

# SK ACADEMY COACHING CURRICULUM

TERM 1 • 2023/24 SEASON

This syllabus is for our academy players ages 3 upwards, and concentrates on a different weekly topic, using fun drills and games that younger players will understand.

You may approach your coach if you have any questions regarding the lessons.

## DRIBBLING

WEEK 1 & 9

Emphasis on many small touches of the ball  
Change of speed/direction when dribbling the ball  
Learn specific turns using different parts of the foot  
Keeping your head up and using both feet

## PASSING & RECEIVING

WEEK 2 & 10

Emphasis on using inside of the foot to pass.  
Using different parts of the foot to achieve different results.  
Being aware of your surroundings before passing or receiving the ball  
Receiving the ball techniques, and move into space when you don't have the ball.

## SHOOTING

WEEK 3 & 11

Using different parts of the foot to achieve different results  
Correct body positioning when shooting  
Learning when to shoot, and emphasize manipulating the ball prior to shooting

## ATTACKING & DEFENDING

WEEK 4 & 12

Introducing opposition  
Attacking with speed, defending to delay  
Moving into space when your team has the ball.  
Introduction to Individual attacking defending techniques.

## INDIVIDUAL DEFENDING

WEEK 5 & 13

Closing space as fast as possible  
Manipulating the other player with your movement  
The importance of staying on your feet when defending

## DEFENDING AS A TEAM

WEEK 6 & 14

Communicating and working as a team when defending.  
Roles and responsibilities when defending  
Introducing defensive concepts eg Delaying the attacking player

## ATTACKING AS A TEAM

WEEK 7

Communicating and working as a team when attacking.  
Roles and responsibilities when attacking  
Introducing attacking concepts eg pace, penetration and space.

## MATCH WEEK

WEEK 8 & 15

Small sided games encouraging lots of time on the ball  
Learning team play through fun with friends and training colleagues  
Putting skills into practise



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