

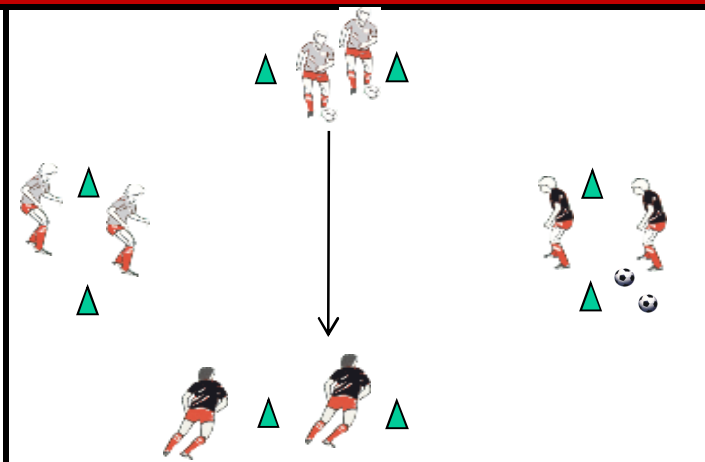
# Indiana ODP Training - 1 November 2009

**Warm-Up:** 20 Minutes

- 1.) Dynamic Stretching
- 2.) Passing with Movement

Organization as described

- ⚽ Soccer balls at ends of the diamond
- ⚽ Balls is played across and the receiving player has the option to dribbble or combine with those players on either side
- ⚽ Player that passes the ball does not provide any pressure Pressure from passing player as the players become more
- ⚽ with the exercise

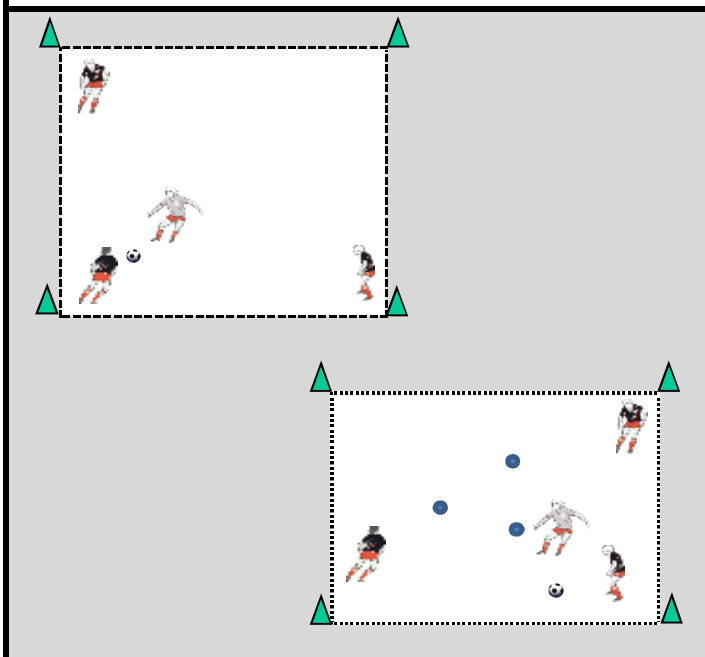


**Part 1:** 30 Minutes

- 1.) 3v1 in the same space used above
  - ⚽ Simple possession within the space. Group of 3 attempts to string as many passes together as possible. When the Defending player won possession 3 times, they will switch with the last player to touch it.
- 2.) As above with the introduction of a target goal
  - ⚽ Add a 2 yard triangle in the center of the space
  - ⚽ Group of three now tries to create opportunities to pass the ball through, each 2 results in the defender remaining in an additional turn

CP:

Eyes Up	Controlling touch to target
Movement to support	Quality of the pass
Patience	Why do we possess?

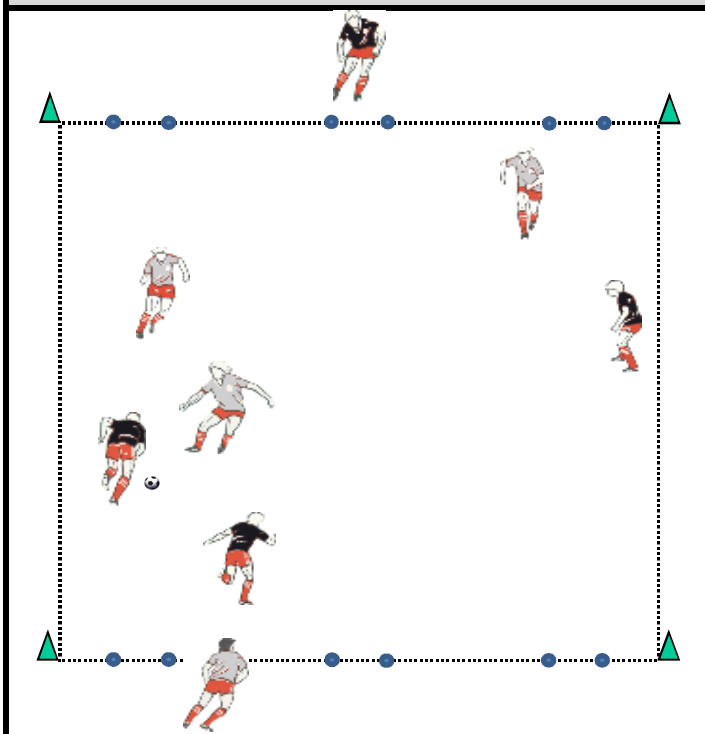


**Part 2:** 30 Minutes

- 1.) Play 3v3 with a target at each end as described
  - ⚽ Object is possess until the target can get free to receive a pass from a team mate
  - ⚽ When a goal is scored, the player passing the ball changes roles with the target and the defending team re-starts play with the ball
- 2.) Play as above but add 3 goals at each end
  - ⚽ To score each team must "find" the target player through on of three goals.
  - ⚽ All other play is as above

CP:

Principles of Attack	Timing of the run
Movement off of the ball	Weight of the pass



**Final Activity:**

- ⚽ Play 8v8 across width re-emphasize coaching points
- ⚽ Ensure enough time to warm down appropriately

**Comments from the Coaches During the session:**

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**Comments from the Coaches to me During the session:**

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**Things I did well during the session:**

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**Things I did not do well:**

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**What am I going to do to fix what I do not do well:**

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