
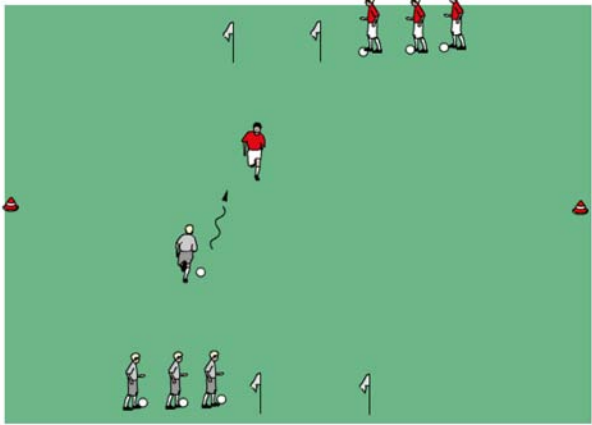
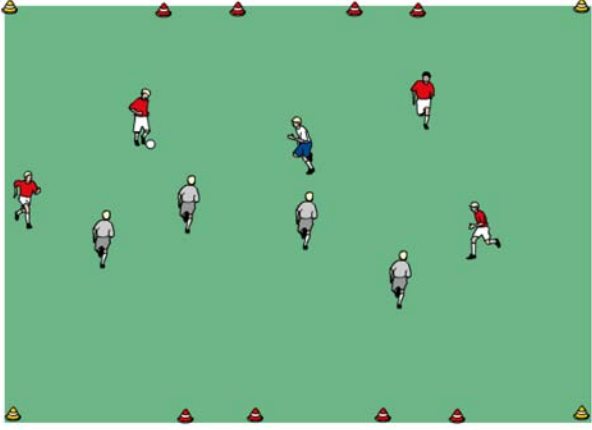
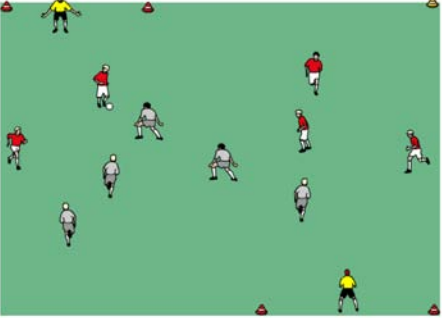


ODP Pool Training Fall 2009

Theme: Defending

Level: Advanced

<p><u>Warm-up w/ball</u></p> <p>Players passing and moving. 18 players 5-6 balls.</p> <p>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.</p>		<ul style="list-style-type: none"> • Vision • Anticipating • Intro to Transition
<p><u>1st Activity</u></p> <p>1v1-2v2 diagonal goals</p> <p>Play is 1v1 to start. If attacking player passes ball back to teammate then they can join. The defending team can have someone join as well. If a player scores, they stay on and the activity repeats with a player on the other end coming on.</p>		<ul style="list-style-type: none"> • Proper pressure • Smart pressure on ball
<p><u>2nd Activity</u></p> <p>4v4+1</p> <p>Two teams defend 2 central goals and attack 2 central goals.</p>		<ul style="list-style-type: none"> • Principles of defending • Staying compact.
<p><u>3rd Activity</u></p> <p>Angled Goals</p> <p>Play 5v5 with goalkeepers.</p> <p>Play like a normal game. Goals are on sides (angle).</p>		<ul style="list-style-type: none"> • Principles of defending • Staying compact. • Where to pressure • Forcing opponents
<p><u>Game</u></p>	<p>Play 6v6-8v8</p>	
<p><u>Cool Down</u></p>	<p>.</p>	

