

Pre Academy Platinum Curriculum - 4v4								
Heads up Note		For all activities, if numbers are not exact, we will add a coach to it to ensure it works. If there are not enough coaches we will change the activity based on the number of kids there 1 Coach per 3 players is most ideal			Please follow the instructions below regarding Activity 3. Activity 3 is very dependent on the # of kids there. The number we expect is 10, so we plan from there and adjust as we go.			
						6 players	5 players	4 players
	Day 1	Activity 1 - Ball Mastery	Activity 2 - 1v1 / 2v1 or 2v2 games	Activity 3 - Positional Play - See instructions to the right	1st 2 weeks	Do a 4v2 rondo - Defenders must hold a pinny. Rotate them every 2 min - grid size is 12x12 at least	4v2 Rondo - include coach	4v1 rondo - include coach
		Time length - 15 minutes, 2 minute rest between next activity	Time length - 20 minutes, 2 minutes rest between next activity	Time length - 20 minutes	Weeks 3 - 5 (Including spring break)	4v0 - add a defender every 5 passes (use coach as a 3rd defender) - grid size is half the field you play on	4v0 -add defender every 5 passes - use 2 coaches as defenders	Do a 4v1 Rondo with a coach
		Avoid the Monster - all players have a ball except one. They are in a large square. They must be creative to move around. The monster goes around and steals a ball from someone who has one. If your ball is stolen you must go get someone else's (not the same person)	1 v 2 to separate goals - set up a large grid with 2 goals on both sides. Player receives the ball and has to try and score in either a goal on the left or right. There is a defender on both sides defending their zone.		Weeks 6-10	For the last 5 weeks we want to do a 4v2 transition for every positional play game if possible. - grid size is a rectangle - 12x24 - 2 boxes. You transition from one side to the other. 1 defender per square	4v2 transition rondo - include a coach	4v2 transition rondo - include 2 coaches
Week 1	Day 2	Activity 1 - Ball Mastery	Activity 2 -1v1 games	Activity 3 - Positional Play - See instructions to the right	During Ball Mastery, there will be a stoppage at the 5 min mark, 10 min and 15 min mark. at 5 and 15 we will do an activity. At 10 we will do a water break. The activities will be rotated each week. See below for activity ideas			
		Time length - 20 minutes, 2 minute rest between next activity	Time length - 15 minutes, 2 minutes rest between next activity	Time length - 20 minutes	Call out a letter. Have the groups make a letter on the ground as fast as they can with their bodies			
		Figure 8 dribbling - Players have a starting cone, and 10 yards away have 2 cones vertically. They Sprint, go inbetween cones, around, back through and sprint back. Do in relay Race form	1v1 Funino but dribble goals - standard 4 goal game, but dribble goals instead of popups. 2 on each side		Have kids partner up quickly and see how many passes they can get in 60 seconds			
	Day 1	Activity 1 - Ball Mastery	Activity 2 -1v1 games	Activity 3 - Positional Play - See instructions to the right	Have kids do a plank race. Have them in groups and everyone does planks until all players have individually run around the circle. Announce winning team			
		Time length - 20 minutes, 2 minute rest between next activity	Time length - 15 minutes, 2 minutes rest between next activity	Time length - 20 minutes	Have kids do a toe tap race to see who can get the most in 60 seconds. Can do it forward or backwards			
