 v 1***Tuesday – U8 Activities***

Clash of the Titans
Get Outta Here
1 v 1, 2 v 2 Battle Royale
Release & Capture the Hound

Tuesday – U10 Activities

Get Outta here
Overlap Flip-Flop
1 v 1, 2 v 2 Battle Royale
Diagonal Goals

Thursday – U8 Activities

Sideways Shuffle
Let's See You Score
Turn & Defend
Diagonal Goals

Thursday – U10 Activities

Sideways Shuffle
Let's See You Score
Turn & Defend
Staggered Attack

Week 8 – BALL CONTROL & TURNING***Tuesday – U8 Activities***

Sharp Gates
Fruit Ninja
Dead Ball
Burn, Turn & Return

Tuesday – U10 Activities

Dead Ball
Burn, Turn & Return
Fruit Ninja
Snarf the Cones!

Thursday – U8 Activities

Triangle Toss, Trap & Pass
High Ball Relay
Snarf the Cones!
Back & Forth

Thursday – U10 Activities

Triangle Toss, Trap & Pass
High Ball Relay
Sharp Gates
2 v 2 Toss

Week 9 – 1 v 1***Tuesday – U8 Activities***

Clash of the Titans
Diagonal Goals

Tuesday – U10 Activities

1v1, 2v2 Battle Royale
Overlap Flip-Flop

Overlap Flip-Flop
Red Zone 2 v 1 + Bumpers

Thursday – U8 Activities

Let's See You Score
Turn & Defend
Overlap Flip-Flop
Red Zone 2 v 1 + Bumpers

Gardner 2v1 + C
Red Zone 2 v 1 + Bumpers

Thursday – U10 Activities

Let's See You Score
Turn & Defend
Staggered Attack
Gardner 2v1 + C

Week 10 – DRIBBLING

Tuesday – U8 Activities

Serve & Protect
Fool the Cone
Team Flag Relay
Sharp Gates

Tuesday – U10 Activities

Box Race
Sharp Gates
Team Flag Relay
Serve & Protect (Attack)

Thursday – U8 Activities

Triple Move Triangle Races
Bang & Rotate
Speed Shuffle
Sharks & Minnows

Thursday – U10 Activities

Triple Move Triangle Races
Bang & Rotate
Eastbound & Down, Pairs
Speed Shuffle