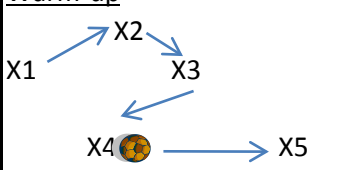
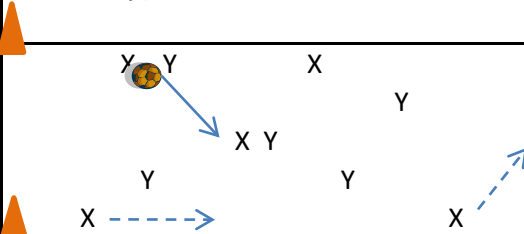
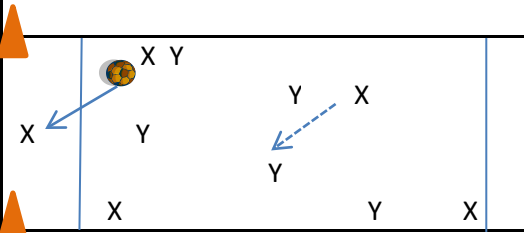
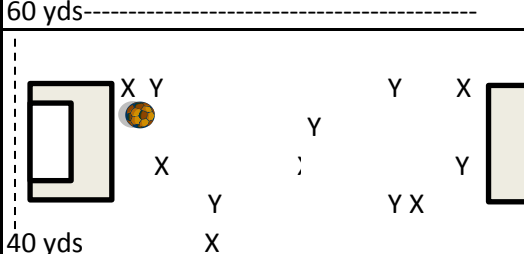




Topic: possession for penetration

Team: Ind ODP 97 Boys

Date: 11-1-09

<p><u>Warm-up</u></p> 	<p><u>Description</u></p> <p>groups of 4-5 passing in seq 1-2-3-4-5 and then 5-4-3-2-1 2-3 touch restriction</p> <p>add dynamic movement & stretching</p>	<p><u>Coaching Points</u></p> <ul style="list-style-type: none"> >take the picture >play to front foot >good angles of support >hips open to target >speed of play
<p><u>1st Activity(Game Related)</u></p> 	<p>5 vs. 3 possession</p> <p>team poss gets pt for every 4 passes...team def gets pt for winning ball and stopping it on any line</p> <p>rotate players in middle in 2 min</p>	<ul style="list-style-type: none"> >good angles of support >keep a diamond shape w/ a player in middle >movement off ball >maximize the space >communication
<p><u>2nd Activity(Game Condition)</u></p> 	<p>5 vs. 5 to end zones</p> <p>get a point when you connect w/ a player in the end zone</p> <p>progression to connect w/ player in end zone then get it back</p>	<ul style="list-style-type: none"> >same as above >contro tempo...when to play quickly when to take time and space >maximize the space and create depth and width >lure defenders into small area then change pt. of attack with bigger ball
<p><u>Small Sided Game (6 vs 6)</u></p> <p>60 yds-----</p>  <p>40 yds</p>	<p>6 vs. 6 w/ GKs to big goals</p>	<ul style="list-style-type: none"> >same as above >now trying to score on goal >same principles as end zone game apply

KEY	
Players	X, Y
Cones	
Pass	
Run	