



COACH: Paul Shaw

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

TOPIC: Possession/Trials





STAGE

ORGANIZATION (DIAGRAM)

OBJECTIVES / COACHING POINTS

SMALL-SIDED
ACTIVITY II

Sturrock Drill:

-Play horizontal vs vertical.

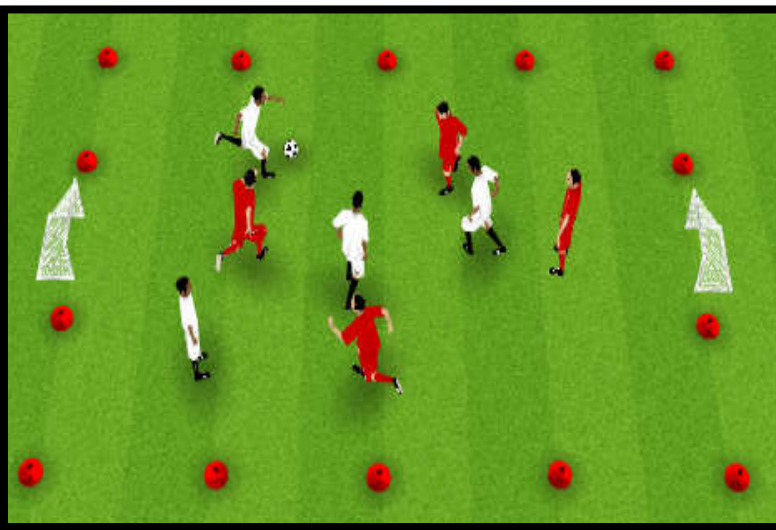
→ Incentives to get bonus point: 1-2 with target, 1-2 with target to 3rd player, flighted ball to target-3rd player

- See above.
- Tempo in possession. When to speed it up vs. slow it down.

EX-SMALL-
SIDED
ACTIVITY

&

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 GOALS....to 2 for 4 v. 4 +GK GAME (if they are available)

- See coaching points above.