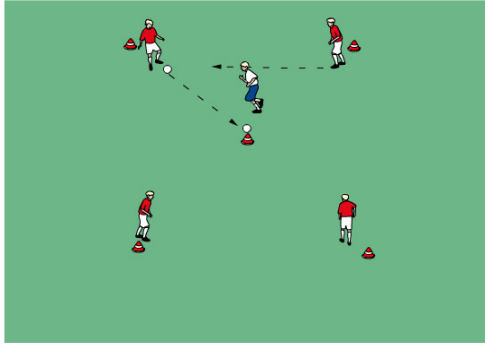
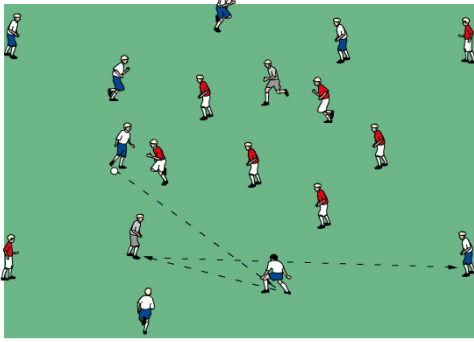
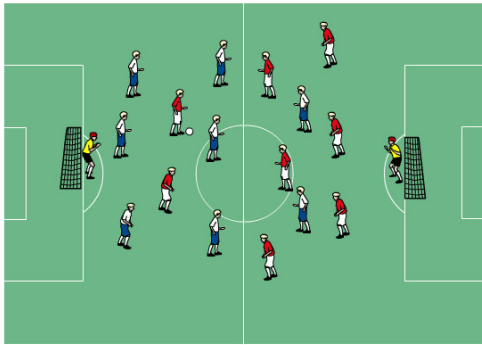


**2007 ODP Regional Event Orlando
93 Boys**

Training Theme for the weekend: Speed of Play

**1st Training
11/22/07**

<p>Warm-up <u>Man Utd 4v1</u> This is a combo game. Players on outside play 3v1/4v1. Objective is to hit the ball off the cone in the middle. Defender tags player with ball to get out. The next round when the defenders switch is a “tag” game and the players try and switch with a player from the other corner before the defender tags. When a new defender goes in middle, use the ball again.</p>		<ul style="list-style-type: none"> • Keep the ball moving • Vision-Can you see the middle ball? • Tag game brings out awareness.
<p><u>Main Activity</u> 8v8+2 Two teams of 8. Two targets on each end opposite of each other. Each team puts 6 players in middle and there are 2 neutral players. Object is to get the ball from one target to the other.</p> <p>Rules: a) Play to target then replace switch with target b) “Can’t Turn With Ball”. If turn then other team gets the ball.</p>		<ul style="list-style-type: none"> • Technically- Passing/Receiving • Thinking one pass ahead • Play the way you face • Defending-staying compact and make them play in front of you.
<p><u>Game</u> 9v9 to goals Box-Box-Full Width</p>		<ul style="list-style-type: none"> • Allow players to play freely but make corrections when needed regarding speed of play.
<p>Cool Down</p>	<p>Players jogged and stretched on their own.</p>	