

# FC Alliance Academy of Excellence

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## Academy Curriculum

### Session #1 - Dribbling

Warm-up:  
Fast foot work with dribbling techniques

Core-training:  
Dribbling technique with change of direction  
Dribbling and turning technique  
Speed and agility (U11 to U13)

Technique Application:  
4 v 4

### Session #2 - Dribbling

Warm-up:  
Fast foot work with dribbling techniques

Core-training:  
Dribbling with speed  
Creative dribbling with speed  
Speed and agility (U11 to U13)

Technique Application:  
4 v 4

### Session #3 - Passing

Warm-up:  
Fast foot work with passing technique

Core-training:  
Passing technique  
Passing for distance technique  
Speed and agility (U11 to U13)

Technique Application:  
4 v 4

### Session #4 – Passing Accuracy

Warm-up:  
Fast foot work with passing techniques

Core-training:  
Passing with accuracy  
Passing for distance with accuracy  
Speed and agility (U11 to U13)

Technique Application:  
4 v 4

### Session #5 – Receiving

Warm-up:  
Fast foot work with acceleration

Core-training:  
Receiving to accelerate  
Receiving to accelerate and pass  
Speed and agility (U11 to U13)

Technique Application:  
4 v 4

### **Session #6 – Long Balls**

Warm-up:  
Fast foot work with long ball technique

Core-training:  
Long ball with laces  
Inside of the foot long ball  
Speed and agility (U11 to U13)

Technique Application:  
4 v 4

### **Session #7 – Overhead Balls**

Warm-up:  
Fast foot work with receiving overhead balls

Core-training:  
Receiving overhead balls  
Receiving overhead balls with acceleration  
Speed and agility (U11 to U13)

Technique Application:  
4 v 4

### **Session #8 – Finishing and Shooting**

Warm-up:  
Fast foot work with finishing and shooting technique

Core-training:  
Shooting Technique  
Finishing Technique  
Speed and agility (U11 to U13)

Technique Application:  
4 v 4

### **Session #9 - Shooting**

Warm-up:  
Fast foot work with shooting techniques

Core-training:  
Creative dribbling to shoot  
Dribbling to shoot  
Speed and agility (U11 to U13)

Technique Application:  
4 v 4