

**COACH: Paul Shaw** 

TEAM: ODP Central 00B DATE: Sept., '13

WIRGINIA OC

**TOPIC: Possession/Trials** 

STAGE	ORGANIZATION (DIAGRAM)	OBJECTIVES / COACHING POINTS
TECHNICAL WARM-UP		Passing Patterns: -Establish technical standards of "cleanness" -Vary patterns and add in use of CMs.  • Technical speed of receiving, passing details. • Use different surfaces/disguise.
SMALL-SIDED ACTIVITY I		4 Target-Decision Square: -Find targets on either end and keep the ballPlayers change with target over the flow.  • See above. • Details in 1-2 and 1-2 to 3 <sup>rd</sup> player



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SMALL-SIDED ACTIVITITY II		Sturrock Drill: -Play horizontal vs vertical. →Incentives to get bonus point: 1-2 with target, 1-2 with target to 3 <sup>rd</sup> player, flighted ball to target-3 <sup>rd</sup> player  • See above. • Tempo in possession. When to speed it up vs. slow it down.
EX-SMALL- SIDED ACTIVITITY & GAME		4 Goal Game: [Make field wider than longer to emphasize width for players to isolate defenders] -Players can score by "passing" through gate. If we have GK, put them in on one sided  → Progress: Coach decision-if you score on one side-your team keeps the ball and attacks other goal  → CHANGE 4 GOALSto 2 for 4 v. 4 +GK GAME (if they are available)  • See coaching points above.