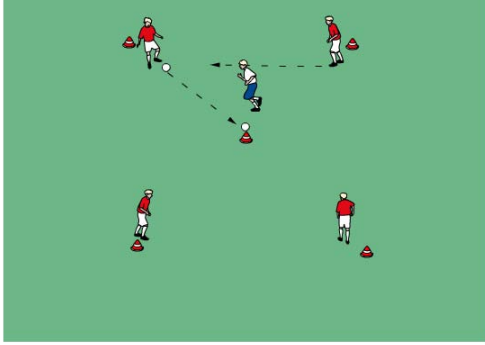
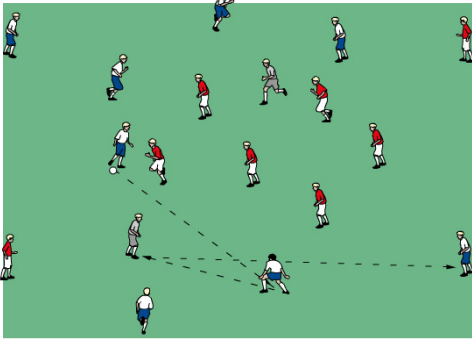
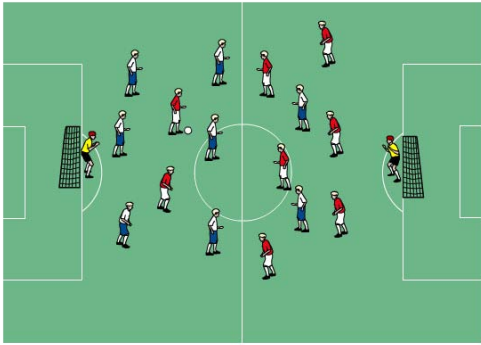


**2007 ODP Regional Event Orlando
93 Boys**

Training Theme for the weekend: Speed of Play

**1st Training
11/22/07**

<p>Warm-up <u>Man Utd 4v1</u> This is a combo game. Players on outside play 3v1/4v1. Objective is to hit the ball off the cone in the middle. Defender tags player with ball to get out. The next round when the defenders switch is a “tag” game and the players try and switch with a player from the other corner before the defender tags. When a new defender goes in middle, use the ball again.</p>		<ul style="list-style-type: none"> • Keep the ball moving • Vision-Can you see the middle ball? • Tag game brings out awareness.
<p><u>Main Activity</u> 8v8+2 Two teams of 8. Two targets on each end opposite of each other. Each team puts 6 players in middle and there are 2 neutral players. Object is to get the ball from one target to the other.</p> <p>Rules: a) Play to target then replace switch with target b) “Can’t Turn With Ball”. If turn then other team gets the ball.</p>		<ul style="list-style-type: none"> • Technically- Passing/Receiving • Thinking one pass ahead • Play the way you face • Defending-staying compact and make them play in front of you.
<p><u>Game</u> 9v9 to goals Box-Box-Full Width</p>		<ul style="list-style-type: none"> • Allow players to play freely but make corrections when needed regarding speed of play.
<p>Cool Down</p>	<p>Players jogged and stretched on their own.</p>	

Match #1

Region II 93-0 v Region I (1)

(substitutions)

GK
Kempin
(Carr)

RB
Caban

CB
Menard

CB
Hall
(Cunningham)

LB
Cunningham
(Mohammed)

RM
Medina
(Pineda)

DCM
Trapp

ACM
Stanko

LM
Egly
(Miller)

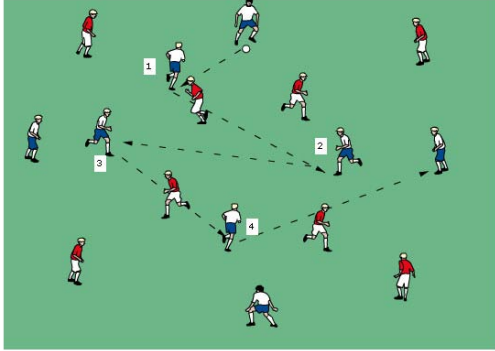
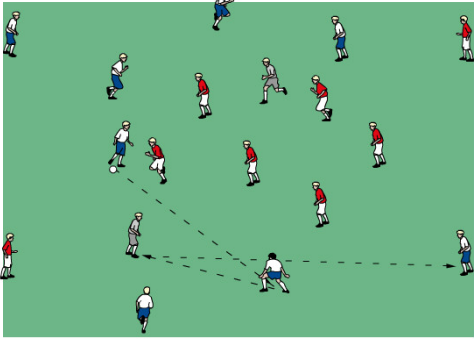
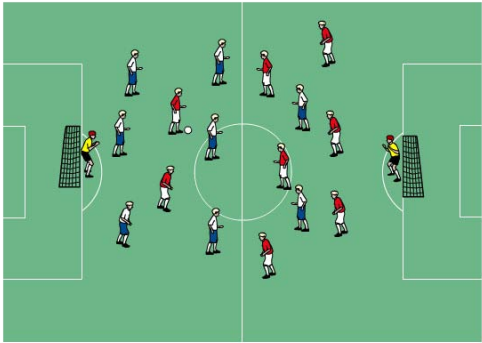
F
Pineda
(Ingram)

