

96 Girls Camp July 16-19th

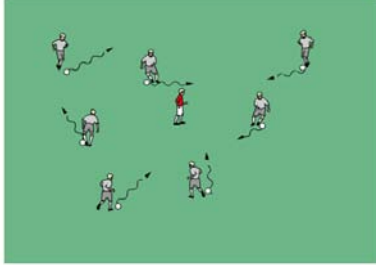
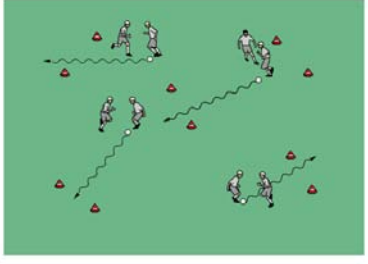
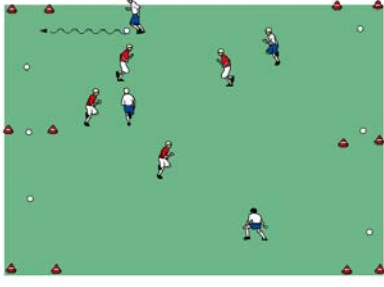

96's		State Assignments
Battison, Robert	Ohio North	Illinois Older
Berbery, Amy	Alabama	Illinois Younger
Garcia, Roberto	Michigan	Indiana Younger
Miller, Rob	Ohio North	Indiana Younger
<i>Gloden, Scott</i>	<i>Ohio North</i>	Iowa (one team)
Howe, Matt	Nebraska	Kentucky (one team)
Jones, Richard	Minnesota	Michigan Older
Mcgahey, Peter	Minnesota	Michigan Younger
Leung, Hank	Michigan	Minnesota Older
Thomas, Paul	Michigan	Minnesota Younger
Michel, Bryan	Kentucky	Missouri (one team)
Nelson, Kirk	Arizona	Nebraska (one team)
Pfeiffer, Jennifer	Kansas	Ohio North (older)
Ruetz, Justin	Indiana	Ohio North (younger)
Salmoni, Adil	Michigan	Ohio South (older)
Whipple, Jen	Ohio North	Ohio South (younger)
Steinbaugh, Kyle (Region 4 Exchange)	Oregon	Wisconsin (older)
Sweeney, Pat	Ohio North	Wisconsin (younger)
Sirmans, Courtney (CIT)	Ohio South	South Dakota (will train w/Wisconsin)

Training Themes:

July 17th a.m. "I have the ball"


- Running with the ball
 - Into space to make ground (across opponents)
 - At space to move/attract an opponent
 - At an opponent to confront
 - Counter attack mentality (at maximum speed)
 - Feints on the run
 - Evade, avoid, and eliminate opponents with feints, turns and maneuvers.

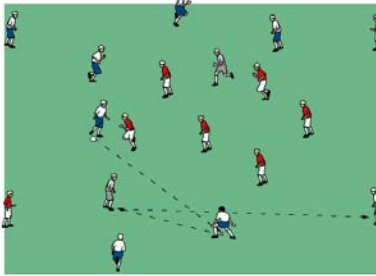
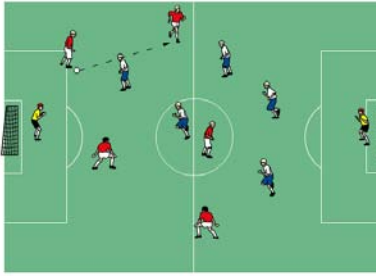
Sample Training Session-Running with the ball

<p>Warm-up Every player has a ball dribbling in grid. Coach gives command and players make a move. Every time they hear the command they are instructed to make a different move every time. As a group see how many different moves they come up with. (self teaching)</p>		<ul style="list-style-type: none"> • Creativity • Technical points of running with the ball and turning • Finding space • Head up!
<p>1st Activity 1v1 Battles Players play 1v1. Goal is scored after they dribble through one of the small goals scattered across the field. When a player scores a goal, they leave it for the defending player. The defending player may take the ball from the attacking player. Play a couple of rounds.</p>		<ul style="list-style-type: none"> • Cues of when to turn • Dribbling with the front foot • Change of direction/pace
<p>2nd Activity 4v4-6v6 Direction/Line game Two teams of 4-6 players. Play even numbers against each other. There is an endzone on each end of the grid. A point is scored when a ball is dribbled into the endzone. Score an extra point if a player dribbles from the right side of the grid into the left part of the endzone.</p>		<p>Dribbling techniques:</p> <ol style="list-style-type: none"> 1) Running with the ball 2) Turning 3) Beating an opponent 4) Shielding <p>Thoughts to teach:</p> <ol style="list-style-type: none"> 1) Cues of when to dribble? 2) Cues of when to turn? 3) Cues to dribble across opponents (wrong footing the defenders)
<p>Play 4v4-6v6 game</p>		

