



Revolution Academy

TT Curriculum

2016

Ages 7 - 14

Day 1: Striking Technique

Day 2: 1v1 to Goal

Day 3: Crossing & Finishing

Session Structure & Groups

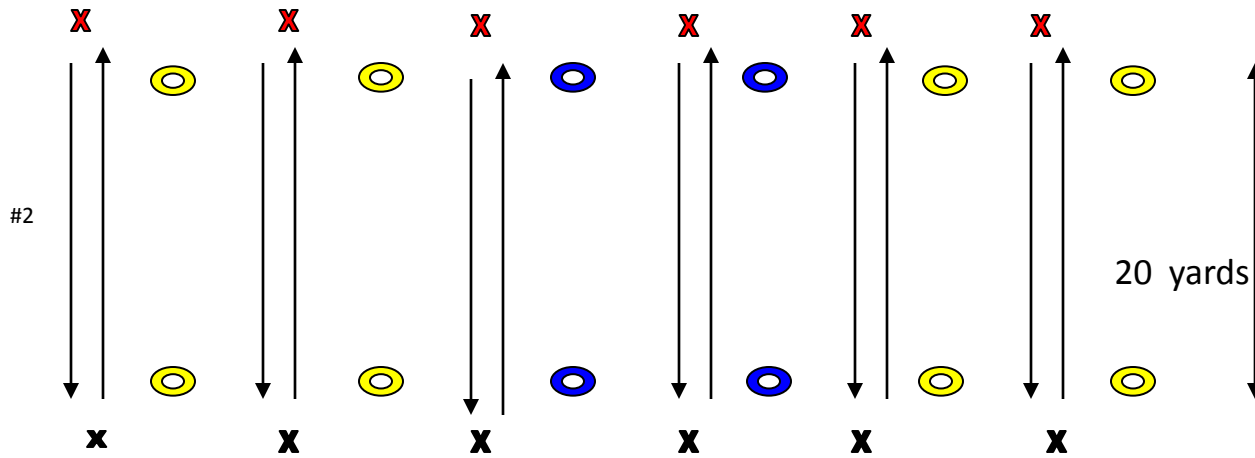
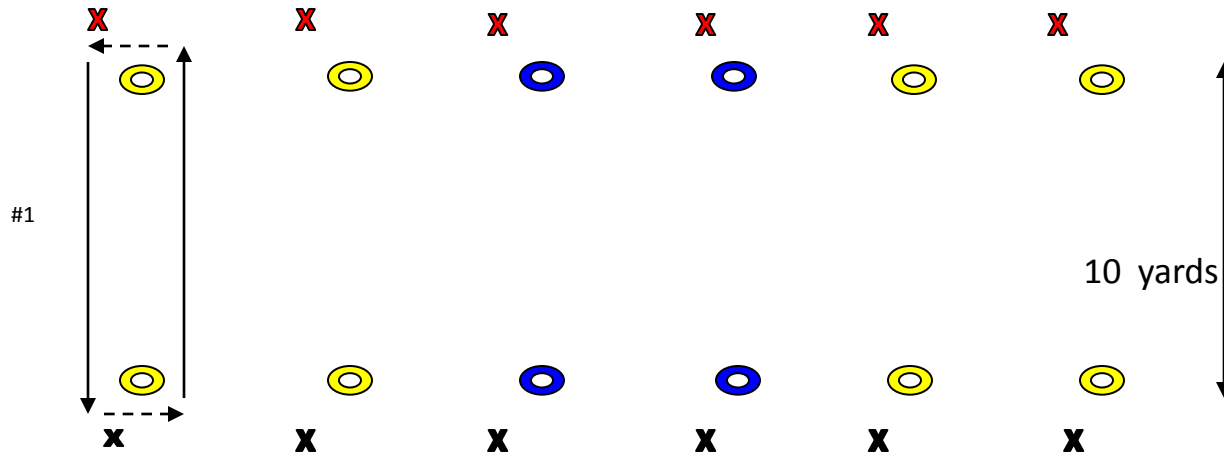
Phase	Minutes
Ball Mastery	0-20
Session Topic Technical	20-40
Repetition Finishing	40- 70
Break	70-80
Small Sided Games	80- 100
Conditioned Games	100 - 120
Cool down	

Day 1

Striking Technique

Ages 7 - 10

Session Topic	<i>Finishing Drill # 7 Part 1 Ball Striking</i>	E-MAIL : revolutionacademy@revolutionsoccer.net
Session Zone	Day 1 Ball Master/Technical Zone 1 - 2	TEL : 508-384-9206



