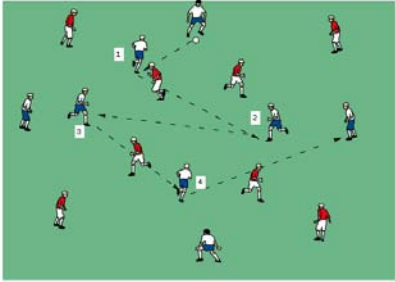
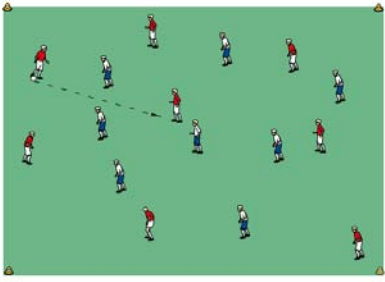
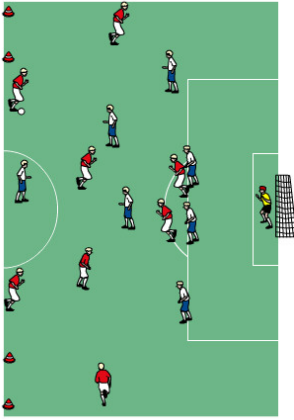


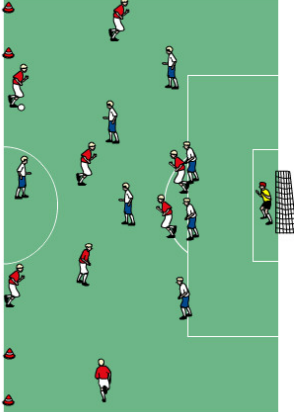


**Decatur, Alabama
ODP Showcase
March 25-29
Training Sessions 3.25.09-3.27.09**


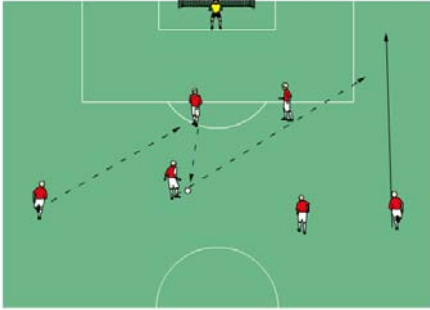

6:45 to 7:45 p.m. Training 3.25.09 ODP Regional Team-95 boys younger Topic Speed of Play and Possession

| | | |
|---|---|---|
| <p>Warm-up 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>1st Activity 8v8 Possession Game 6 passes=1 point Space is 60 x 40.</p> |  | <ul style="list-style-type: none"> • vision, awareness, and opening up the body • decreasing the number of touches before executing the pass • seeing options before receiving the ball • Helping the receiver by passing a ball to make the next play easier |
| <p>2nd Activity 8v8 goal-counter goals. When defending team wins possession, they attack two counter-goals at midfield.</p> |  | <ul style="list-style-type: none"> • Same as above • Finish each possession with a chance. |
| <p>Game</p> | | |
| <p>Cool Down</p> | <p>Group Activity</p> | |



A.M. 10-11:30 a.m. Training 3.26.09 ODP Regional Team-95 Boys Younger

| | | |
|--|---|--|
| <p><u>W-up w/ball</u></p> <p>Players passing and moving. 18 players 5-6 balls.</p> <p>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.</p> <p>Incorporate Dynamic Stretching.</p> |  | <ul style="list-style-type: none"> • Vision • Anticipating • Intro to Transition |
| <p><u>1st Activity</u></p> <p>8v4 Transfer Game</p> <p>If 4 won the ball they would play to their teammates in the other grid</p> <p>They will follow the ball to become 8 attacking players</p> <p>4 of the team that just lost the ball will defend in the new grid</p> |  | <ul style="list-style-type: none"> • Defend as a group • Minimize players involved in the attack • Closing down passing lanes • Anticipating passes to steal |
| <p><u>2nd Activity</u></p> <p>8v8 goal-counter goals.</p> <p>When defending team wins possession, they attack two counter-goals at midfield.</p> |  | <ul style="list-style-type: none"> • Same as above • Focus on defensive "starting" positions and movement as a back four and midfield block. |
| <p><u>Game</u></p> | | |
| <p><u>Cool Down</u></p> | <p>Players stretched on their own.</p> | |

P.M. 3:30-5:00 p.m. Training 3.26.09 ODP Regional Team-95 Boys Younger

| | | |
|---|--|--|
| <p><u>W-up w/ball</u></p> <p>Man Utd 3v1 (8x8 square) 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> <p>Incorporate Dynamic Stretching.</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>1st Activity</u></p> <p>Shadow Play Up, back, through, cross, runs in the box, and finishing</p> |  | <ul style="list-style-type: none"> • Timing runs in the box • Angle of approach to execute crosses • Helping the receiver to play the next ball • Pace of passes |
| <p><u>2nd Activity</u></p> <p>Game against 95 Older Boys</p> |  | <ul style="list-style-type: none"> • Coach w/in the game to address shape and ideas. |
| <p>Cool Down</p> | <p>Players stretched on their own.</p> | |

