



# Player Development Academy



This is a soccer coaching program that Dynamo Juniors offer specifically to SSYS for more qualified training from our Dynamo Juniors Coaches and Louisiana Krewe FC players (PRO and College experience!) to KEEP DEVELOPING NEXT LEVEL SOCCER SKILLS!

## The PDA Session Structure:

### WARM UP

Mastering the ball + Speed ladder

### TASK 1

Game with focus on a technical aspect

### TASK 2

Game with finishing and decision making

### GAMES

ORIENTATED games

Dynamites	Warm Up	Task 1	Games		
Juniors	Warm Up	Task 1	Task 2	Games	
Seniors	Warm Up	Task 1	Task 2	Task 2 Evolution	Games
Time:	15min	15min	15min	15min	15 min

## CURRICULUM:

Session #	Date	Content
1 <sup>st</sup>	Sept 28th	1 v 1 + Video Evaluations
2 <sup>nd</sup>	Oct 5 <sup>th</sup>	Shooting
3 <sup>rd</sup>	Oct 12 <sup>th</sup>	Receiving & Passing
4 <sup>th</sup>	Oct 19 <sup>th</sup>	2 v 1 Decision Making
5 <sup>th</sup>	Oct 26 <sup>th</sup>	Crossing and finishing
6 <sup>th</sup>	Nov 2 <sup>nd</sup>	Defending skills
7 <sup>th</sup>	Nov 4th	Special Skills (volley, free-kicks...)
8 <sup>th</sup>	Nov 9th	4 v 4 Tournament

### TRANSVERSAL CONTENT:

AGILITY, BALANCE & SPEED

MASTERING THE BALL SKILLS



## WHAT SHOULD I EXPECT AS A PARENT:

Due to the short period of time that we have to work with the players we have selected the main technical content that all soccer players need to know. Besides this main content that you can see on the planning, each session will focus on one main theme that will put our focus in two more abilities that we can develop in that period of time and impact on the player development:

### 1. Agility + Balance + Speed

### 2. Mastering the Ball skills

Here the skills of mastering the ball that we are going to work:

**Dynamite Skills:** [The Slide](#), [Tic-tac](#), [Circles](#), and moving skills.

**Junior Skill:** = All Dynamites skills + [V-shape](#), [Ankle roll](#), [Slide on the move](#), [inside-out](#), [CRUYFF TURN](#), [SCISSORS](#).

**Senior Skills:** = All Juniors skills + Double scissors, [dragging](#), [Push and stop](#).

*If you click on the link of each skill you can see a video where you can practice at home!!*

For those parents who want to keep developing the player skills we will invite to take part of the Soccer Starts at Home Program!



Link: <https://www.houstondynamo.com/soccerstartsathome>

**Speed ladder:** Every day we will start with some ladder speed work, WHY?

Warm-up has three functions; to increase heart rate, warm-up the muscles and ligaments and improve reaction time. But also, the Speed Ladder drills will help our players to work on their **agility, balance, speed and quickness**.

Click on the picture to see an example.

