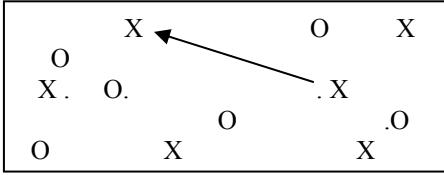
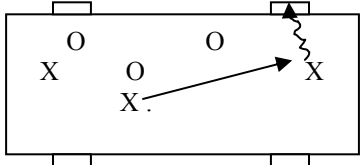
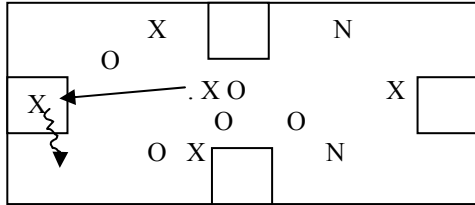
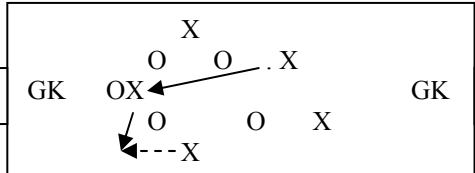


## Olympic Development Program - District Select

### Playing with Space

|   |   |   |
|---|---|---|
| <p style="text-align: center;"><u>Technical Warm Up</u>      10 mins</p>               | <p style="text-align: center;"><u>Organization</u></p> <ul style="list-style-type: none"> <li>• 30x20; 2 teams with 2 balls each</li> <li>• Pass and move</li> <li>• Touch boundary after each pass; Rotate a 2-touch “linking” player who stays central</li> <li>• Look for farthest available player with pass</li> </ul>                         | <p style="text-align: center;"><u>Coaching Points/Guiding Questions</u></p> <ul style="list-style-type: none"> <li>• Communication – visual/verbal</li> <li>• Receiving ABC’s: <u>A</u>ngle of support, <u>B</u>ody shape, <u>C</u>heck over shoulder</li> <li>• Oppositional movement – check away/to</li> </ul> <p><b>Where do you move after you pass? (expansive)</b></p> |
| <p style="text-align: center;">Dynamic movement      5 mins</p>   |   |   |
| <p style="text-align: center;"><u>Warm up Game</u>      10 mins</p> <p style="text-align: center;">“Bulldog” (same set up as above)</p>                                 | <ul style="list-style-type: none"> <li>• Team X possesses 1 or 2 balls with feet</li> <li>• Team O throws/catches 1 or 2 balls</li> <li>• Team O scores when they hit Team X’s ball or when Team A plays ball out of bounds</li> <li>• Switch roles after 3-4 minutes</li> </ul>  | <ul style="list-style-type: none"> <li>• Receiving ABC’s</li> <li>• Stretch the field in all directions</li> <li>• Field awareness and quick decisions</li> </ul> <p><b>How can you keep the ball away/safe from the hand ball?</b></p>   |
| <p style="text-align: center;"><u>Small-Sided Activity</u>      15 mins</p>            | <ul style="list-style-type: none"> <li>• 20x25; 3v3 four-goal game</li> <li>• Defend 2 goals, attack 2 goals</li> <li>• Goals are a few yards in from corner</li> </ul> <p>Option:</p> <ul style="list-style-type: none"> <li>• Must dribble through goals (more challenging)</li> </ul>  | <ul style="list-style-type: none"> <li>• Receiving ABC’s and productive 1<sup>st</sup> touch</li> <li>• Pace and accuracy of passes - to specific foot</li> <li>• Create and maintain width</li> <li>• Decision to attack or change point of attack</li> </ul> <p><b>How can you create a space/numbers advantage at a goal?</b></p>  |
| <p style="text-align: center;"><u>Expanded Small-Sided Activity</u>      20 mins</p>  | <ul style="list-style-type: none"> <li>• 40x30; 5v5+2N, 5 yd squares (length and width)</li> <li>• Get into and out of a box for a point</li> </ul> <p>Progressions:</p> <ul style="list-style-type: none"> <li>• Can pass in/dribble out or dribble in/pass out</li> <li>• Can only pass in/pass out</li> <li>• Remove neutrals for 6v6</li> </ul> | <ul style="list-style-type: none"> <li>• Movement without the ball</li> <li>• Vision and awareness of available space</li> <li>• Quick movement of the ball to exploit space</li> </ul> <p><b>How does scoring through the boxes translate to the real game? (length and width)</b></p>   |
| <p style="text-align: center;"><u>Game</u>      20 mins</p>                          | <ul style="list-style-type: none"> <li>• 50x40; 6 v 6 including GK’s</li> </ul>   | <ul style="list-style-type: none"> <li>• Maintain length and width</li> <li>• Look to change point of attack quickly and expansively</li> <li>• Identify time and space to go to goal</li> </ul> <p><b>How can you draw opponents to an area to play to a different area?</b></p>   |
| <p style="text-align: center;">Cool down: Easy movement and stretch</p>   |   | <p style="text-align: center;"><b>What did we learn today?</b></p>  |