Players is pairs 10 yards apart with 1 ball between 2

1 – Passing around square

CP : Adjust feet, Direction of 1st touch, Crisp inside foot pass (reverse direction to go with left foot also)

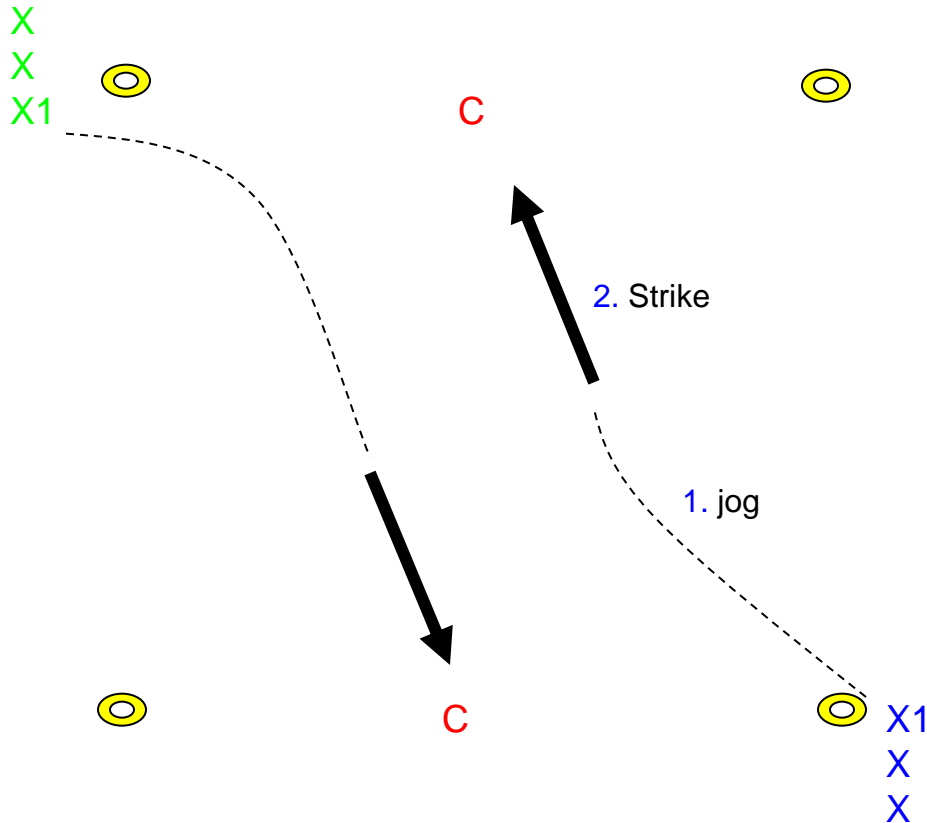
2 – Adjust grid to 20 yards (move one line only) – Now working on striking ball to partner using driven strike

CP : (Add coaching points at separate times, don't give all points together)

- Angle of approach (45 degrees)
- Surface of foot (ridge running from big toe toe up foot)
- Head and knee over ball
- Follow body to target
- Land on striking foot (low and under control)



Session Topic	Volleys & Half Volleys	E-MAIL : revolutionacademy@revolutionsoccer.net
Session Zone	<i>Day 1 Finishing Coach 1 Zone 1</i>	TEL : 508-384-9206



1. X1's jog to midway with ball in hand
And Volley ball out of hands to coach

CP: Jog and land on striking foot, knee over ball
snap at knee, don't lean back, toe pointed down,
lock ankle, use both feet

