

**2020 SUNS ACADEMY
YOUTH DEVELOPMENT
FEMALE U14/U15**



YOUR FUTURE STARTS HERE. CHALLENGE ACCEPTED

PROGRAM EXPECTATIONS

- TO IMPROVE THE INDIVIDUALS FUNDAMENTALS AND INCREASE THE SKILL DEVELOPMENT IN 2005 AND 2006 BORN FEMALE ATHLETES
- INTRODUCE AND MAINTAIN HIGH TRAINING STANDARDS (INDIVIDUAL AND GROUP EXPECTATIONS)
- PLAYERS ARE TO COMPLETE TOUCH/KICKING (INDIVIDUAL/PARTNER) PROGRAM ATTACHED PRIOR TO TRAINING (COACHES CAN ASSIST)
- COACHES PLEASE WATCH HUDL TO UNDERSTAND DRILLS AND PROGRAM
- ASK QUESTIONS OF YOUR HUB MANAGER/FULL TIME ACADEMY COACHES IF YOU ARE UNSURE OF ANYTHING
- DRILL DURATION INCLUDES ANY COACHING/TALKING TIME (PLEASE KEEP CHATTING TO A MINIMUM)
- IF ANY CHANGES ARE TO BE MADE TO PROGRAM, PLEASE SPEAK TO ACADEMY HUB MANAGER OR FULL TIME ACADEMY COACH



TERMINOLOGY

- **ABC KICKING - 3 TYPES OF KICK THAT SUNS ACADEMY COACHES/PLAYERS ARE EXPECTED TO UNDERSTAND AND EXECUTE**
- **COMMUNICATION**
- **DRIVE YOUR LEGS**
- **FIRST GIVES - USE THE FIRST (GOOD) OPTION THAT YOU SEE, DON'T HANG ONTO THE BALL IF SOMEONE IS IN A BETTER POSITION**
- **HANDBALL ON THE UP**
- **RIP**
- **RUN (DRAW) AND CARRY**
- **TURN (FACE FORWARD)**



SUNS U14/U15 FEMALE - TRAINING PROGRAM #1 - 10/2

Time	Activity	Equipment	Duration	Coaching Points/Notes
4:30pm	Arrival/Check in			
	Training Preparation/Mobility			
	Partner Touch (Handball Exercises - Program)	Footballs		
5:00pm	S & C Warm Up	Cones	15	
5:15pm	Groundballs in 3's	Footballs	6	Create separation, Get low, Fingernails dirty, Handball on the up (drive)
5:21pm	A kicks in pairs	Cones Footballs	10	Turn/Face Forward, Organised Footwork, Hips/Shoulders to Target, Head/Shoulders over the ball, (Low-1 handed ball drop), Momentum/Land on kicking leg
5:31pm	Rapid Fire Kick (B Kicks)	Cones Footballs	10	Turn/Face Forward, Organised Footwork, Hips/Shoulders to Target, Head/Shoulders over the ball, (Low-1 handed ball drop), Momentum/Land on kicking leg + Kick to grass (air in the kick)
5:41pm	C Kick in Pairs	Cones Footballs	10	Emphasise crabbing back (push back). A + B Kick are covered. Get some momentum (6-8 steps) and launch a long/high C Kick to the advantage of your teammate. Player 2 launches and marks the ball overhead.
5:51pm	Groundballs (with a bag)	Bump Bags Footballs	8	Engage, Create separation, Get low, Fingernails dirty, eyes on the ball and gather first, hit the bag (drive through) Handball on the up.
5:59pm	4 v 1 Kicking	Cones Footballs	8	Kicking Fundamentals - A Kicks. Hips, Shoulders in line with target. Look to change angles. Constant movement by receivers. Defender RIPS.
6:07pm	Craft Marking	Cones Footballs	8	In 4's - 2 players at each end - High C kick to other end and players will nominate offence/defence. Eyes on ball, engage (push off and create separation), launch at the ball (one leg) and take ball in your hands at its highest point.
6:15pm	Cool Down		15	

