

1994/95 ODP Training
Mike Cullina
Sunday, April 10, 2005

Player numbers: 38 players

Coaches: 3 coaches

Activity #1: Ball-striking warm-up (15 minutes)

Organization: One ball/2 players

- i) Player punts ball, leap frogs partner, catches ball
- ii) Player punts ball, crawls through partner's legs, catches ball
- iii) Player punts ball, leap frog, crawl through, catch ball in as few bounces as possible

Activity #2: Street Soccer Tournament (55 minutes)

Organization: Divide players into two groups (e.g. Red & Blue), players stay in colors

One assistant assigned to each "color" to record individual player scores

Teams of four-five randomly assigned for each game

4 fields, ~35x25, 3 yard goals, duration: 6 minute games

Kick-ins for throw-ins

Scoring: 3 points for a win + 1 point for each goal. All members of a team qualify for same points at end of each game

Activity #3: Passing Technique (15 minutes)

Organization: Groups of four, two lines of two facing one another approximately 7 yards apart, one ball

Each activity approximately 2 minutes

- i) Follow your pass
- ii) Receive outside, pass inside (right foot only then left foot only)
- iii) Receive inside, pass outside (same)
- iv) Receive inside, pass inside opposite foot

Activity #4: 8v8 (7v7+GK) (30 minutes)

Organization: Fields identified per player performance

Coerce numbers accordingly

Corners = half a goal

Kick-ins for throw-ins

8-10-minute games to change teams as necessary