		Avoid the Monster - all players have a ball except one. They are in a large square. They must be creative to move around. The monster goes around and steals a ball from someone who has one. If your ball is stolen you must go get someone else's (not the same person)	1v1 from behind - Players receive a ball and must feint and turn to score on 2 goals behind them. Defender is pressing them from behind		Have kids do a sit up race with partners. Whichever group gets the most in 2 30 second round wins. add them together			
		Activity 1 - Ball Mastery	Activity 2 -1v1 games	Activity 3 - Positional Play - See instructions to the right	Have kids do a push up race. same rules as situps			
		Time length - 20 minutes, 2 minute rest between next activity	Time length - 15 minutes, 2 minutes rest between next activity	Time length - 20 minutes	Have kids partner up and do dual force activity. Side by side , shoulder to shoulder. They must push the other back and forth			

Week 2	Day 2	Turns Relay - Multiple teams - Each team has 4 cones spread out. Players will go to cone 3, perform a turn and go to cone 2, perform a turn to cone 4, perform a turn and sprint back. Do in relay race form	2v1 v1 to goal or 1v2s - half field from the side. Set up 2 zones. 1 defender in each. 2 teammates must go thru both zones to score. 1 defender per zone		Have them partner up. One player holds the ball and lays down. The other has to try and get it out of their hands. Rotate
Week 3	Day 1	Activity 1 - Ball Mastery	Activity 2 -1v1 games	Activity 3 - Positional Play - See instructions to the right	
		Time length - 20 minutes, 2 minute rest between next activity	Time length - 15 minutes, 2 minutes rest between next activity	Time length - 20 minutes	
		Creativity Session. This is broken down into multiple activities. First is 5 minutes of Cone monster. Next is 5 minutes of being as creative as possible. Then 5 minutes of counting how many touches they can get. Remaining minutes are a game of how many people you can tag (Taggers and those avoiding)	1v1 side by side and around - Set up a large grid where attackers start by dribbling forward. Defender has to block 2 goals on their side while attacker has to get around them in some way		
	Day 2	Activity 1 - Ball Mastery	Activity 2 -1v1 games	Activity 3 - Positional Play - See instructions to the right	
		Time length - 20 minutes, 2 minute rest between next activity	Time length - 15 minutes, 2 minutes rest between next activity	Time length - 20 minutes	
		Figure 8 dribbling - Players have a starting cone, and 10 yards away have 2 cones vertically. They Sprint, go inbetween cones, around, back through and sprint back. Do in relay Race form	1v1 +1 Feint Activity and pass to finish - Attacker has to feint and pass by a defender to a teammate on the other side who tries to score. The attackers are going sideways. teammate has 2 goals to score in. Defenders cannot steal, only block		
	Day 1	Activity 1 - Ball Mastery	Activity 2 -1v1 games	Activity 3 - Positional Play - See instructions to the right	
		Time length - 20 minutes, 2 minute rest between next activity	Time length - 15 minutes, 2 minutes rest between next activity	Time length - 20 minutes	
		Creativity Session. This is broken down into multiple activities. First is 5 minutes of Cone monster. Next is 5 minutes of being as creative as possible. Then 5 minutes of counting how many touches they can get. Remaining minutes are a game of how many people you can tag (Taggers and those avoiding)	1 v 2 to separate goals - set up a large grid with 2 goals on both sides. Player receives the ball and has to try and score in either a goal on the left or ghit. There is a defender on both sides defending their zone.		
