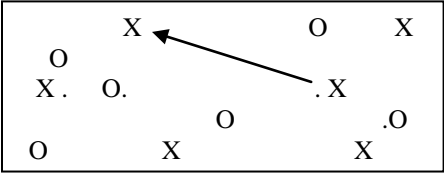
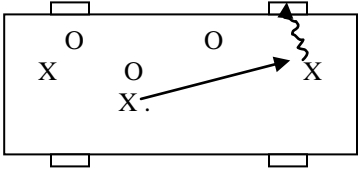
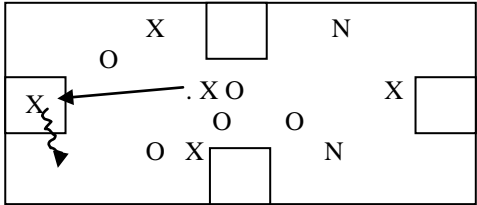
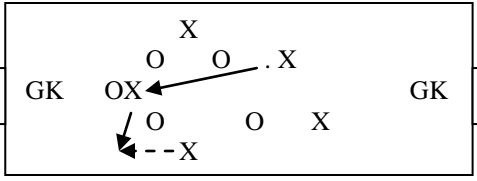


Olympic Development Program - District Select

Playing with Space

<p style="text-align: center;"><u>Technical Warm Up</u> 10 mins</p> 	<p style="text-align: center;"><u>Organization</u></p> <ul style="list-style-type: none"> • 30x20; 2 teams with 2 balls each • Pass and move • Touch boundary after each pass; Rotate a 2-touch “linking” player who stays central • Look for farthest available player with pass 	<p style="text-align: center;"><u>Coaching Points/Guiding Questions</u></p> <ul style="list-style-type: none"> • Communication – visual/verbal • Receiving ABC’s: <u>A</u>ngle of support, <u>B</u>ody shape, <u>C</u>heck over shoulder • Oppositional movement – check away/to <p>Where do you move after you pass? (expansive)</p>
<p style="text-align: center;">Dynamic movement 5 mins</p>		
<p style="text-align: center;"><u>Warm up Game</u> 10 mins</p> <p style="text-align: center;">“Bulldog” (same set up as above)</p>	<ul style="list-style-type: none"> • Team X possesses 1 or 2 balls with feet • Team O throws/catches 1 or 2 balls • Team O scores when they hit Team X’s ball or when Team X plays ball out of bounds • Switch roles after 3-4 minutes 	<ul style="list-style-type: none"> • Receiving ABC’s • Stretch the field in all directions • Field awareness and quick decisions <p>How can you keep the ball away/safe from the hand ball?</p>
<p style="text-align: center;"><u>Small-Sided Activity</u> 15 mins</p> 	<ul style="list-style-type: none"> • 20x25; 3v3 four-goal game • Defend 2 goals, attack 2 goals • Goals are a few yards in from corner <p>Option:</p> <ul style="list-style-type: none"> • Must dribble through goals (more challenging) 	<ul style="list-style-type: none"> • Receiving ABC’s and productive 1st touch • Pace and accuracy of passes - to specific foot • Create and maintain width • Decision to attack or change point of attack <p>How can you create a space/numbers advantage at a goal?</p>
<p style="text-align: center;"><u>Expanded Small-Sided Activity</u> 20 mins</p> 	<ul style="list-style-type: none"> • 40x30; 5v5+2N, 5 yd squares (length and width) • Get into and out of a box for a point <p>Progressions:</p> <ul style="list-style-type: none"> • Can pass in/dribble out or dribble in/pass out • Can only pass in/pass out • Remove neutrals for 6v6 	<ul style="list-style-type: none"> • Movement without the ball • Vision and awareness of available space • Quick movement of the ball to exploit space <p>How does scoring through the boxes translate to the real game? (length and width)</p>
<p style="text-align: center;"><u>Game</u> 20 mins</p> 	<ul style="list-style-type: none"> • 50x40; 6 v 6 including GK’s 	<ul style="list-style-type: none"> • Maintain length and width • Look to change point of attack quickly and expansively • Identify time and space to go to goal <p>How can you draw opponents to an area to play to a different area?</p>
<p style="text-align: center;">Cool down: Easy movement and stretch</p>		<p style="text-align: center;">What did we learn today?</p>