



2010

Region 2

98 Boy's Camp Training Themes

98 Boys Camp July 7-10th and 18th-21st 2010

Training Themes:

Day 2 Creativity-Development of Unpredictable Play

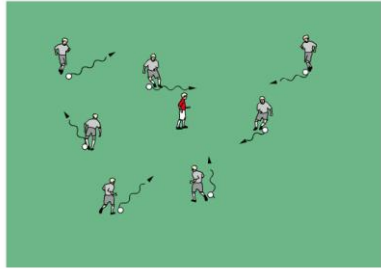
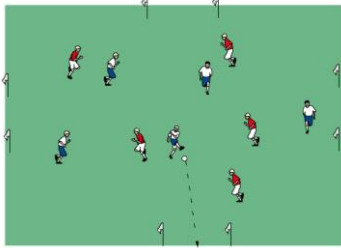
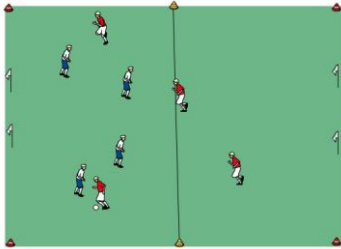
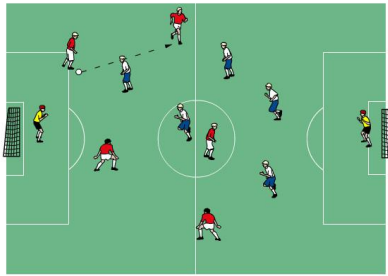
Note: Every activity besides the warm-up should be going to goals (larger).

A.M. 10:00-11:30 a.m.

11:30-Noon "Backyard Games" for cool down

P.M. 3:30-5:00 "Fantastic Fours"-Attacking version

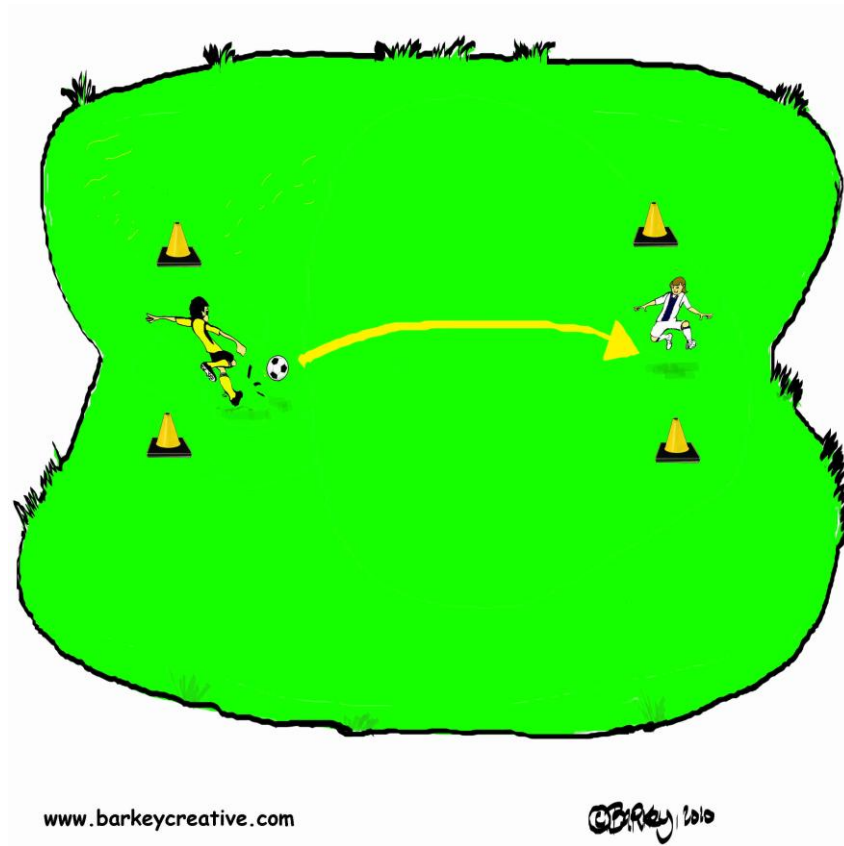
Sample Training Session-Creativity/Improving Individual Possession

