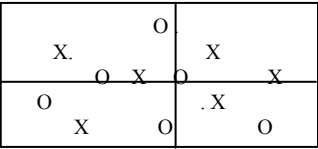

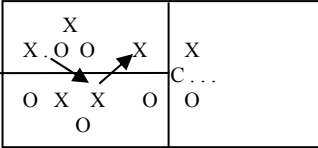
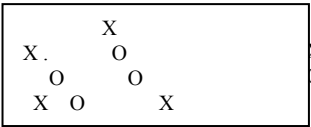
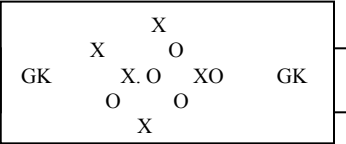


## Olympic Development Program - District Select Playing in Tight Space

<p style="text-align: center;"><u>Technical Warmup</u>      15 mins</p> 	<p style="text-align: center;"><u>Organization</u></p> <p>30x20 with quadrants, 2 teams with 2 balls each</p> <ol style="list-style-type: none"> <li>1) Pass and move in all four zones</li> <li>2) Wall pass in a zone, play out</li> <li>3) 2-3 passes within a zone, play out (short/short/short/long rhythm)</li> <li>4) Up/back and thru to another zone</li> </ol>	<p style="text-align: center;"><u>Coaching Points/Guiding Questions</u></p> <ul style="list-style-type: none"> <li>• Verbal/visual communication</li> <li>• Receiving ABC's: <u>A</u>ngle of support, <u>B</u>ody shape, <u>C</u>heck over shoulder</li> <li>• Keep ball close but not stuck under body</li> <li>• Quick and deceptive touches</li> </ul> <p><b>Can you face the way you want to play?</b></p>
<p style="text-align: center;"><u>Dynamic Movement</u>      5 mins</p>		
<p style="text-align: center;"><u>Warmup Game</u>      5 mins</p> 	<p>“Rondo”</p> <ul style="list-style-type: none"> <li>• Tight circle of players with defender inside</li> <li>• Play 1-touch keepaway from defender</li> <li>• Player who gives ball away or lets it out of circle becomes defender</li> </ul>	<ul style="list-style-type: none"> <li>• Quick feet and balance</li> <li>• No such thing as a bad pass – don't let ball get past you out of circle</li> </ul> <p><b>What's a key to avoid becoming defender?</b></p>
<p style="text-align: center;"><u>Small Sided Activity</u>      15 mins</p> 	<p>Two 15x10 halves (tight); 3v2/ 2v3</p> <ul style="list-style-type: none"> <li>• Coach plays ball in</li> <li>• Players can't cross halfline, but ball can</li> <li>• Point = 10 seconds of consec. team possession</li> <li>• Rotate players after each round of balls</li> </ul>	<ul style="list-style-type: none"> <li>• Support angle and body shape</li> <li>• Quick and deceptive (use of all foot surfaces)</li> <li>• Shield/dribble/passing decisions</li> </ul> <p><b>How can you keep possession under pressure, or escape it?</b></p>
<p style="text-align: center;"><u>Expanded Small Sided Activity</u>      20 mins</p> 	<p>30x15 (narrow); 4v4 + 2/2</p> <ul style="list-style-type: none"> <li>• Point = receive ball off of both targets on same possession (end-to-end)</li> <li>• Can switch roles on each pass into target</li> </ul>	<ul style="list-style-type: none"> <li>• Support angle and distance</li> <li>• “Half-touches” to combine in tightest spaces</li> <li>• Vision to play target (through, over, around) and support for return pass</li> </ul> <p><b>What are some different ways you can get past a crowded space on the field?</b></p>
<p style="text-align: center;"><u>Game</u>      20 mins</p> 	<p>50 x 40</p> <ul style="list-style-type: none"> <li>• 6v6 incl. GK's to big goals</li> </ul>	<ul style="list-style-type: none"> <li>• Maintain depth and width</li> <li>• Support ahead or behind based on pressure</li> <li>• Decision to play through pressure or away from it (thirds of field considerations)</li> </ul> <p><b>Can you make good things happen with limited time and space? (Great players can.)</b></p>
<p>Cool Down: Easy movement and stretch      5 mins</p>		<p><b>What did we learn today?</b></p>