



HVSC

HOUSE TRAINING
CURRICULUM FOR Fall 2006

Highland Mich.

BY

SAM EREBOR

Aug 24 2006

Highlights

- Professional trainers and structured curriculum
- Curriculum includes: Basic and Intermediate drills and games
- Focus is on TECHNIQUE. Lets do it the right way
- Goal is enhancing their skills beyond recreational level – Feeder program for Select
- Train the trainer – Trainer run session in odd weeks and coaches run session in even weeks
- Ensure kids have fun and learn. Develop a passion.
- Curriculum is a guide focusing in Dribbling & Control, Passing & Receiving, Kicking and Shooting.

Fall 2006

| | Warm Ups & Stretches (6 min) | Individual Skills (10 min) | 1 | Drill of the Day (20 min) | Cool Down (3 min) |
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| Week 1 Dribbling & Control | Stretch backs, necks, thighs, ankle, High knees, Jogs, Run laps Floor stretches; Run in places, Push ups; Crunches etc | Mexican Hat dance Juggle ones (Shoe lace, Inside, outside, Thighs) Lefty Righty (4 directions) | | Touches. (Inside, outside, lace); Step on and change direction; Trappings, Turns, Windows Up & down field (10 times) (inside, shoe lace outside) (left, right and alternate; Green , yellow red light; | Review days lessons; Q and A; Huddle |
| Week 2 Dribbling & Control | Same | Juggle; Learning to look as you dribble.(Trainer call); Mexican hat dance (fast) | B | In & out of cones (repeat) Lace, Toes, inside, (right foot /left/alternate); (inside circle); Up & down field (10 times); Trappings, Juggle and trap; Turns and shielding; Big toe little toe | Same |
| Week 3 Receiving & Passing | Same | Juggle twos; Learning to look as you dribble.(Trainer call); Mexican hat dance (fast) | R | 1 v 1 passes (In place) (inside, lace, outside, toe) 1 v 1 pass (Running) (Same) Diagonal/Face to face In Pairs, Throw - ins and stops (right foot, left, alternate); Throw – ins and stops (Around statue) ; Passing in front of receiver. 2v1 Keep away; | Same |
| Week 4 Receiving & Passing | Same | Turns; Shields; Fakes; Walk the dog (fast); Step over; Wrap around | E | In pairs – Pass back and fourth through goal; Aiming for accuracy Musical ball (n balls, n+1 kids) (Around circle) ; 3 types of stops – Step on, block, light foot (In Pairs), Relays-Dribble to cone and back | Same |
| Week 5 Kicking & shooting | Same | Combination Dribbling (Pull, step, look and turn); Juggle twos thigh & shoe lace; Walk the dog (fast) | A | Goal kicks; Punts – Lace; 4 ways to shoot(inside, outside, lace, toe) Develop strength Incorporate running and shoot on goals | Same |
| Week 6 Kicking & shooting | Same | Juggle twos (Shoe lace, thighs); Toss, trap and initiate kick (Sweet touch); Walk the dog (4 directions) | K | Goal kicks; Punts – Lace; 4 ways to shoot(inside, outside, lace, toe) Develop strength; Incorporate running and shoot on goals Trainer layoff | Same |
| Week 7&8 Combination Heads, chest etc | Same | Juggle twos (Head, thigh); Toss, trap and initiate kick (Sweet touch); Walk the dog (4 directions) | | Keep away; Musical ball; Sharks and Minos, Windows etc | Same |