July 17th evening “We have the ball”

- **Release and Passing**
 - **Passes with speed (Fast passing)**
 - **Passes on the move**
 - **Hidden passes**
 - **1 touch excellence**
 - **Body positioning**

<p>Warm-up</p> <p><u>Numbered Passing</u></p> <p>Two groups of 7-8 players. If 8 players, put 4 on outside (circle) 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 • “Fast” passing • If done correctly, players should be playing 1-2 touch.
<p>1st Activity</p> <p>3v1 Man Utd</p> <p>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.</p>		<ul style="list-style-type: none"> • Keep the ball moving • Vision-Can you see the middle ball? • “Hidden” passes (disguise) • “Fast” passing • 1 touch excellence

<p>2nd Activity “No Turns Allowed” Two teams of 6-8. 1-2 targets on each end opposite of each other. Each team puts 4-5 players in middle and there are 1-2 neutral players. Object is to get the ball from one target to the other. Rule:</p> <p>“Can’t physically 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 • Preparation of body before receiving the pass. • Longer passes-keeping the foot “up”.
<p>Play 4v4-6v6 game</p>		

July 18th World Cup Team Training “They have the ball”

- **Defending the “feints” and directional changes**
- **Defending 1v1**
- **Defending together!!**
- **Transition!!**

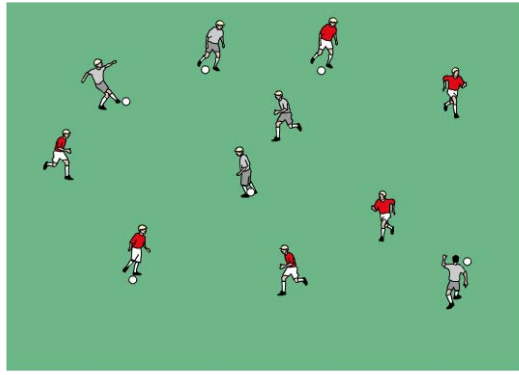
“They have the ball”

W-up w/ball

Players passing and moving. 18 players 5-6 balls.

- a) Pass and move; b) pass to someone and shuffle backwards (simulate jockeying); c) play 1-2 touch
- b) when coach whistles if they have the ball, they keep it, if they don't they try to win one or get a “touch” on the ball.

Incorporate Dynamic Stretching.



- Vision
- Anticipating
- Intro to Transition

1st Activity

“Crossover”

Two teams. This is a 1v1 transition game. A player from team A is placed inside the square (15x15). They are the defender. A player from Team B starts off the activity by dribbling across the grid and tries to beat player A. If successful then his/her teammate (who has a ball) then tries to beat the same Defender A. If defender A wins the ball they pass the ball to one of his/her two teammates and then the player who lost the ball stays and defends.



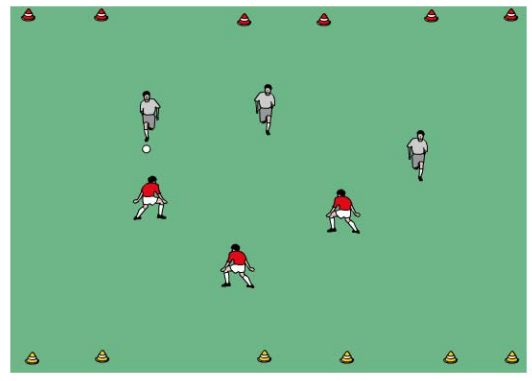
- Individual defending
- Increased foot and lower limb speed
- Transition ability after winning the ball and losing the ball.

2nd Activity

6 goal game

Play 3v3-5v5

Field is wider than long. Each team defends 3 goals and attacks 3 goals. If the defending team can score within 3 passes then 2 points is awarded.



- Individual pressure
- Team shape
- Moving as a block
- Getting pressure on wide player so they can't score.
- Transition or recycle the ball.

Game

Match with bonus points

Play a normal game to goals but halfway is marked. If a team scores after winning the ball back before the defending team has their players back then 2 points is scored. (Emphasize transition)

After a little bit, then play normal.

