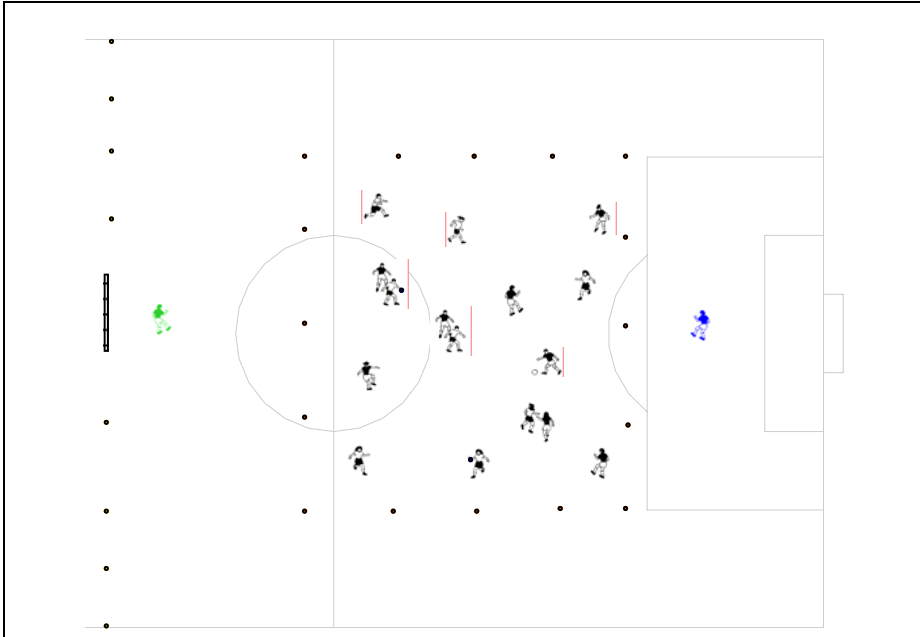
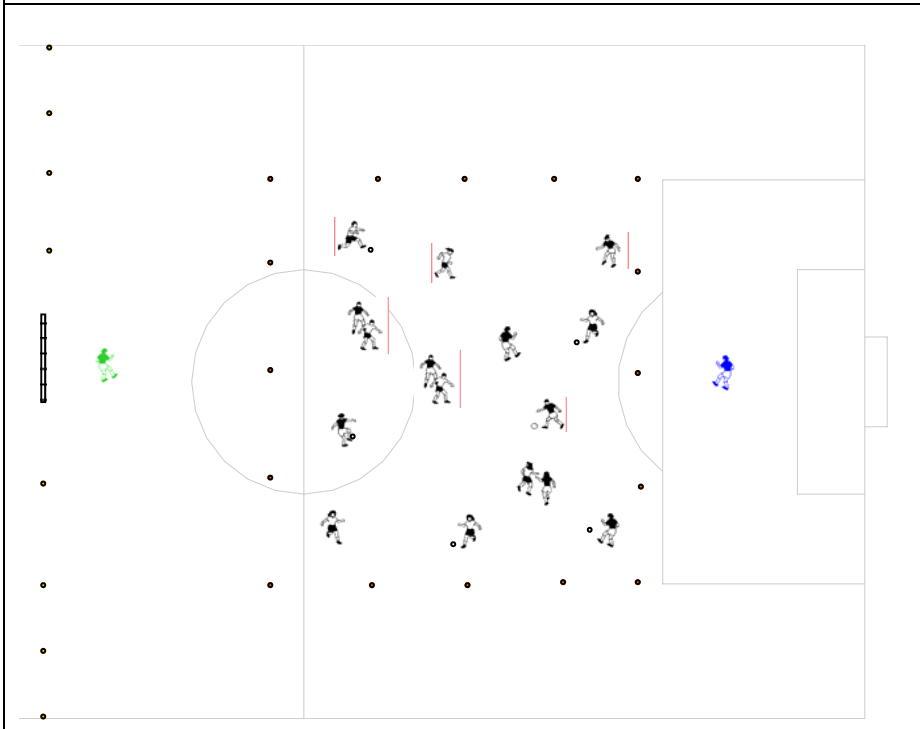


Eastern New York North Olympic Development Program Mini-Camp
1989 Girls - Final Third Attacking ~ recognizing runs & keeping possession
Brad Murphree - June 25, 2005



Warm up: 15 min.

Ping - Two teams, three balls.
One team maintains possession attempting to score by completing ten passes. The other team has to "ping" their ball into one of the possession balls in order to win possession this team is allowed to play European handball style. First team to 3 points wins.



Reading cues

Two teams of players, each with in a different color with 1-3 balls per team. The length of the space should be two yards from the top of the 18 to two yards past the midfield line, and the width should be the 18 extended.