SUNS U14/U15 FEMALE - TRAINING PROGRAM #2 - 17/2

Time	Activity	Equipment	Duration	Coaching Points/Notes
4:30pm	Arrival/Check in			
	Training Preparation/Mobility			
	Partner Touch (Handball Exercises - Program)	Footballs		
5:00pm	S & C Warm Up	Cones	15	
5:15pm	Groundballs in 3's	Footballs	6	Create separation, Get low, Fingernails dirty, Handball on the up (drive)
5:21pm	A kicks in pairs	Cones Footballs	10	Turn/Face Forward, Organised Footwork, Hips/Shoulders to Target, Head/Shoulders over the ball, (Low-1 handed ball drop), Momentum/Land on kicking leg
5:31pm	Rapid Fire Kick (B Kicks)	Cones Footballs	10	Turn/Face Forward, Organised Footwork, Hips/Shoulders to Target, Head/Shoulders over the ball, (Low-1 handed ball drop), Momentum/Land on kicking leg + Kick to grass (air in the kick)
5:41pm	C Kick in Pairs	Cones Footballs	6	Emphasise crabbing back (push back). A + B Kick are covered. Get some momentum (6-8 steps) and launch a long/high C Kick to the advantage of your teammate. Player 2 launches and marks the ball overhead.
5:47pm	Walking HB Game	Cones Bibs Footballs	10	Walking Only! First gives. Drive (Take grass). Give and block. Handball with the correct hand. No over the top HB. Defender RIPS - NO GROUND TACKLES (Hit and Hold)
5:57pm	4 v 2 Hands	Cones Bibs Footballs	10	First Gives. Drive your legs. Handball with the correct hand. Constant movement. Give and block. Defender RIPS - NO GROUND TACKLES (Hit and Hold)
6:07pm	4 v 1 Kicking	Cones Bibs Footballs	8	Kicking Fundamentals - A Kicks. Hips, Shoulders in line with target. Look to change angles. Constant movement by receivers. Defender RIPS.
6:15pm	Cool Down		15	

SUNS U14/U15 FEMALE - TRAINING PROGRAM #3 - 24/2

Time	Activity	Equipment	Duration	Coaching Points/Notes
4:30pm	Arrival/Check in			
	Training Preparation/Mobility			
	Partner Touch (Handball Exercises - Program)	Footballs		
5:00pm	S & C Warm Up	Cones	15	
5:15pm	Groundballs in 3's	Footballs	6	Create separation, Get low, Fingernails dirty, Handball on the up (drive)
5:21pm	A kicks in pairs	Cones Footballs	10	Turn/Face Forward, Organised Footwork, Hips/Shoulders to Target, Head/Shoulders over the ball, (Low-1 handed ball drop), Momentum/Land on kicking leg
5:31pm	Rapid Fire Kick (B Kicks)	Cones Footballs	10	Turn/Face Forward, Organised Footwork, Hips/Shoulders to Target, Head/Shoulders over the ball, (Low-1 handed ball drop), Momentum/Land on kicking leg + Kick to grass (air in the kick)
5:41pm	C Kick in Pairs	Cones Footballs	6	Emphasise crabbing back (push back). A + B Kick are covered. Get some momentum (6-8 steps) and launch a long/high C Kick to the advantage of your teammate. Player 2 launches and marks the ball overhead.
5:47pm	Walking HB Game	Cones Bibs Footballs	10	Walking Only! First gives. Drive (Take grass). Give and block. Handball with the correct hand. No over the top HB. Defender RIPS - NO GROUND TACKLES (Hit and Hold)
5:57pm	4 v 2 Handball	Cones Bibs Footballs	10	First Gives. Drive your legs. Handball with the correct hand. Constant movement. Give and block. Defender RIPS - NO GROUND TACKLES (Hit and Hold)
6:07pm	Craft Marking	Cones Bibs Footballs	8	In 4's - 2 players at each end - High C kick to other end and players will nominate offence/defence. Eyes on ball, engage (push off and create separation), launch at the ball (one leg) and take ball in your hands at its highest point.
6:15pm	Cool Down		15	

SUNS U14/U15 FEMALE - TRAINING PROGRAM #4 - 2/3

Time	Activity	Equipment	Duration	Coaching Points/Notes
4:30pm	Arrival/Check in			
	Training Preparation/Mobility			
	Partner Touch (Handball Exercises - Program)	Footballs		
5:00pm	S & C Warm Up	Cones	15	
5:15pm	Groundballs in 3's	Footballs	6	Create separation, Get low, Fingernails dirty, Handball on the up (drive)
5:21pm	A kicks in pairs	Cones Footballs	10	Turn/Face Forward, Organised Footwork, Hips/Shoulders to Target, Head/Shoulders over the ball, (Low-1 handed ball drop), Momentum/Land on kicking leg
5:31pm	Rapid Fire Kick (B Kicks)	Cones Footballs	10	Turn/Face Forward, Organised Footwork, Hips/Shoulders to Target, Head/Shoulders over the ball, (Low-1 handed ball drop), Momentum/Land on kicking leg + Kick to grass (air in the kick)
5:41pm	C Kick in Pairs	Cones Footballs	4	Emphasise crabbing back (push back). A + B Kick are covered. Get some momentum (6-8 steps) and launch a long/high C Kick to the advantage of your teammate. Player 2 launches and marks the ball overhead.
5:45pm	Groundballs (with a bag)	Bump Bags Footballs	10	Engage, Create separation, Get low, Fingernails dirty, eyes on the ball and gather first, hit the bag (drive through) Handball on the up.
5:55pm	Corner Kick	Cones Footballs	10	Kicking fundamentals - Hips and Shoulders to target (square). Go at your target and kick through the ball. Low (one handed) ball drop. Receiver engages and steps into the ball (in your hands).
6:05pm	4 v 1 Kick	Cones Bibs Footballs	10	Kicking Fundamentals - A Kicks. Hips, Shoulders in line with target. Look to change angles. Constant movement by receivers. Defender RIPS.
6:15pm	Cool Down		15	

