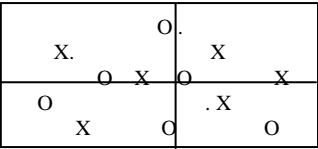
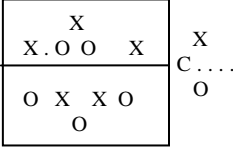
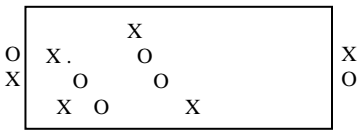
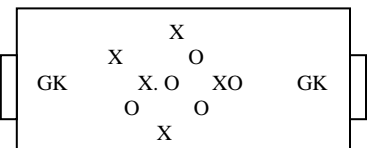


Olympic Development Program - District Select Playing in Tight Space

<u>Arrival/Warmup Game</u>		<u>Organization</u>	<u>Coaching Points/Guiding Questions</u>
<pre> X X X . D X X X </pre>		<p>“Rondo”</p> <ul style="list-style-type: none"> Tight circle of players with defender inside Play 1-touch keepaway from defender Player who gives ball away or lets it out of circle becomes defender 	<ul style="list-style-type: none"> Quick feet and balance No such thing as a bad pass – don’t let ball get past you out of circle <p>What’s a key to avoid becoming defender?</p>
<p><u>Technical Warmup</u></p> 	15 mins	<p>30x20 with quadrants, 2 teams with 2 balls each</p> <ol style="list-style-type: none"> Pass and move in all four zones Wall pass in a zone, play out 2-3 passes within a zone, play out (short/short/short/long rhythm) Up/back and thru to another zone 	<ul style="list-style-type: none"> Verbal/visual communication Receiving ABC’s: <u>A</u>ngle of support, <u>B</u>ody shape, <u>C</u>heck over shoulder Keep ball close but not stuck under body Quick and deceptive touches <p>Can you face the way you want to play?</p>
<p><u>Dynamic Movement</u></p>	5 mins		
<p><u>Small Sided Activity</u></p> 	15 mins	<p>Two 10x8 halves (tight); 5v5 (3v2/2v3 in halves)</p> <ul style="list-style-type: none"> Coach plays ball in Players can’t cross halfline, but ball can Point = 10 seconds of consec. team possession Rotate players after each round of balls 	<ul style="list-style-type: none"> Support angle and body shape Quick and deceptive (use of all foot surfaces) Shield/dribble/passing decisions <p>How can you keep possession under pressure, or escape it?</p>
<p><u>Expanded Small Sided Activity</u></p> 	20 mins	<p>30x15 (narrow); 4v4 + 2/2</p> <ul style="list-style-type: none"> Point = receive ball off of both targets on same possession (end-to-end) Can switch roles on each pass into target 	<ul style="list-style-type: none"> Support angle and distance “Half-touches” to combine in tightest spaces Vision to play target (through, over, around) and support for return pass <p>What are some different ways you can get past a crowded space on the field?</p>
<p><u>Game</u></p> 	20 mins	<p>50 x 40</p> <ul style="list-style-type: none"> 6v6 incl. GK’s to big goals 	<ul style="list-style-type: none"> Maintain depth and width Support ahead or behind based on pressure Decision to play through pressure or away from it (thirds of field considerations) <p>Can you make good things happen with limited time and space? (Great players can.)</p>
<p>Cool Down: Easy movement and stretch</p>	5 mins		<p>What did we learn today?</p>