<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 Four Goal Game Two teams of 4-5 players. There are four goals. The first team to score in all four goals wins. When the ball leaves play, coach can restart by: 1) passing ball in, 2) Players throw in, 3) Players dribble in.</p>		<ul style="list-style-type: none"> • Cues of when to turn • Dribbling with the front foot • Change of direction/pace • Finishing off dribble/pass
<p>2nd Activity All Up and Back 5v5-7v7 Direction Two teams of 5-7 players. The field is divided into two halves. The attacking team cannot shoot until all of their teammates are in the attacking half of the field.</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 when to pass?
<p>Play 4v4-6v6 game</p>		

Backyard Game-Day 2

“Goal To Goal”

Two-Three players can play this game. Each player sets up a goal with cones, towels, etc. Two players play against each other. The game is very simple. Each player gets to shoot at the other player’s goal. Each player is in goal with the only rule is that you can’t use your hands to stop the ball. A variation is to add that each time a player shoots the ball; they have to run around one cone before jumping into play goal keeper.



Day 3 Quality of First Touch

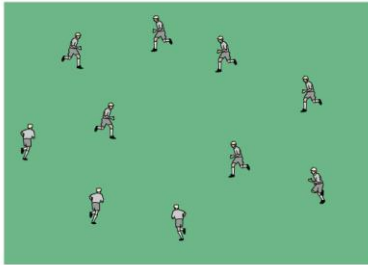

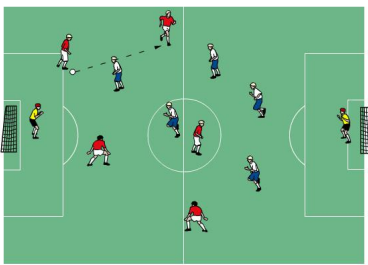

10:00-11:30 a.m. Training

11:30-Noon "Backyard Games" for cool down

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

3:30-5:00 p.m. Fantastic Fours-Defending version

Sample Training Session-Quality of First Touch

<p>Warm-up</p> <p>Bulldog</p> <p>Put the entire group inside a playing area. Two-Four players start off as the “bulldogs” and wear pennies/bibs. Have pennies/bibs and balls around the area. The “bulldogs” try and work together to “hit” a player below the knees. When a player gets hit, they join the “bulldogs”. Play until half of the group has been hit then players switch roles.</p>		<ul style="list-style-type: none"> • Passing to correct foot • Decision to play feet or space • Accuracy and pace of passes • Receiving-vision • First touch • “Fast” passing
<p>1st Activity</p> <p>Timed Game</p> <p>Two teams of 4-6 players each. One team plays possession soccer and gets a point for 5 passes in succession. The other team goes a direction to goal. Teams play for 5 minute rounds and then switch roles.</p>		<ul style="list-style-type: none"> • Keep the ball moving • “Hidden” passes (disguise) • “Fast” passing • 1 touch excellence • Managing the game-when to play fast, when to slow down. • Don’t give the ball away. • When to play forward, when to keep the ball to circulate.
<p>2nd Activity</p> <p>“No Turns Allowed”</p> <p>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. Rule: “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 • Quality of first touch • Play the way you face • Preparation of body before receiving the pass. • Longer passes-keeping the foot “up”.
<p>Play 4v4-6v6 game</p>		

Backyard Game-Day 3

“Horseshoes”

This game can be played against someone or you can play 2 against 2. Place two t-shirts anywhere from 10-20 yards away depending on ability and whether or not balls will be passed on the ground or in the air.

If playing against someone then a player passes the ball to their partner who has one-touch to redirect the ball to stop or come as close to the t-shirt as possible, like horseshoes. If playing with a teammate then the ball is passed to a teammate that is across from you.

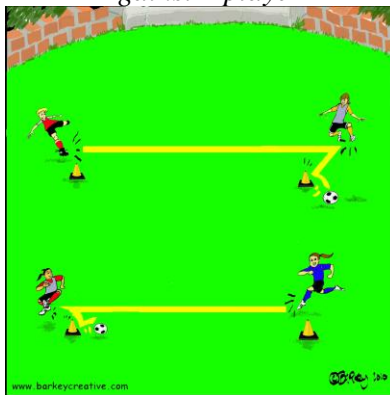
After one player/team goes, the other player/team then takes their turn. Whichever player/team has their ball closest to the cone gets a point. The sequence is simply repeated with the players now switching roles between receiver and passer. Play for a certain amount of points or for time.

Variations: 1) Ball can be played on the ground. Rule: Can't stop the ball with bottom of foot on the t-shirt.

2) Ball can be thrown in the air to opposite player.