F
Weberman
(Davis)

Goal

Region I 33:00 minute

2nd Training
Continuing with Speed of Play Theme
11/23/07

<p>Warm-up <u>Jogging-Dynamic Stretching</u></p> <p><u>Numbered Passing-Lopez</u> Two groups of 7-8 players. If 8 players, put 4 on outside and 4 on inside. On the outside have a red, blue, red, blue, etc. Four players of the same colored vest number themselves 1-4. One red and one blue player has a ball. Red #1 receives a pass from outside red player then passes to red 2, red 2 to red 3, red 3 to red 4 and red 4 passes to someone on outside. Red 1 then receives ball from that player and repeats the sequence. After a bit, add a second ball. Rotate the players on inside and outside. Blue players do the same thing. Two groups going at once.</p>		<ul style="list-style-type: none"> • Passing to correct foot • Accuracy and pace of passes • Receiving-vision • If done correctly, players should be playing 1-2 touch.
<p><u>Main Activity</u> 8v8+2 Two teams of 8. Two targets on each end opposite of each other. Each team puts 6 players in middle and there are 2 neutral players. Object is to get the ball from one target to the other.</p> <p>Rules: a) Play to target then replace switch with target b) "Can't Turn With Ball". If turn then other team gets the ball.</p>		<ul style="list-style-type: none"> • Technically- Passing/Receiving • Thinking one pass ahead • Play the way you face • Defending-staying compact and make them play in front of you.
<p><u>Game</u> 8v8 to goals Box-Box-Full Width</p> <p>Variation-Allow player to go outside in channel unopposed. Once in channel they get a touch and then must serve.</p>		<ul style="list-style-type: none"> • Allow players to play freely but make corrections when needed regarding speed of play.
<p>Cool Down</p>	<p>Finishing activity and stretching</p>	

**11/25/07
Match**

Region II-1 v Region III-1

GK
Kempin
(Carr)

RB
Albert

CB
Menard

CB
Hall
(Cunningham)

LB
Cunningham
(Mohammed)

RM
Caban
(Miller)

DCM
Stanko
(Trapp)

ACM
Alvarez


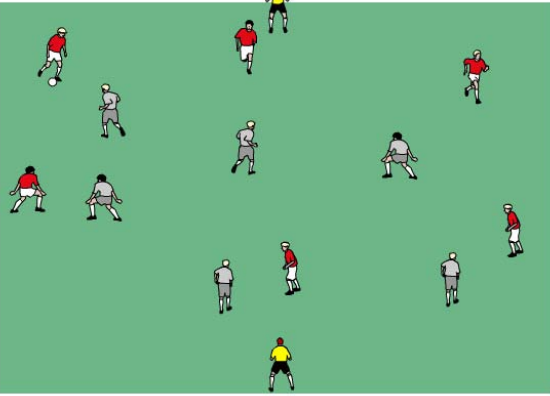
LM
Medina
(Egly)

F
Davis
(Pineda)

F
Ingram
(Weberman)

Goals:

3rd Training
Defending Theme
11/26/07
Short Session

<p>Warm-up <u>Jogging-Dynamic</u> <u>Stretching</u></p>		
<p>Main Activity <u>Transfer Box</u> Two teams of 4. In one box, four players play against 3 defenders. When the 3 defenders win the ball or the ball goes out of bounds, the ball goes to the other box. Then three from the attacking team that lost the ball go and defends while one stays. 5 passes=1 point.</p>		<ul style="list-style-type: none"> • Don't get split • "Smart" defending • "Soft" vs "Hard" pressure • When to delay-when to tackle
<p>2nd Activity <u>6v6 to 2 targets</u> Two teams of 6. Two targets are at the end. Objective is to play the ball to the target players.</p>		<ul style="list-style-type: none"> • Make the field smaller • Cues of when to press and when to drop • Keep ball in front of you.
<p>Match</p>	<p>Played 11v11 against 92's</p>	

Match #3

11/26/07

Region II-1 v Region IV-3

GK
Kempin
(Carr)

RB
Albert

CB
Cunningham

CB
Menard
(Hall)

LB
Caban
(Mohammed)

RM
Miller

DCM
Trapp
(Stanko)
F
Weberman
(Davis)

ACM
Medina
(Alvarez)
F
Ingram

LM
Pineda
(Egly)