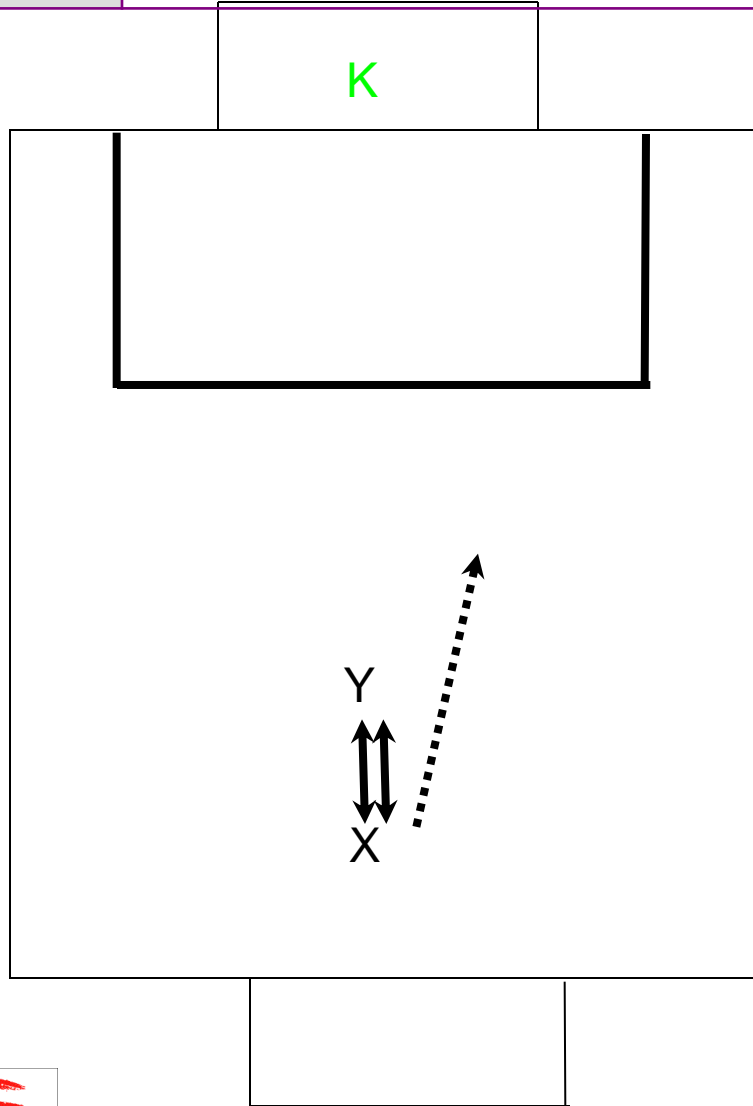
Progressions

- 1 -Add goals at coach (placement of strike)
2. Dribble and shoot, trying to score on coach
(ball on ground, correct part of foot)
- 3 1v1 pass across and defend with a 5 second
Rule (beat defender, quick strike once you have
Created half a yard of space)
4. 2v1

CP: Use laces or instep, placement of plant foot,
angle of approach



Session Topic	Repetition1v1 Chase	E-MAIL : revolutionacademy@revolutionsoccer.net
Session Zone	<i>Day 1 Finishing Coach 2</i> Zone 1 - 2	TEL : 508-384-9206



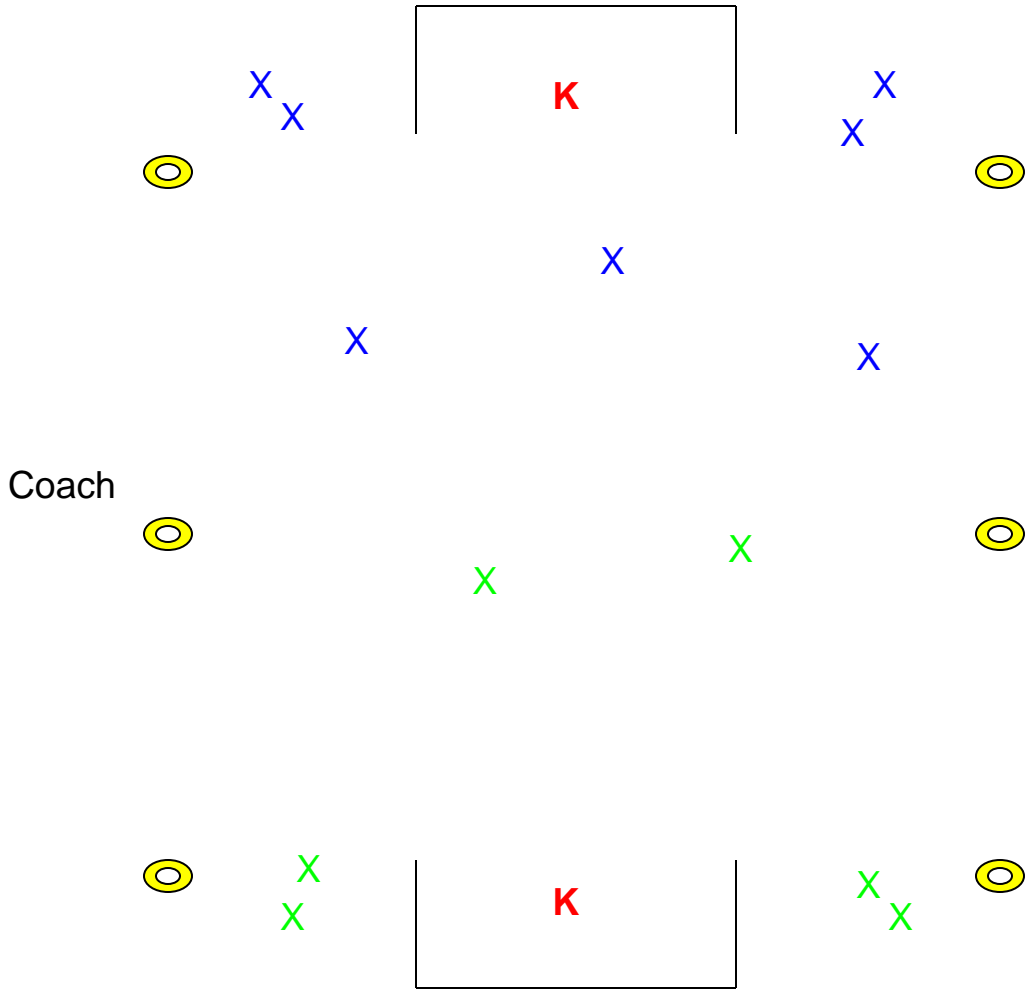
-X and Y pass the ball back and forth to each other using one or two touch.

