

93 ODP Regional Team Training from Barcelona

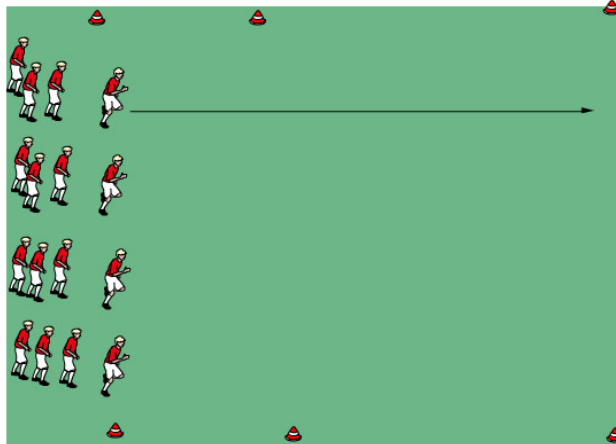
Theme: Defending

Level: Advanced

Warm-up w/out ball

Dynamic Movements

- 1) jog (movement of arms)
 - 2) Heel kicks (quads)
 - 3) Lunges to first cone then jog
 - 4) sideways shuffles (don't let feet click)
 - 5) Groin
 - a) Open Gate
 - b) Close Gate
 - 6) Notre Dame Groin
(shuffle then lean left-right continue shuffle and repeat)
 - 7) karaoke
 - 8) Tennessee Walker Gaits
 - 9) Hamstring kicks
 - 10) sideways kicks
 - 11) Skips
 - 12) Slow mountain climbers
(push heels in ground)
 - 13) Inch worm walks (walk feet to hands repeat three times then jog to end.
 - 14) partner up
 - a) shuffle sideways to first cone then jog
 - b) backwards to first cone then turn and run (3/4 speed)
 - c) "Self starts". One person starts the rest of the group.
When they start to sprint the other three in line try to catch up. Repeat 3x.
- Static stretch



Each movement was down twice.

Start with light jogging then progress in this order:

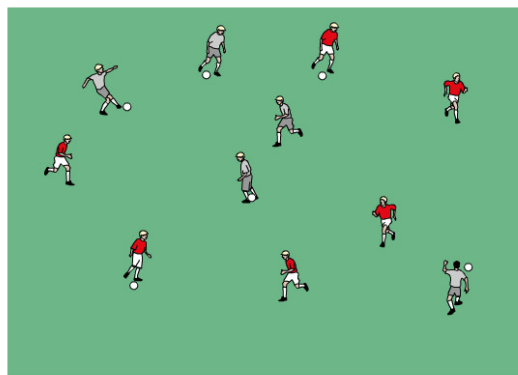
Quads
Groin
Hips
Hamstrings
Calves and heels

End with speed and perception activities to build into a sprint.


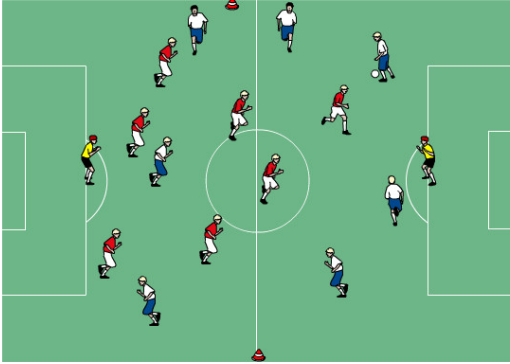
Warm-up w/ball

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

- a) 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.



- Vision
- Anticipating
- Intro to Transition

<p><u>1st Activity</u></p> <p>Team of 6 v 3 defenders.</p> <p>Team of 6 score a point if they get 8 consecutive passes. If the 3 defenders win the ball they try to score in any of the four goals.</p>		<ul style="list-style-type: none"> • Proper pressure • Smart pressure on ball • Covering defenders • “Make a 6v3 into at least a 3v3” • When get ball, play quickly (like warm-up) to beat the 6. • Transition
<p><u>2nd Activity</u></p> <p>7v7 to targets</p> <p>If attacking team gets ball to gk (target) in attacking ½ then = 2 points. If attacking team gets ball to gk from defending ½ then one point.</p>		<ul style="list-style-type: none"> • Principles of defending • When to press, when to drop. • Staying compact.
<p><u>Game</u></p>	<p>Played 9v9 for 15 minutes</p>	
<p><u>Cool Down</u></p>	<p>Players cooled down on their own.</p>	