



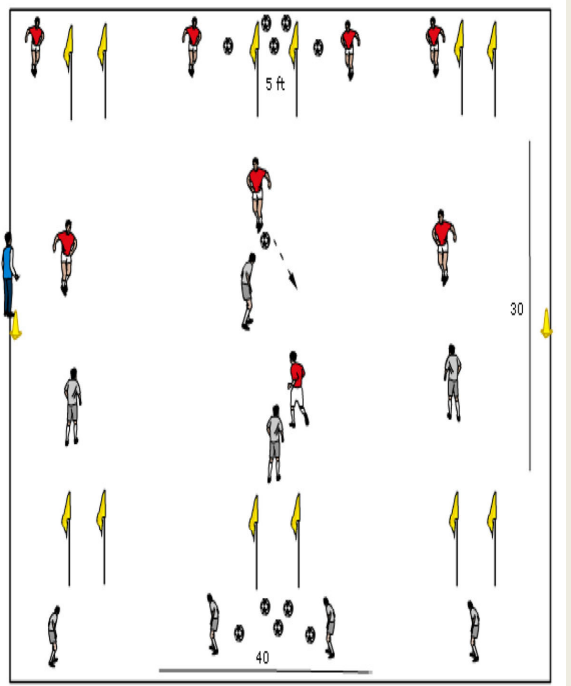
ODP ACTIVITY PLAN



Authors: Schumacher, Sawatzky & White

Stage 2: Possession

<p><u>Training Topic:</u> 1 v 1 duals</p> <p><u>Objective:</u> To develop the ability to beat opponents with creativity.</p>	<p><u>Organization:</u> Open area in groups of (3) with one ball.</p>	<p><u>Procedure:</u> The players pass and move in their groups of (3) when the coach calls "GO" the player with ball dribbles and tries to beat the other (2) players. Upon completion the players repeat this cycle.</p>	<p><u>Key Coaching Points:</u></p> <ol style="list-style-type: none"> 1. Accelerate into space 2. Keep your head up 3. Utilize moves, fakes etc 4. Change of speed and direction 5. Be confident & have fun <p><u>Progression:</u> Show (3) examples of dribbling moves for the players to try.</p>	
<p><u>Training Topic:</u> Combination Play.</p> <p><u>Objective:</u> To develop the ability to beat opponents with combination play.</p>	<p><u>Organization:</u> Open area in groups of (3) with one ball.</p>	<p><u>Procedure:</u> The players pass and move in their groups of (3) when the coach calls "GO" the player with ball dribbles at the nearest player (defender) and combines with the 3rd player to beat that player and exploit the space behind them.</p>	<p><u>Key Coaching Points:</u></p> <ol style="list-style-type: none"> 1. Wall Passes 2. Overlaps 3. Spins 4. Movement & Angles <p><u>Progression:</u> Continue to play 2 v 1 using various combinations</p>	

<p>Training Topic: Small Group Possession Objective: To develop the ability to keep possession of the ball under pressure & penetrate.</p>	<p>Organization: 25/30 x 40 Yard area. 8 players at each end. 4 v 4 on the field. 3 goals (5 ft) at each of the grid. Half way line markers. Plenty balls at each end of the grid.</p>	<p>Procedure: One side starts the practice by playing the ball to the other team who then attacks them. A goal is scored by dribbling the ball under control through any of that teams (3) designated goals. Once a goal is scored the teams return to their ends and the next groups play (4 v 4)</p>	<p>Key Coaching Points: 1. Width & Depth (Team Dispersal) 2. Mobility & Speed of Play 3. Angles & Distances of Support 4. Creativity & Penetration 5. Communication Progression: To develop transitional understanding if the ball goes out in your half of the field your group of (4) sit out and your teams next group of (4) come flying on with the ball and attack the opposition that are on the field. Continue a constant flow to the game.</p>	
<p>Training Topic: a) 7 v 7 Half Field Games b) 11 v 11 1-3-4-3 x 2</p>	<p>Organization: Half Field Full Field</p>	<p>Procedure: Basic</p>	<p>Key Coaching Points: N/A Progression: N/A</p>	