-X will then play a through ball into Y and chase him from behind while Y tries to finish a 1v1 with the Keeper.

Progression: X and Y pass back and forth and Y will then make a quick turn



Session Topic	The Numbers Game	E-MAIL : revolutionacademy@revolutionsoccer.net
Session Zone	<i>Day 1 Small sided Game Zone 1 - 2</i>	TEL : 508-384-9206



- Split Group into two teams with keepers
- Players form two lines behind each goal
- Coach passes into Blue and calls out a number

11 = 1v1

21 = 2v1

32 = 3v2 (as shown)

Blue team keep their score after 5 minutes, switch and play to green team
Start with lower numbers and progress to 4v3

CP

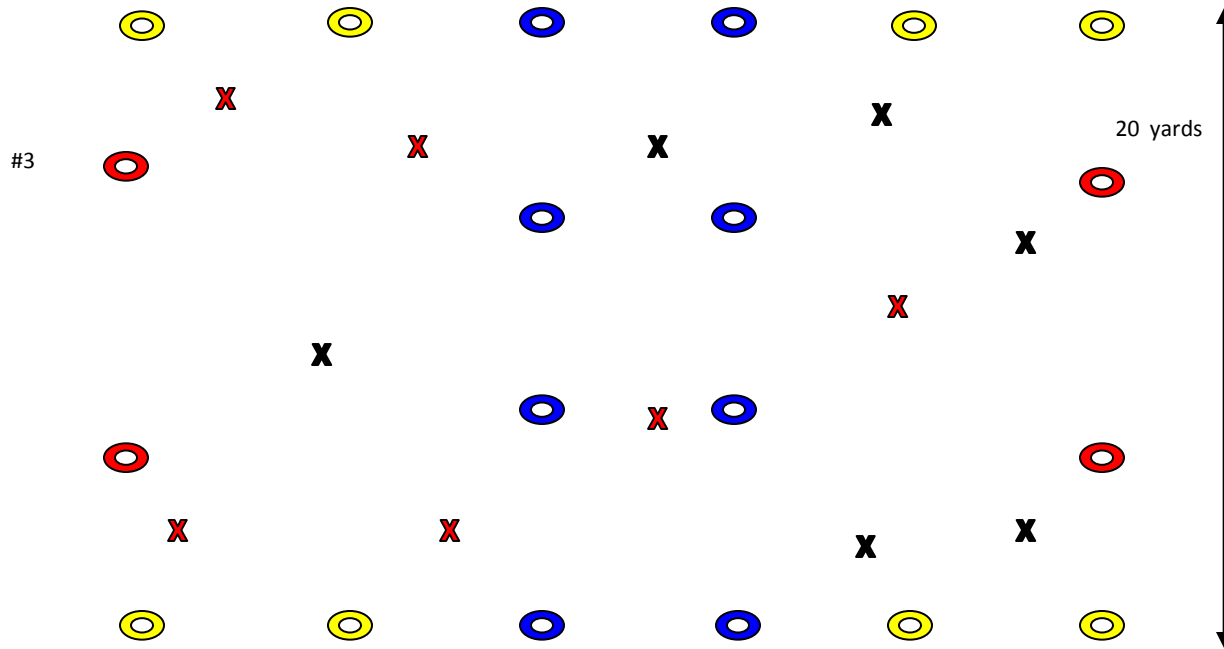
- Player with the ball must make good decisions
- Player with ball should try to commit a defender to open space for team mates, take shot of defending team back off
- Creative movement from support players
- Angle and distance of support
- Use combination plays to unbalance defenders