		Activity 1 - Ball Mastery	Activity 2 -1v1 games	Activity 3 - Positional Play - See instructions to the right	
	Day 2	Time length - 20 minutes, 2 minute rest between next activity	Time length - 15 minutes, 2 minutes rest between next activity	Time length - 20 minutes	

<b>Week 4</b>	<b>Day 2</b>	<b>Partner Relays.</b> - Everyone has a partner. The first player sprints to the line, does a turn, and passes it back to their teammate. Then their teammate goes. Each team races until everyone has done a set number	<b>1v1 Funino but dribble goals</b> - standard 4 goal game, but dribble goals instead of popups. 2 on each side	
<b>Week 5</b>		<b>Activity 1 - Ball Mastery</b>	<b>Activity 2 -1v1 games</b>	<b>Activity 3 - Positional Play - See instructions to the right</b>
		<b>Time length - 20 minutes, 2 minute rest between next activity</b>	<b>Time length - 15 minutes, 2 minutes rest between next activity</b>	<b>Time length - 20 minutes</b>
	<b>Day 1</b>	<b>Avoid the Monster</b> - all players have a ball except one. They are in a large square. They must be creative to move around. The monster goes around and steals a ball from someone who has one. If your ball is stolen you must go get someone else's (not the same person)	<b>1v1 from behind</b> - Players receive a ball and must feint and turn to score on 2 goals behind them. Defender is pressing them from behind	
		<b>Activity 1 - Ball Mastery</b>	<b>Activity 2 -1v1 games</b>	<b>Activity 3 - Positional Play - See instructions to the right</b>
		<b>Time length - 20 minutes, 2 minute rest between next activity</b>	<b>Time length - 15 minutes, 2 minutes rest between next activity</b>	<b>Time length - 20 minutes</b>
	<b>Day 2</b>	<b>Figure 8 dribbling</b> - Players have a starting cone, and 10 yards away have 2 cones vertically. They Sprint, go inbetween cones, around, back through and sprint back. Do in relay Race form	<b>1v1 Funino but dribble goals</b> - standard 4 goal game, but dribble goals instead of popups. 2 on each side	
<b>Week 6</b>		<b>Activity 1 - Ball Mastery</b>	<b>Activity 2 -1v1 games</b>	<b>Activity 3 - Positional Play - See instructions to the right</b>
		<b>Time length - 20 minutes, 2 minute rest between next activity</b>	<b>Time length - 15 minutes, 2 minutes rest between next activity</b>	<b>Time length - 20 minutes</b>
	<b>Day 1</b>	<b>Avoid the Monster</b> - all players have a ball except one. They are in a large square. They must be creative to move around. The monster goes around and steals a ball from someone who has one. If your ball is stolen you must go get someone else's (not the same person)	<b>1v1 +1 Feint Activity and pass to finish</b> - Attacker has to feint and pass by a defender to a teammate on the other side who tries to score. The attackers are going sideways. teammate has 2 goals to score in. Defenders cannot steal, only block	

		Activity 1 - Ball Mastery	Activity 2 -1v1 games	Activity 3 - Positional Play - See instructions to the right
		Time length - 20 minutes, 2 minute rest between next activity	Time length - 15 minutes, 2 minutes rest between next activity	Time length - 20 minutes
	Day 2	Turns Relay - Multiple teams - Each team has 4 cones spread out. Players will go to cone 3, perform a turn and go to cone 2, perform a turn to cone 4, perform a turn and sprint back. Do in relay race form	3v3 Funino +1 if 6,7 ,9or 10, 2v2s if 8	
		Activity 1 - Ball Mastery	Activity 2 -1v1 games	Activity 3 - Positional Play - See instructions to the right
		Time length - 20 minutes, 2 minute rest between next activity	Time length - 15 minutes, 2 minutes rest between next activity	Time length - 20 minutes
	Day 1	Creativity Session. This is broken down into multiple activities. First is 5 minutes of Cone monster. Next is 5 minutes of being as creative as possible. Then 5 minutes of counting how many touches they can get. Remaining minutes are a game of how many people you can tag (Taggers and those avoiding)	1 v 2 to separate goals - set up a large grid with 2 goals on both sides. Player receives the ball and has to try and score in either a goal on the left or ghit. There is a defender on both sides defending their zone.	