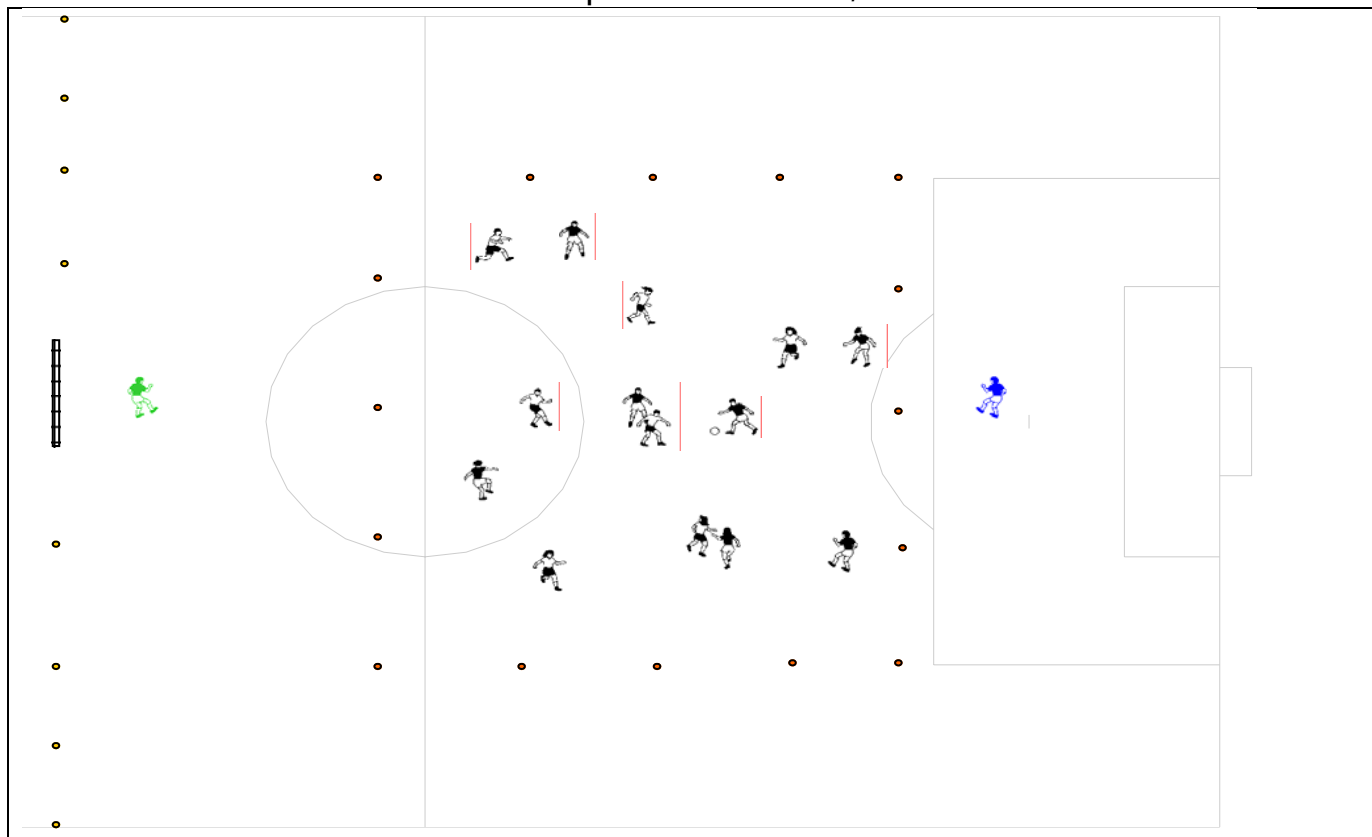
Progressions:

1. Players receive the balls using several different surfaces
2. Players pass and move and each time a player receives a ball, they should attempt to split the other team on the dribble.
3. Players pass and move attempting to split the other team with a pass
4. 5th pass is in the air
5. Use goal keepers as targets. Alternating their receiving hands & feet

Coaching Points:

- Players should make quick decisions
- Players should not slow upon receiving the ball
- Players should be encouraged to split another color with a pass or dribble as soon as they recognize the opportunity - if they wait too long, the opportunity may pass
- Players should be encouraged to communicate with each other to assist with recognizing split opportunities
- The speed of play will change constantly - at times a player may have the ball longer than others, while looking for a penetrating opportunity - at other times, a player may have the ball for a very brief time as an opportunity may be immediately available

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Final Progression

Possession:

2 Teams with goalkeepers.

Area: The length of the space should be two yards from the top of the 18 to two yards past the midfield line, and the width should be the 18 extended.

Players score points by timing runs around cones or keeping the ball for ten passes. Players can also score bonus points by finding the target goal keeper after they have scored a point around a cone or completed the amount of passes.

Progressions:

1. Score by making run around multiple cones
2. Remove ten pass rule and add scoring on goal in order to go to goal players must capture a cone in their run first.
3. Remove conditions but keep coned framework to help players with their spacing using the cones in front of goal as an offside line
4. Remove cones and play even sided game

Coaching Points:

- Players must open up their runs
- Can find ways to score that aren't direct
- Weight of the pass
- Timing of the run
- Do the players see gaps and seams to penetrate
- Can the players read the play and communicate that to their team