A.M. 10-11:30 a.m. Training 3.27.09 ODP Regional Team-95 Boys Younger

| | | |
|---|---|---|
| <p><u>W-up w/ball</u></p> <p><u>“Scottish 3’s”</u></p> <p>Groups of 3:</p> <p>A) Pass to opposite end player. The player in middle jumps over ball. Player who passes goes to middle. Activity repeats. One touch passing.</p> <p>B) Pass to opposite end player. The player in the middle lets ball go between legs. Player who passes goes to middle. Activity repeats. One-touch passing.</p> <p>C) Short-short-long</p> <p>D) Short-short-long using only head</p> <p>E) Short-short-long juggling (one bounce is allowed)</p> <p>Incorporate Dynamic Stretching.</p> |  | <ul style="list-style-type: none"> • Precision with passes • Thinking ahead |
| <p><u>1st Activity</u></p> <p>Free Kick Game</p> <p>Two teams. When coach says “go” both teams run around one goal. While they are running around goal, coach rolls a ball and gives each team a series of 4 free kicks: 1) Indirect 2) Direct 3) Corner Kick 4) Penalty Kick;</p> <p>Points are scored: a) Goal-3 points; b) Shot on goal that is saved-2 points</p> |  | <ul style="list-style-type: none"> • Allow for player creativity first then give them suggestions both attacking and defending • Organize quickly after coming around the goal. |
| <p><u>Cool Down</u></p> | <p>Players stretched on their own in pairs.</p> | |

95 Boys Younger Matches

3.27.09 v Monterrey



Substitutes:

Bye
Conkright
Eckert
Ruloff
Liotta
Bernard

4:00 Region II-Jacobs from Goon
35:00 Monterrey (goal from cross)

1-1

Comments:

Pace was very fast. We struggled getting a tempo. The players got more comfortable with each other as the match went on. Communication needed from Little (gk). Switched play well in first half but lost a lot of possession in the final third. Androit caused Monterrey problems in the first half. Overall a good way to start the weekend.

3.28.09 a.m. v Tennessee 95
(Played 30 minute halves)



Substitutes:

Beltran

Conkright

Eckert

Ruloff

Liotta

Bernard

Result: Region II-1 Tennessee-0

14:00 Region II-Bye (off of free kick)

Comments:

Played very well through the first half. Backs needed to adjust how and when to step and drop. Width needed to be improved so ball circulation could happen. Played a little slow in the midfield. Forwards runs off the ball needed to be improved. When we brought on some of the other players the level dropped quite a bit and held on. Beckwell did very well in goal. Bye played a very good match and caused Tennessee problems in the back.

3.28.09 p.m. v Alabama 95
(Played 30 minute halves)



Substitutes:

Bye
Higdon
Jones
Androit
Taylor
Garcia-Vincente

Result: Region II-5 Alabama-1

14:00 AL-goal from 18. Went through GK's hands.
31:00 Region II-Goon from Jacobs (corner kick)
45:00 Region II-Bernard from Jacobs
48:00 Region II-Beltran from Bye
50:00 Region II-Bye (individual effort-dribble around 4 players-beautiful)
57:00 Region II-Bye from Ruloff

Comments:

Not a good first half. We were very careless with possessions. The mindset of the starting group was still low due to not playing much in the first match of the day. We allowed Alabama to switch the field too easily. No flank play. Final pass needed to be better. Second half once we scored it was like shooting a train out of a tunnel. The team then took off and played.

3.28.09 a.m. v Mississippi 95
(Played 35 minute halves)



Substitutes:

Jacobs
Conkright
Eckert
Ruloff
Jones
Higdon

Result: Region II-1 Mississippi-3

5:00 Mississippi Goal
8:00 Region II-Beltran from Bye
32:00 Mississippi Goal
68:00 Mississippi Goal (counter)

Comments:

Temperature was cold even for Region II standards. Griffith and Zingas both got injured early and we had to make adjustments. Mississippi had a very good attacking front and midfield which caused us to play cautiously. The second half adjustments were made and we were very unlucky not to get a 2nd goal early on which may have changed the result. Beckwell played very well in goal and kept us in the match with critical saves.

Overall Report Card (Players)

A-Androit, Bye, Goon, Taylor, and Higdon
B-Zingas, Griffith, Beckwell, Jones, Jacobs, Garcia-Vincente, Bernard
C-Conkright, Liotta, Little, Eckert, Ruloff

Overall Report Card (Event)

A-Venue, Administrators (all but 1), Support (Alabama DoC)
B-Hotel, Food
C-Weather