SUNS U14/U15 FEMALE - TRAINING PROGRAM #5 - 9/3

Time	Activity	Equipment	Duration	Coaching Points/Notes
4:30pm	Arrival/Check in			
	Training Preparation/Mobility			
	Partner Touch (Handball Exercises - Program)	Footballs		
5:00pm	S & C Warm Up	Cones	15	
5:15pm	Groundballs in 3's	Footballs	6	Create separation, Get low, Fingernails dirty, Handball on the up (drive)
5:21pm	A kicks in pairs	Cones Footballs	10	Turn/Face Forward, Organised Footwork, Hips/Shoulders to Target, Head/Shoulders over the ball, (Low-1 handed ball drop), Momentum/Land on kicking leg
5:31pm	Rapid Fire Kick (B Kicks)	Cones Footballs	10	Turn/Face Forward, Organised Footwork, Hips/Shoulders to Target, Head/Shoulders over the ball, (Low-1 handed ball drop), Momentum/Land on kicking leg + Kick to grass (air in the kick)
5:41pm	C Kick in Pairs	Cones Footballs	4	Emphasise crabbing back (push back). A + B Kick are covered. Get some momentum (6-8 steps) and launch a long/high C Kick to the advantage of your teammate. Player 2 launches and marks the ball overhead.
5:45pm	Corner Kick	Cones Footballs	8	Kicking fundamentals - Hips and Shoulders to target (square). Go at your target and kick through the ball. Low (one handed) ball drop. Receiver engages and steps into the ball (in your hands).
5:53pm	Craft Marking	Cones Footballs	8	In 4's - 2 players at each end - High C kick to other end and players will nominate offence/defence. Eyes on ball, engage (push off and create separation), launch at the ball (one leg) and take ball in your hands at its highest point.
6:01pm	Handball Game (Running)	Cones Bibs Footballs	14	
6:15pm	Cool Down		15	

SUNS U14/U15 FEMALE - TRAINING PROGRAM #6 - 16/3

Time	Activity	Equipment	Duration	Coaching Points/Notes
4:30pm	Arrival/Check in			
	Training Preparation/Mobility			
	Partner Touch (Handball Exercises - Program)	Footballs		
5:00pm	S & C Warm Up	Cones	15	
5:15pm	Groundballs in 3's	Footballs	6	Create separation, Get low, Fingernails dirty, Handball on the up (drive)
5:21pm	A kicks in pairs	Cones Footballs	10	Turn/Face Forward, Organised Footwork, Hips/Shoulders to Target, Head/Shoulders over the ball, (Low-1 handed ball drop), Momentum/Land on kicking leg
5:31pm	Rapid Fire Kick (B Kicks)	Cones Footballs	10	Turn/Face Forward, Organised Footwork, Hips/Shoulders to Target, Head/Shoulders over the ball, (Low-1 handed ball drop), Momentum/Land on kicking leg + Kick to grass (air in the kick)
5:41pm	C Kick in Pairs	Cones Footballs	4	Emphasise crabbing back (push back). A + B Kick are covered. Get some momentum (6-8 steps) and launch a long/high C Kick to the advantage of your teammate. Player 2 launches and marks the ball overhead.
5:45pm	Groundballs (with a bag)	Bump Bags Footballs	8	Engage, Create separation, Get low, Fingernails dirty, eyes on the ball and gather first, hit the bag (drive through) Handball on the up.
5:53pm	Corner Kick	Cones Footballs	8	Kicking fundamentals - Hips and Shoulders to target (square). Go at your target and kick through the ball. Low (one handed) ball drop. Receiver engages and steps into the ball (in your hands).
6:01pm	Handball Game (Running)	Cones Bibs Footballs	14	
6:15pm	Cool Down		15	