-Progression

- Limit time to 20 seconds to promote quick sharp attacks on goal



Session Topic	<i>Ball Striking</i>	E-MAIL : revolutionacademy@revolutionsoccer.net
Session Zone	Day 1 Conditioned Game	TEL : 508-384-9206



4 – Now add 1 player from each team into the blue zone to play as a midfielder, they play unopposed looking to link with team mates in their yellow area OR with the forward in their oppositions half

-Coach can be Play Maker in middle zone for young players

CP : Midfielder should always be looking for passing lane to link with team mates

Quality of set

Progression

- 1 - Midfielders now play opposed
- 2 – X players in defensive area can now support pass in midfield zone for a 2 v1
- 3 – Midfielder can now support pass into forward

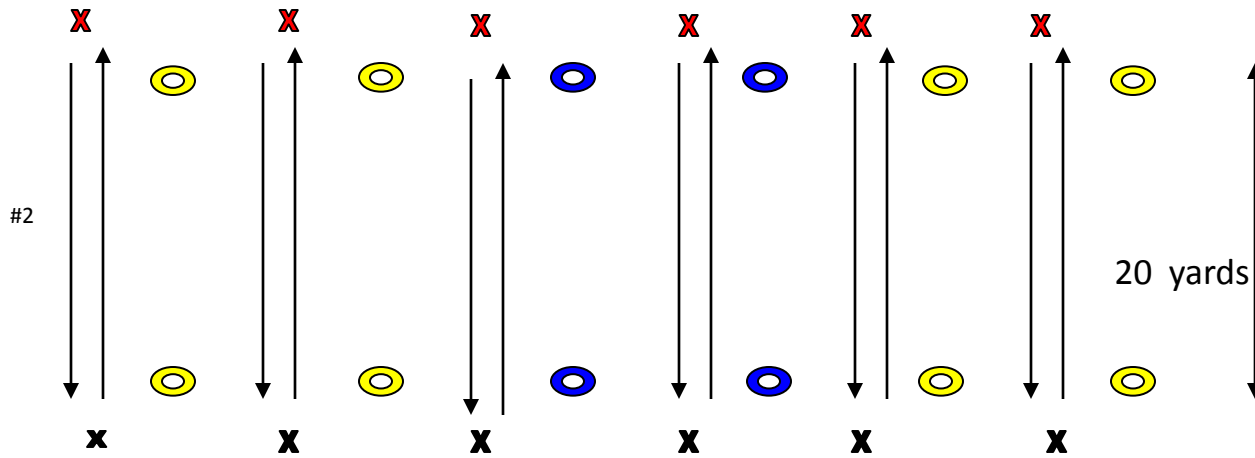
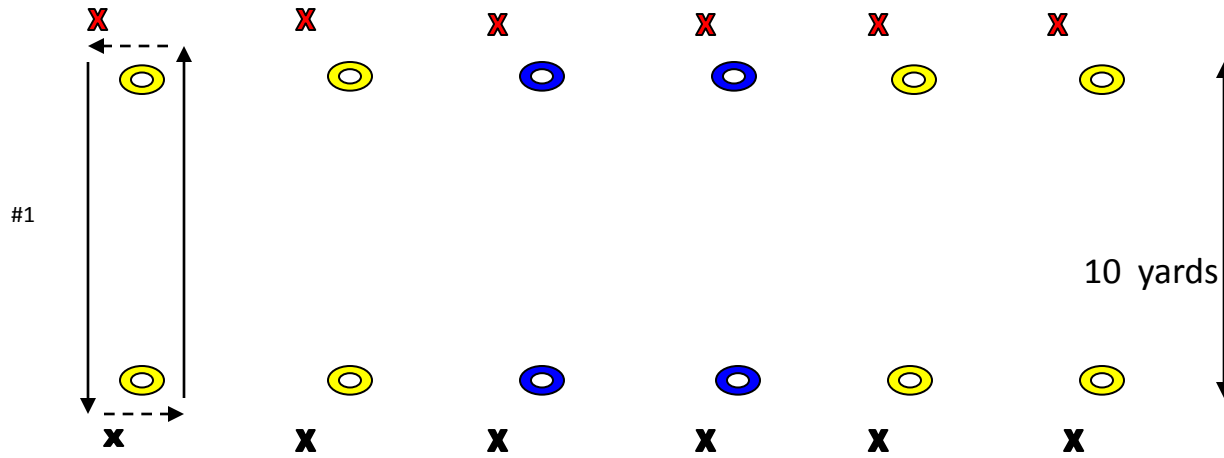