		Activity 1 - Ball Mastery	Activity 2 -1v1 games	Activity 3 - Positional Play - See instructions to the right
		Time length - 20 minutes, 2 minute rest between next activity	Time length - 15 minutes, 2 minutes rest between next activity	Time length - 20 minutes
		Partner Relays. - Everyone has a partner. The first player sprints to the line, does a turn, and passes it back to their teammate. Then there teammate goes. Each team reaces until everyone has done a set number	1v1 Funino but dribble goals - standard 4 goal game, but dribble goals instead of popups. 2 on each side	
Week 7	Day 2			
		Activity 1 - Ball Mastery	Activity 2 -1v1 games	Activity 3 - Positional Play - See instructions to the right
		Time length - 20 minutes, 2 minute rest between next activity	Time length - 15 minutes, 2 minutes rest between next activity	Time length - 20 minutes

Week 8	Day 1	Avoid the Monster - all players have a ball except one. They are in a large square. They must be creative to move around. The monster goes around and steals a ball from someone who has one. If your ball is stolen you must go get someone else's (not the same person)	1v1 from behind - Players receive a ball and must feint and turn to score on 2 goals behind them. Defender is pressing them from behind	
	Day 2	Activity 1 - Ball Mastery	Activity 2 -1v1 games	Activity 3 - Positional Play - See instructions to the right
		Time length - 20 minutes, 2 minute rest between next activity	Time length - 15 minutes, 2 minutes rest between next activity	Time length - 20 minutes
		Turns Relay - Multiple teams - Each team has 4 cones spread out. Players will go to cone 3, perform a turn and go to cone 2, perform a turn to cone 4, perform a turn and sprint back. Do in relay race form	3v3 Funino +1 if 6,7 ,9or 10, 2v2s if 8	
Week 9	Day 1	Activity 1 - Ball Mastery	Activity 2 -1v1 games	Activity 3 - Positional Play - See instructions to the right
		Time length - 20 minutes, 2 minute rest between next activity	Time length - 15 minutes, 2 minutes rest between next activity	Time length - 20 minutes
		Avoid the Monster - all players have a ball except one. They are in a large square. They must be creative to move around. The monster goes around and steals a ball from someone who has one. If your ball is stolen you must go get someone else's (not the same person)	1v1 side by side and around - Set up a large grid where attackers start by dribbling forward. Defender has to block 2 goals on their side while attacker has to get around them in some way	
	Day 2	Activity 1 - Ball Mastery	Activity 2 -1v1 games	Activity 3 - Positional Play - See instructions to the right
		Time length - 20 minutes, 2 minute rest between next activity	Time length - 15 minutes, 2 minutes rest between next activity	Time length - 20 minutes
		Turns Relay - Multiple teams - Each team has 4 cones spread out. Players will go to cone 3, perform a turn and go to cone 2, perform a turn to cone 4, perform a turn and sprint back. Do in relay race form	1v1 +1 Feint Activity and pass to finish - Attacker has to feint and pass by a defender to a teammate on the other side who tries to score. The attackers are going sideways. teammate has 2 goals to score in. Defenders cannot steal, only block	
		Activity 1 - Ball Mastery	Activity 2 -1v1 games	Activity 3 - Positional Play - See instructions to the right
		Time length - 20 minutes, 2 minute rest between next activity	Time length - 15 minutes, 2 minutes rest between next activity	Time length - 20 minutes

Week 10	Day 1	<p><b>Creativity Session.</b> This is broken down into multiple activities. First is 5 minutes of Cone monster. Next is 5 minutes of being as creative as possible. Then 5 minutes of counting how many touches they can get. Remaining minutes are a game of how many people you can tag (Taggers and those avoiding)</p>	<p><b>1 v 2 to separate goals</b> - set up a large grid with 2 goals on both sides. Player receives the ball and has to try and score in either a goal on the left or right. There is a defender on both sides defending their zone.</p>	
	Day 2	Activity 1 - Ball Mastery	Activity 2 -1v1 games	Activity 3 - Positional Play - See instructions to the right
		Time length - 20 minutes, 2 minute rest between next activity	Time length - 15 minutes, 2 minutes rest between next activity	Time length - 20 minutes
		<p><b>Partner Relays.</b> - Everyone has a partner. The first player sprints to the line, does a turn, and passes it back to their teammate. Then their teammate goes. Each team repeats until everyone has done a set number</p>	<p><b>1v1 Funino but dribble goals</b> - standard 4 goal game, but dribble goals instead of popups. 2 on each side</p>	