3) Ball can be chipped in the air to opposite player.

Against 1 player



With a partner against another pair



“Fours”

ODP 98 Regional Camp

Four a-side matches have been around for years. This format allows for players to experience a “pick-up” or “backyard” environment allowing them to have more touches on the ball, taking risks, score more goals, make more decisions and have more fun.

This format will be done in the afternoon sessions of the 98 Boys Regional Camp.

Organization: Three full size fields will be used. Each field will have approximately 63 players according to preliminary camp numbers.

Groups: #1-George Perry, Gronthik Chatterjee, George Mihailopoulos, Justin Thacker

#2-Paulo Neto, Greg Muhr, Michael Arango, Indiana State Staff

#3-Fred Schmalz, Pat Hilton, Tavi Muresan, Illinois State Staff

State Staff coaches float and help out the Regional Staff.

Procedure:

1. Create 6 fields on a normal size field. Field sizes may vary but a recommended size is 35 long by 25 wide. There are 5 different four a-side games with 1 field are devoted to a 4v4 match. So the players will get one 4v4 match. Approximately 65 players can be involved and 100 if rest areas are in place.
2. Divide your groups up into 10 teams of 5-7 players. There may be anywhere from 2-3 subs on each team. Mix the players from all of the states into these groups.
3. Each game is -10 minutes long. This will allow you the players to re-group a little bit and get water. A Regional Staff coach will be assigned to run a field.

A coach or two will be on every field/game but is more of a facilitator than a “coach”. The purpose is to use the different games to teach. Bring out the attacking/defending aspects of each game as a coach, but for the most part coach in the game, make a point after the ball rolls out of bounds, etc.

Rotation: Teams on the outside of the field go clockwise, teams on the inside go counter clock wise.

Field Layout



4v4 Games

Game 1 4v4 Match

Two teams of 5-7 players play 4v4. Subs are made on the “fly” and made often. Players are encouraged to “sub” on their own.

The players should simply play the game and make up their own rules with regard to kick-ins, throw-ins, dribble-in, free kicks, corners, no corners, etc.

Objectives:

Attacking:

- Techniques of dribbling, passing, receiving.
- Scoring quickly-go forward when you can
- Good shape in attack (length, depth, width)
- Movement off the ball

Defending

- Techniques of individual defending
- Win the ball back as soon as possible.
- Defend as a group (make space smaller by staying compact).



Game 2 4v4 End zone

Organization:

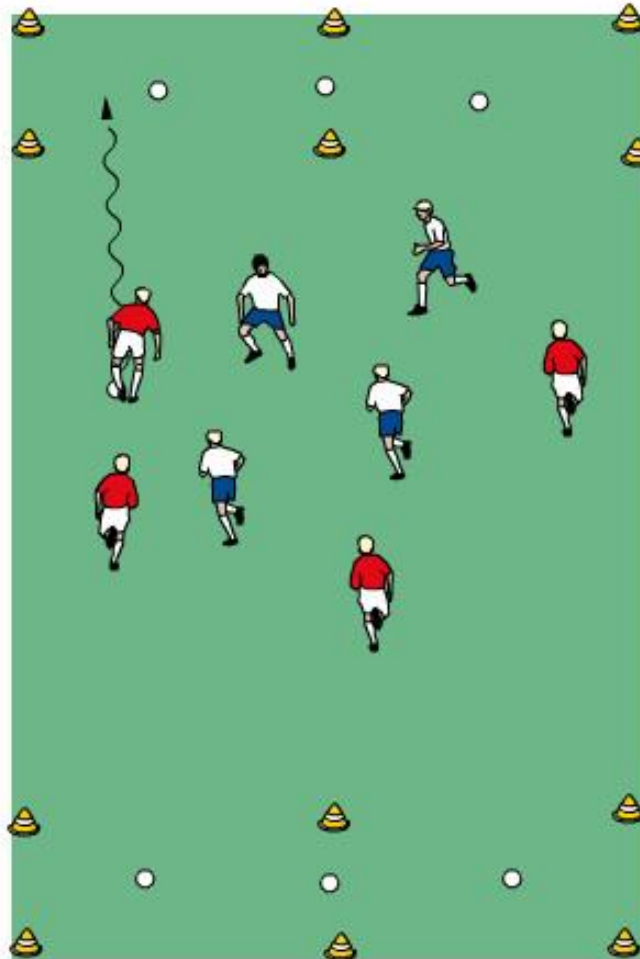
Two teams of 5-7 players. Four players on the field at a time. Each team places 3 balls in the end zone they are defending. Another ball is used to start the game. The total number of balls used for this game is 7. The objective is to dribble the ball into the other team's end zone and then retrieve a ball from your own end zone and try again. "Make-it-Take-it". The ball must be dribbled into the other team's end zone.