Day 1

Striking Technique

Ages 11 - 14

Session Topic	<i>Finishing Drill # 7 Part 1 Ball Striking</i>	E-MAIL : revolutionacademy@revolutionsoccer.net
Session Zone	Day 1 Ball Master/Technical Zone 1 - 2	TEL : 508-384-9206



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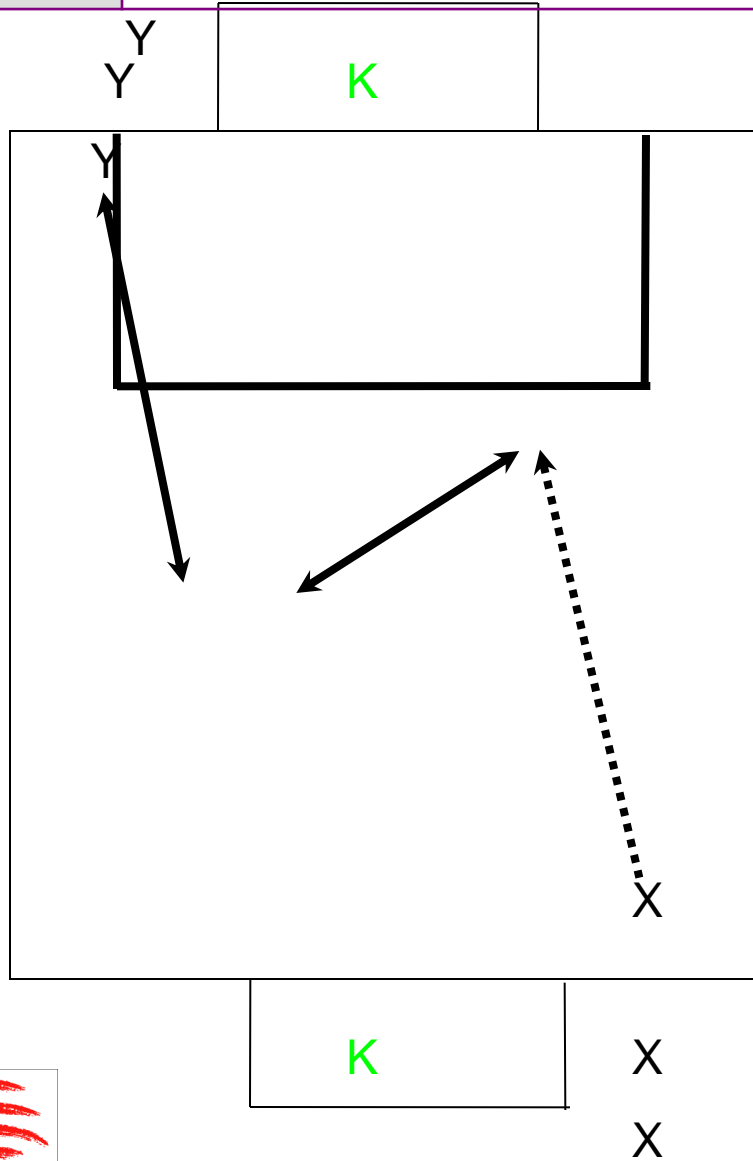
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Session Topic	Shoot And recover	E-MAIL : revolutionacademy@revolutionsoccer.net
Session Zone	Day 1 Finishing Coach 2 Zone 2	TEL : 508-384-9206

