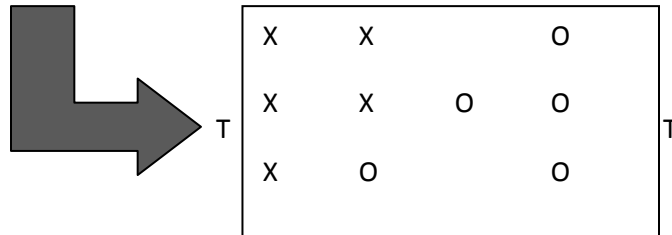
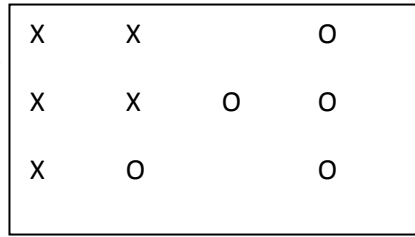


95 Boys ODP Session on Sunday November 1, 2009

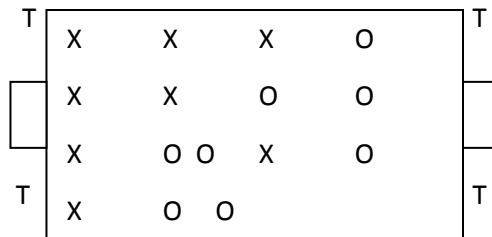
Topic- Possession with a Purpose

AM Session 10:00am-Noon

1. Dynamic Warmup with additional Static Stretching
2. 4v4 or 5v5 Possession (21)
 - a. Must get 21 1-touch passes to win the game
3. Additional Stretching
4. 4v4 or 5v5 Possession w'finding target players for a point.
 - a. Find the target's feet for a point (rotate targets after 5 min.)
 - i. Then take targets spot for a point
 - ii. Play Target, take his spot, and target must find another player for a pt.



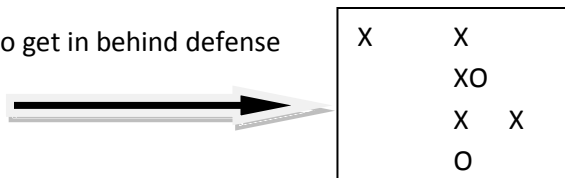
5. Add GK's (to replace targets)
 - a. Same game as above but find Gk's hands for a point
 - b. Do not change GK's with field players
6. Finish with 8 v 8 game to Goal with Targets on posts for 1-touch back to team who played them
 - a. Score goal from run of play equals one point
 - b. Score goal after playing target by post and finish with 1-touch 2 pts.



7. Cool Down/ Stretch

PM Session 2:00-3:30PM

8. 4v2 or 5v2 in 15X15 area
 - a. Looking for splits and megs to get in behind defense



9. 8v8 Game to Goal no restrictions (focus on possession to penetrate)
10. Partner Juggling to end the day