Attacking:

- Techniques of dribbling, passing, receiving.
- When to dribble, when to pass
- Good shape in attack (length, depth, width)
- Movement off the ball

Defending

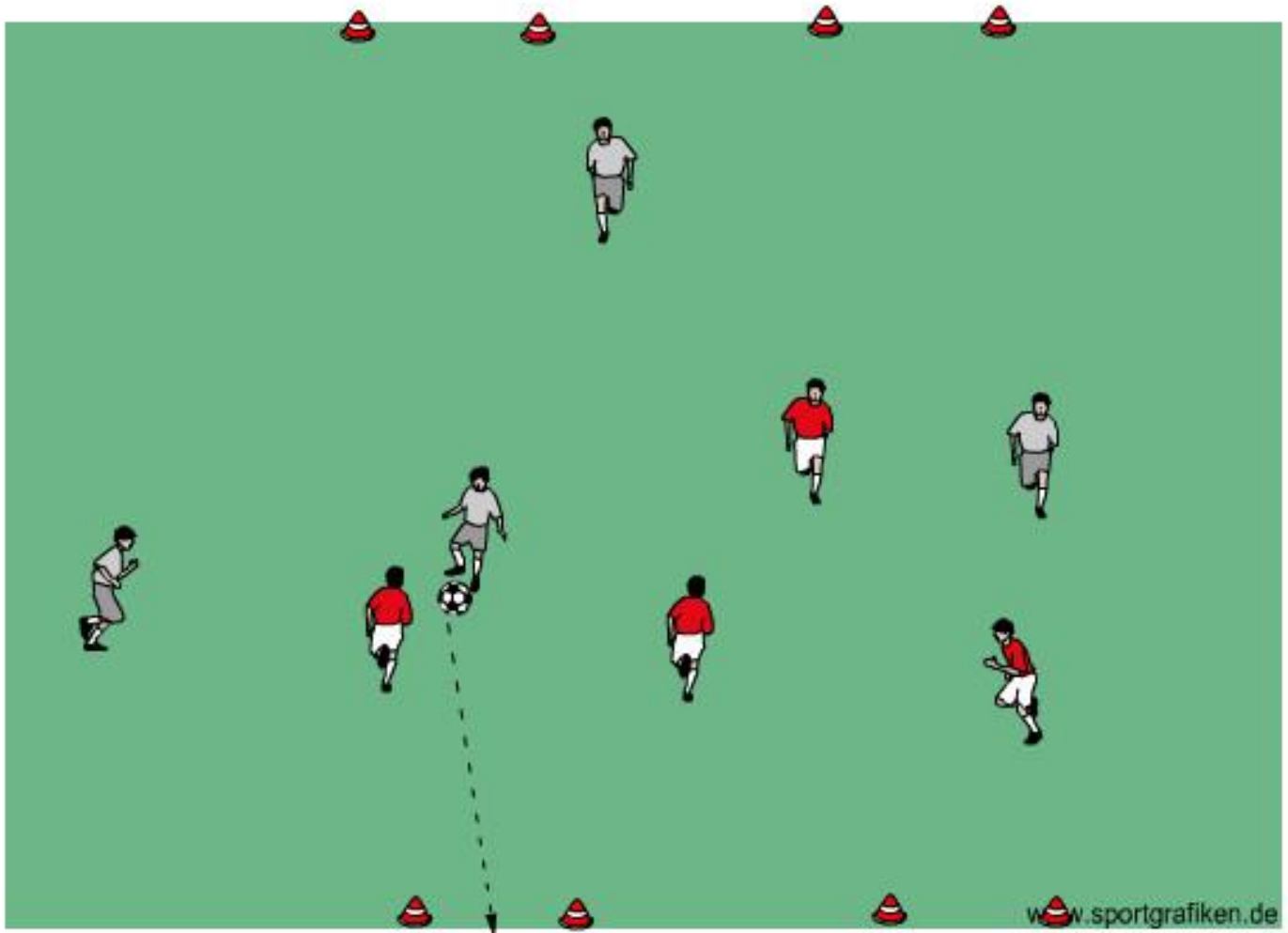
- Techniques of individual defending
- Win the ball back as soon as possible.
- Transition from defense to attack.
- Defend as a group (make space smaller by staying compact).