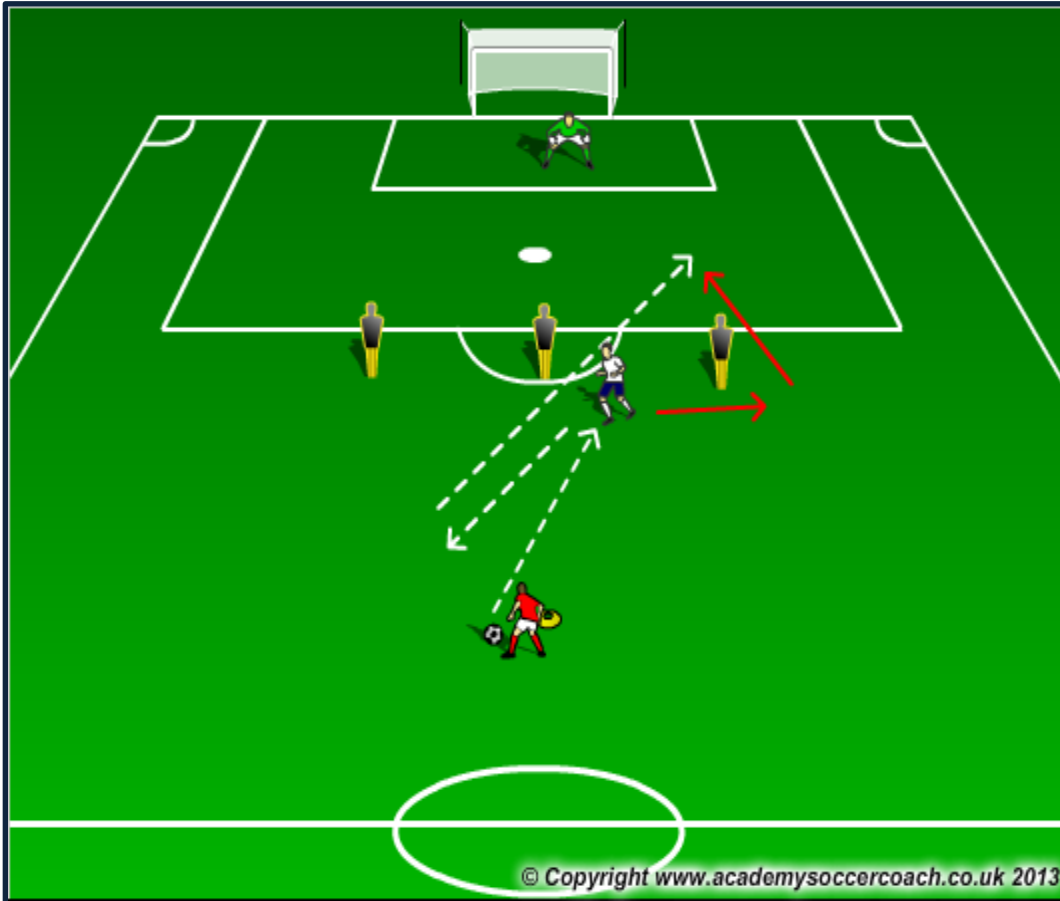


- X dribbles up and shoots on target.
- Y then attacks opposite goal while X that shot the previous ball, turns and defends Y
- Sides keep alternating until one team gets 10 goals.
- CP- Attack defenders at pace.
 - Turn and recover right away after shot.



Technical Exercise # 2 Day 1

Barcelona Quick Through Balls



Area: Edge of the Box

Description: Passer plays 1-2 with striker and threads a through ball past the mannequins for the striker to finish.

Progression:

Double Pass

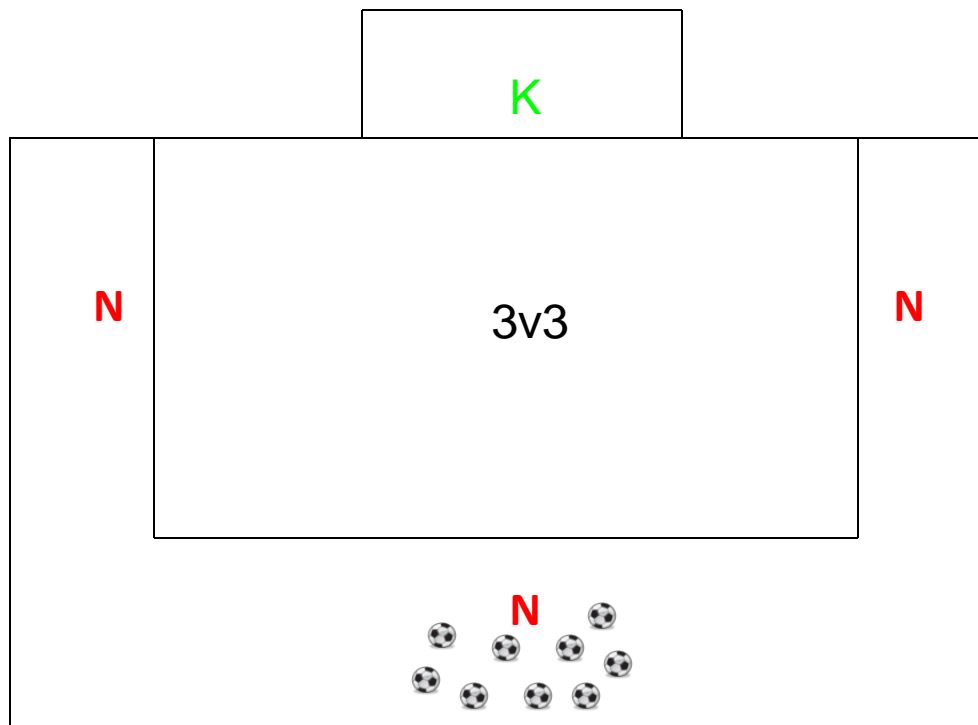
Passer turns striker and is played through by forward.

