

Olympic Development Program - District Select Possession with a Purpose

<p style="text-align: center;"><u>Technical Warmup</u></p> <pre style="text-align: center;"> X X . X X . X X . X </pre>	<p style="text-align: center;"><u>Organization</u></p> <ul style="list-style-type: none"> • Free space, Multiple balls • Pass and move: <ol style="list-style-type: none"> 1) Alt L/R feet pass; inside/outside receive 2) Alt short/long (check to/bend away) 3) Alt air/ground ball 4) Alt bent/driven ball 5) 2-touch or 1-touch 	<p style="text-align: center;"><u>Coaching Points</u></p> <ul style="list-style-type: none"> • Communication (verbal and visual) • Technique of passing (plant foot, follow through) • Technique of receiving (relaxed, add deception) • Body shape (hips and vision)
<p style="text-align: center;"><u>Small Sided Activity</u></p> <pre style="text-align: center;"> O [X O X] X X . O X O </pre>	<p style="text-align: center;"><u>Organization</u></p> <ul style="list-style-type: none"> • 30 yds x 20 yds • 3v3 to targets behind end line • Teams go in one direction only • Progression <ol style="list-style-type: none"> 1) Ball into target = pt. 2) Receive 1-T ball back from target = pt. 	<p style="text-align: center;"><u>Coaching Points</u></p> <ul style="list-style-type: none"> • First look to penetrate • Angles and distance of support • Speed of play (body shape, pace of dribble/pass) • In #2, support target on penetrating pass
<p style="text-align: center;"><u>Expanded Small Sided Activity</u></p> <pre style="text-align: center;"> [X X O X] X O . O </pre>	<p style="text-align: center;"><u>Organization</u></p> <ul style="list-style-type: none"> • 30 yds x 44 yds • 4v4 6-goal game • Score in 3 goals, defend 3 goals • Option: Add a neutral player to aid in possession 	<p style="text-align: center;"><u>Coaching Points</u></p> <ul style="list-style-type: none"> • Angles and distance of support • Speed of play (body shape, pace of dribble/pass) • Recognition of space to penetrate
<p style="text-align: center;"><u>Game</u></p> <pre style="text-align: center;"> [G X X O G] X O X O </pre>	<p style="text-align: center;"><u>Organization</u></p> <ul style="list-style-type: none"> • 44 yds x 30 yds • 5v5 to big goals • No restrictions 	<p style="text-align: center;"><u>Coaching Points</u></p> <ul style="list-style-type: none"> • Risk/safety considerations • Maintain depth and width in attack • Shoot/pass/dribble options to penetrate