Game 3 4v4 Four Central Goal Game

Organization:

Two teams of 5-7 players. Four players on the field at a time. Each team attacks two goals and defends two goals. The attacking team is trying to score against the defending team's two goals. A goal is scored when the ball rolls through one of the two central goals.



Attacking:

- Techniques of dribbling, passing, receiving.
- Playing forward to penetrate vs. playing wide.
- Getting wide quickly and having an "open" body shape to receive.
- Movement off the ball

Defending

- Techniques of individual defending
- Win the ball back as soon as possible.
- Transition from defense to attack.
- Defend as a group (make space smaller by staying compact).
- Can you make the attacking team stay on one side?

Game 4 "Gone In 60 Seconds"

Two teams of 5-7 players play 4v4. This is a normal game of 4v4 but when every goal is scored it doesn't count for 60 seconds. It is wiped out if the other team scores within those 60 seconds. If the same team scores again inside that 60 seconds then the first goal counts immediately and the second has the normal 60 seconds until it counts. In other words, the team that scores can not score again within that 60 seconds or they wipe out their own goal.



Attacking:

- Techniques of dribbling, passing, receiving.
- Playing to penetrate or possess.
- Mentality to continue attacking
- Transition from attack to defense.

Defending

- Techniques of individual defending.
- Win the ball back as soon as possible.
- Transition from defense to attack.
- Defend as a group (make space smaller by staying compact).

Game 5 Length Game

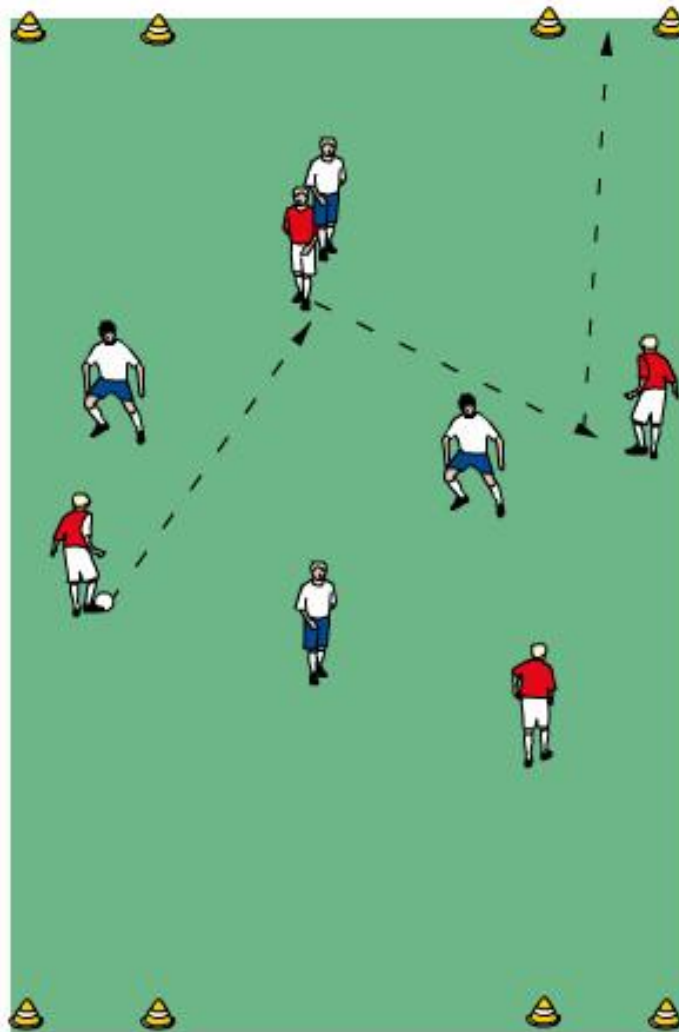
Two teams of 5-7 players. Four players on the field at a time. Each team attacks two goals and defends two goals. The attacking team is trying to score against the defending team's two corner goals. A goal is scored when the ball rolls through one of the two corner goals. The field should be longer than it is wide to promote players getting long.

Attacking:

- Techniques of dribbling, passing, receiving.
- Playing to penetrate or possess.
- Receiving with your back to goal.
- Movement off the ball

Defending:

- Techniques of individual defending.
- Win the ball back as soon as possible.
- Transition from defense to attack.
- Defend as a group (make space smaller by staying compact).