Coaching Points:

- Striker checks away creating separation from defender
- Quality first pass into checking player
- Take care of the set ball
- Good angle and weight of pass through cones
- Striker watches off sides on bent run



Session Topic	<i>Conditioned Game – John Fredericks</i>	E-MAIL : revolutionacademy@revolutionsoccer.net
Session Zone	Day 1 <i>Conditioned Game</i> <i>Zone 1 & 2</i>	TEL : 508-384-9206



FINISHING GAME IN TIGHT FIELD

Split group into 3 teams of 3 or 4 depending on the numbers

3v3 in the 18 yard box or equivalent area

N on the outside have two touch

N at top of box has supply of balls and always starts from him

N at top of box CAN score / Wide N CANT score

Play 2-3 minute games and switch

-CP

-Movement off ball to create space

-Aggressive runs when ball goes into targets

-Quick / Early finishes

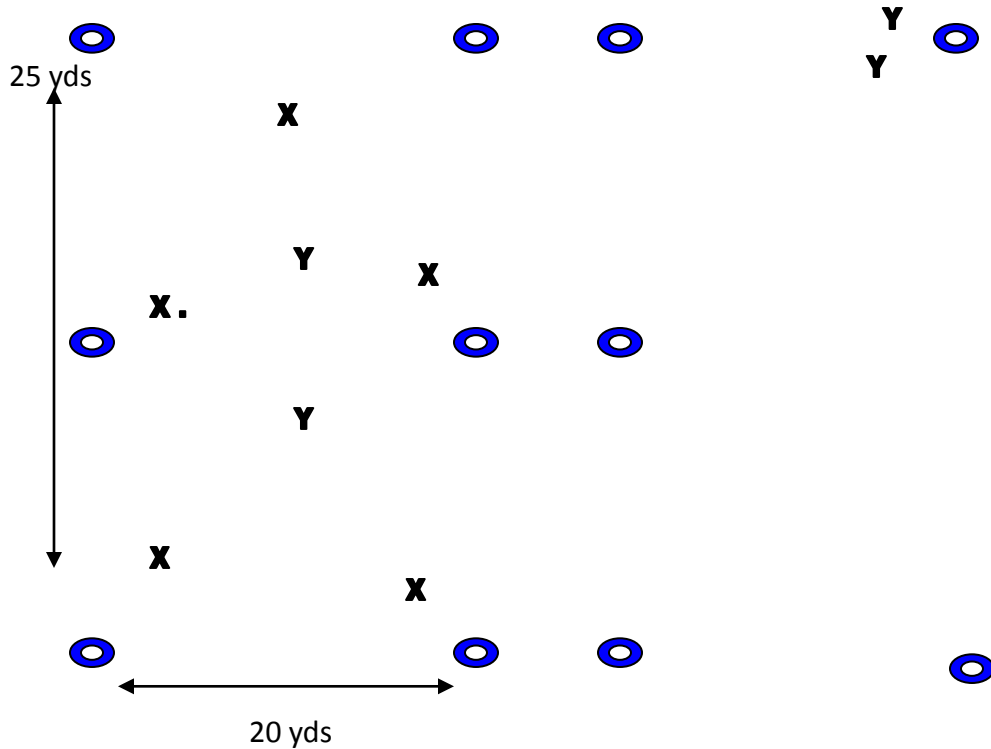
-Not a possession – be direct!

-Quality finish

-First touch to goal



Session Topic	<i>5 v 2 possession to Goal</i>	E-MAIL : revolutionacademy@revolutionsoccer.net
Session Zone	<i>Small Sided Game</i>	TEL : 508-384-9206



5v2 Possession & to Goal

- 5v2 in one half of field
- Y attempts to win ball back as quick as possible
- X attempts to make 8 passes in a row (increase or decrease the number of required passes base on the group)
- After 8 passes, any 2 X players go into next half of field and 1 y defender comes out for a 2v1 to goal

CP

- Make field big in 5v2 and move ball quickly
- In 2v1 try to commit defender
- Good decisions on ball in 2v1