INDIVIDUAL TOUCH PROGRAM

1 X FOOTBALL - 500 TOUCHES

EXERCISE	REPETITIONS
FIGURE 8'S - KNEES	40 TOTAL (20 X EACH DIRECTION)
FIGURE 8'S - ANKLES	40 TOTAL (20 X EACH DIRECTION)
AROUND YOUR WAIST	60 TOTAL (30 X EACH DIRECTION)
AROUND YOUR KNEES	60 TOTAL (30 X EACH DIRECTION)
AROUND YOUR ANKLES	60 TOTAL (30 X EACH DIRECTION)
DROP - CATCH (ALTERNATE BELOW YOUR KNEE)	60 TOTAL (30 EACH DIRECTION)
BALL DROP AND GRAB (ALTERNATING HANDS)	60 TOTAL (30 X EACH SIDE)
WALL PADDLES - SHOULDERS (OVERARM)	40 TOTAL (20 X EACH SIDE)
WALL PADDLES - WAIST (UNDERARM)	40 TOTAL (20 X EACH SIDE)
WALKING BALL DROP (KICKING/BALL DROP)	40 TOTAL (20 X EACH SIDE)



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PARTNER TOUCH PROGRAM

1 X FOOTBALL PER PLAYER - 500 TOUCHES EACH

EXERCISE	REPETITIONS
TRAM/TRAIN TRACKS (LEFT/RIGHT ALTERNATING)	50 EACH PLAYER (25 X EACH HAND)
LEFT HAND ONLY	50 EACH PLAYER
RIGHT HAND ONLY	50 EACH PLAYER
PADDLES (WAIST)	50 EACH PLAYER (25 EACH SIDE)
PADDLES (OVERHEAD)	50 EACH PLAYER (25 EACH SIDE)
OVER/UNDERS	50 EACH PLAYER (25 OVER/25 UNDER)
TRAM/TRAIN TRACKS (5M - 10M APART)	50 EACH PLAYER (25 X EACH HAND)
LEFT HAND ONLY (5M - 10M APART)	25 EACH PLAYER
RIGHT HAND ONLY (5M - 10M APART)	25 EACH PLAYER
HB SMASH BACKS	25 EACH PLAYER
HB UP + LAUNCH AND MARK	25 EACH PLAYER
KICK INTO HANDS (5M APART)	50 EACH PLAYER



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PARTNER KICKING EXERCISES

1 FOOTBALL BETWEEN 2 PLAYERS - 200 KICKS EACH

EXERCISE	REPETITIONS	DESCRIPTION
WALKING BALL DROP (KICKING BALL DROP)	40 TOTAL (20 X EACH SIDE)	WALKING BALL DROP (KICKING/BALL DROP)
BALANCE KICK	40 EACH PLAYER (2 X 10 EACH LEG)	10M APART STANDING ON 1 LEG - KICK TO YOUR PARTNER (CAN USE A WALL OR POLE TO BALNCE)
TURN AND KICK	40 EACH PLAYER (20 EACH LEG)	15M APART FACE AWAY, THROW BALL UP, CATCH, TURN AND KICK
SPEED KICKING	20 EACH PLAYER (2 X 10 - PREFERRED LEG)	15M APART - FACING YOUR PARTNER KICK THE BALL AS QUICKLY AS YOU CAN (FAST RELEASE) TO YOUR PARTNER
A KICK	40 EACH PLAYER (20 X EACH LEG)	15M/20M APART - FACING YOUR PARTNER KICK AN A KICK TO YOUR PARTNER (LOW AND PUNCHY - HEAD HEIGHT)
B KICK	20 EACH PLAYER (10 X EACH ANGLE)	25M/30M APART - FACE AWAY FROM YOUR PARTNER THROW THE BALL UP - ALLOW IT TO BOUNCE, GATHER CLEANLY AND KICK A B KICK TO YOUR PARTNER. KICK THE BALL OUT IN FRONT/TO GRASS
C KICK	20 EACH PLAYER (PREFERRED LEG)	30M+ APART - FACE YOUR OPPONENT CRAB BACK, (A + B KICKS COVERED) BUILD MOMENTUM (5M-10M) LAUNCH A LONG HIGH KICK TO THE ADVANTAGE SIDE OF YOUR TEAMMATE. MARK AT HIGHEST POINT.
SNAPS AND DRIBBLES	20 EACH PLAYER (MIX UP BOTH SIDES AND DIFFERENT KICKS)	20M APART DIFFERENT TTYPES OF SNAP KICKS (AIR AND ON THE GROUND)

ORGANISED FOOTWORK, HIPS/SHOULDERS TO TARGET, HEAD/SHOULDERS OVER THE BALL, ONE HANDED/LOW BALL DROP, LAND ON KICKING LEG



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