Game 6 "Last Player Back"

Organization:

Two teams of 5-7 players. Four players on the field at a time. Each team attacks a goal that is approximately 6 feet wide. When a team attacks, they attack in with all four players. When a team defends, one person (usually last player back) hops in goal while the other three try to win the ball back. If the defending team is successful in winning the ball back, then the team that lost the ball has their "last player back" hop in goal. It is always a 4v3 numbers up situation.

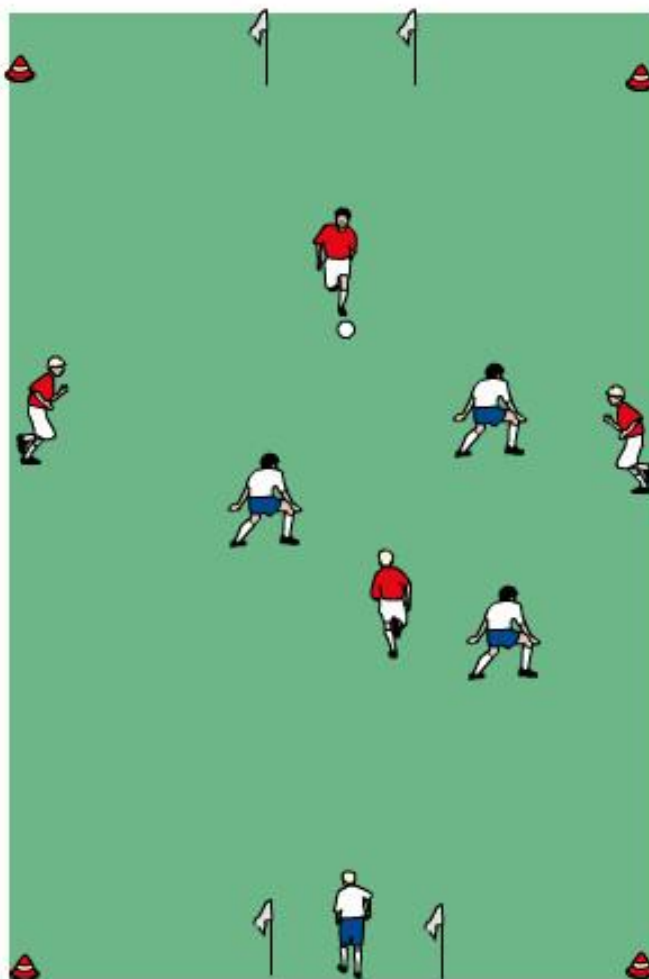
Suggestion: Have the players number themselves 1-4 so they rotate who goes back into the goal.

Attacking:

- Techniques of dribbling, passing, receiving.
- Transition from attack to defense
- Combination play due to being a player up.
- Movement off the ball

Defending

- Techniques of individual defending.
- When to win the ball back right away vs. delaying.
- Transition from defense to attack.
- Defend as a group (make space smaller by staying compact).



Game 7 4v4 "Win Bv 1"

Two teams of 5-7 players play 4v4. Subs are made on the "fly" and made often. Players are encouraged to "sub" on their own. This is a normal game of 4v4 but you can never lead the game by more than one goal. So when a team scores they need to maintain possession. If a team scores a deliberate own goal or goes in front by two then they lose.

Objectives:

Attacking :

- Techniques of dribbling, passing, receiving.
- Scoring quickly-go forward when you can
- Penetrate or Possess.
- Good shape in attack (length, depth, width)
- Movement off the ball

Defending

- Techniques of individual defending
- Win the ball back as soon as possible.
- Defend as a group (make space smaller by staying compact).



Game 8 4v4 "Old School"

Two teams of 5-7 players play 4v4. Subs are made on the "fly" and made often. Players are encouraged to "sub" on their own. **Use Bags, extra t-shirts, towels as the goals and boundaries making it a little "old school". No shirts and skins though!**

The players should simply play the game and make up their own rules with regard to kick-ins, throw-ins, dribble-in, free kicks, corners, no corners, etc.

Objectives:

Attacking:

- Techniques of dribbling, passing, receiving.
- Scoring quickly-go forward when you can
- Good shape in attack (length, depth, width)
- Movement off the ball

Defending

- Techniques of individual defending
- Win the ball back as soon as possible.
- Defend as a group (make space smaller by staying compact).

