



## REGION II GIRLS OLYMPIC DEVELOPMENT PROGRAM

Minnesota Coaching Symposium  
February 2, 2007

### CREATING THE RIGHT ENVIRONMENT FOR DEVELOPMENT

Topic: DON'T Play the Way You're Facing ☺

Janet Rayfield

Region II Girls ODP Head Coach  
University of Illinois

#### Critical Elements of a "Developmental Environment"

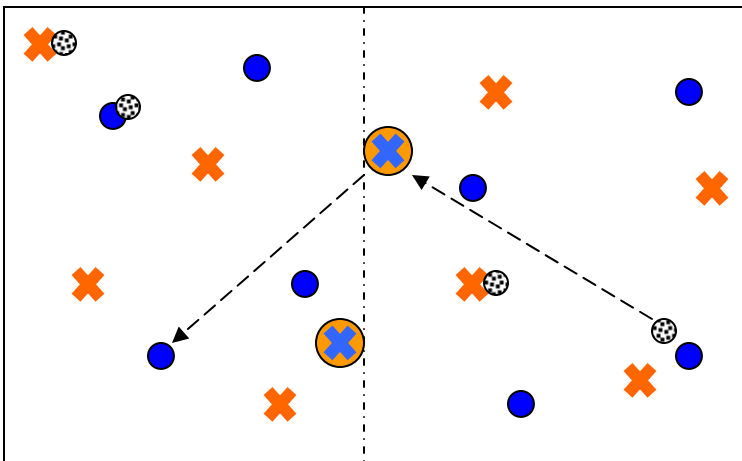
- Challenging
  - Demands a technical, tactical, physical and/or psychological jump in a players game
- Encouraging
  - Allows players to make mistakes as they climb to a higher level
  - Measure of success is improvement not results
- Competitive
  - Must be game-like in intensity and demand or the development will not carry over to performance in the arena in which it was intended
- Educational
  - Players must be provided information that can be applied not just how to execute a single task, succeed in a given activity, or solve a specific problem
  - "Developing Decision Makers" by Dr. Lynn Kidman – a book all soccer coaches should read!

#### THE PLANNED SESSION

Objective: To encourage "playmaking", attacking minded players to be creative and encourage risk taking in the right places in order to play forward rather than backwards or lateral. Many players can keep possession. The goal is to develop players that can make something happen.

#### Activity I: Warm-Up

8v8+2 possession with a back to front penetration objective (nvn+n depending on the numbers)



8 v 8 + 2

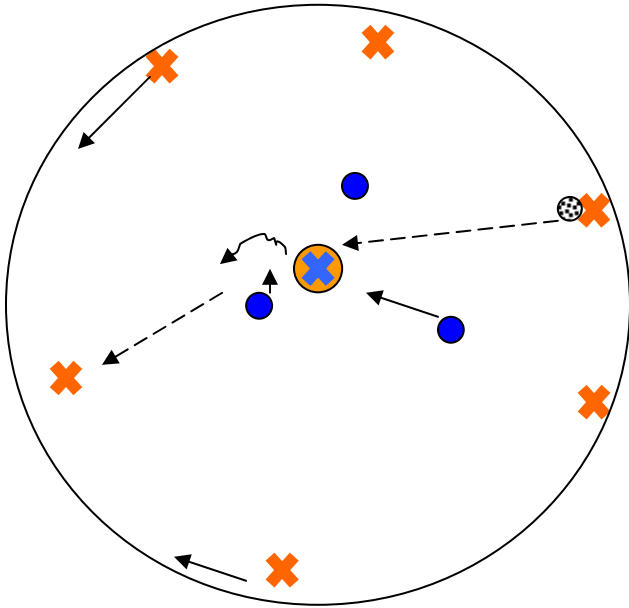
Each team has two balls and keeps them moving but the only way to move a ball from one end to the other is through the neutral players.

Objective: Get players in that role to "hunt" the ball and players on the team to find them and expect them to go "forward".



# REGION II GIRLS OLYMPIC DEVELOPMENT PROGRAM

## Activity 2: 6 + 1 v 3

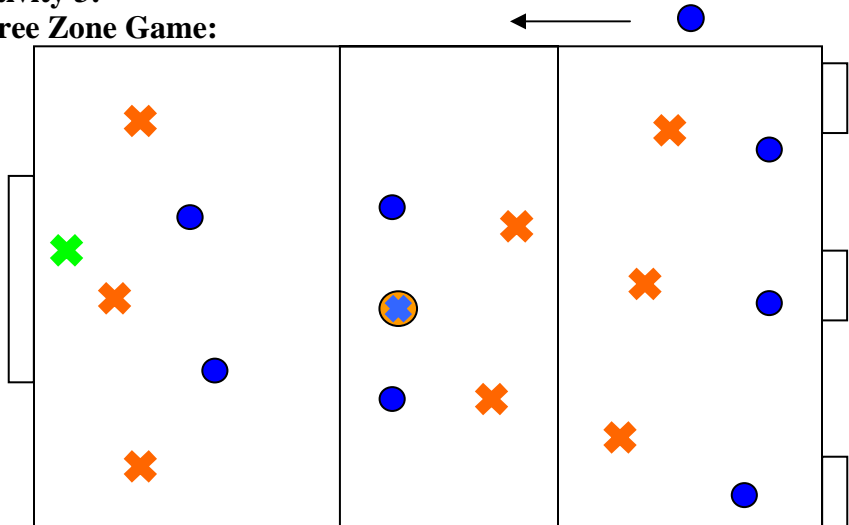


✕ Team attempts to keep possession finding the central player as often as possible. Objective: To train to change the point of attack as often as possible and solve tight spaces in creative ways.

Coaching Points:

- Movement off the ball into gaps and seams
- Recognition of pressure and ways to deal with it and still play a penetrating ball
- Options to solve pressure individually

## Activity 3: Three Zone Game:



The neutral player is the only player who may leave their respective zones.

Objective: To teach players to find and to encourage to be creative and weigh the risks of penetrating options!

Coaching points:

- MOVEMENT
- Numbers in the forward spaces
- Penetration with a dribble or a pass
- Opportunities to shoot
- The “Final Pass” Choices

## Activity 4: 8v8 or 9v9 Game NO RESTRICTIONS