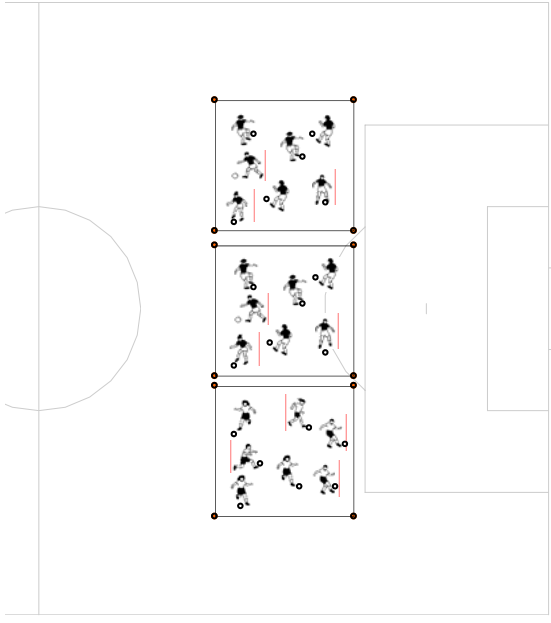
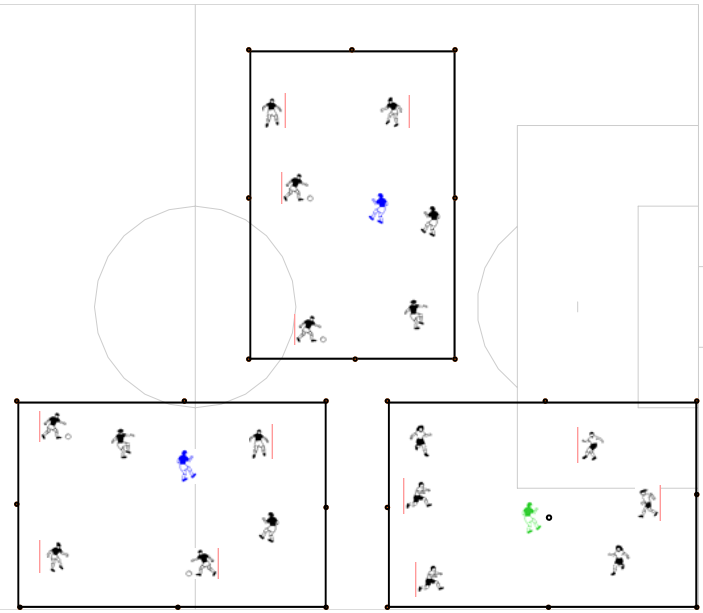
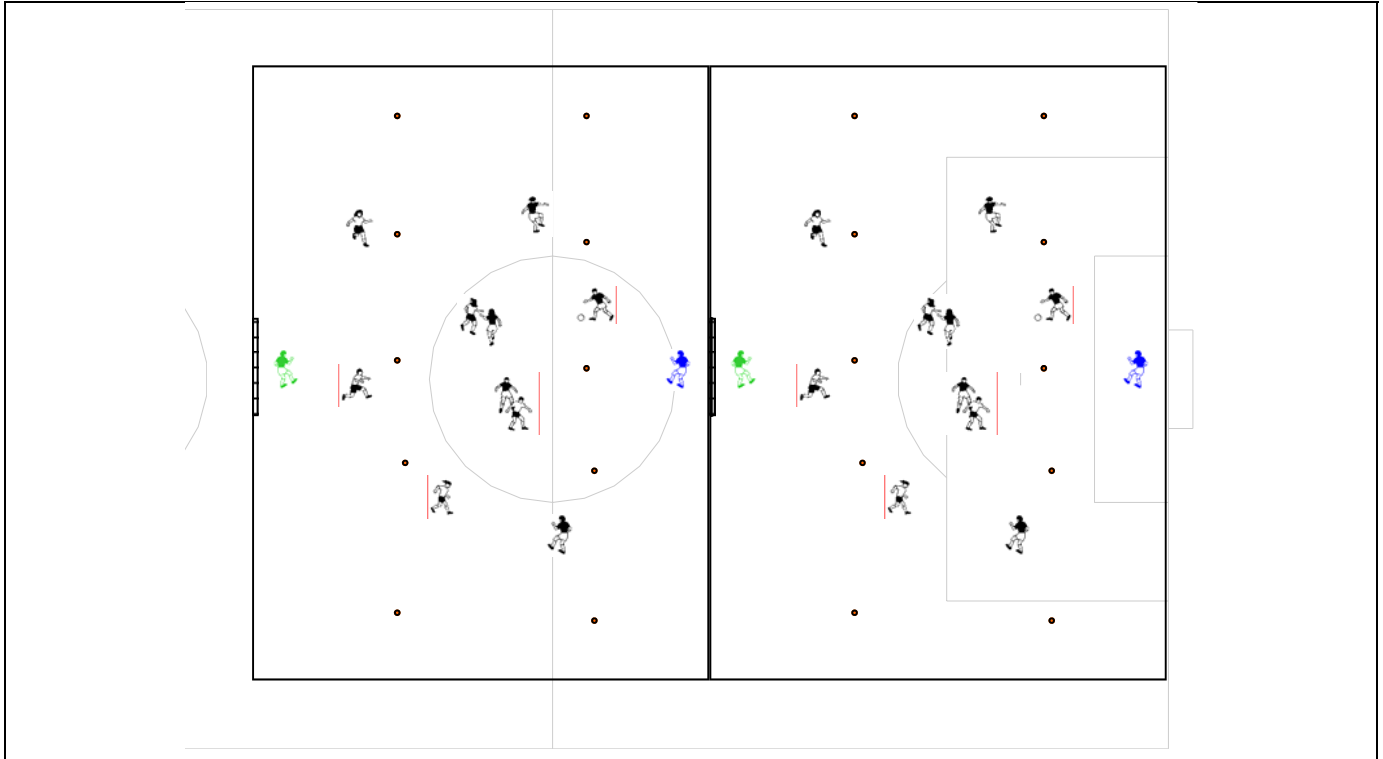


Eastern New York North Olympic Development Program Mini-Camp
 1992 Girls - Technical Progression ~ Basic Possession - individual to small group
 Brad Murphree - June 25, 2005

	<p><u>Smash and grab - Technical warm-up</u> Juggle stages to goal and volley. Players are ranked as to ability. Group 1 (best) group 3 (weakest). Players are rewarded through out the session for hard work, exceptional skill and demonstrating awareness.</p> <p>Players number themselves 1-7. Coach calls a number & that player and the one ahead defend the next box (i.e. coach calls 3 then 3-4 defend). Players are rewarded for keeping possession the longest and for being ready to play again as quickly as possible. Once a defending player wins a ball and knocks it out of the space the possession player can combine with the remaining players and balls to help them keep possession. Players are encouraged to use all 12 surfaces of the feet (heel, toe, top, bottom inside & outside of each foot).</p> <p>Progression - Foot skills are introduced - three moves, three turns, three foundations - player's choice</p> <p>Progression - Passing / receiving. Each group has three balls and must keep possession using all surfaces of both feet.</p>
	<p><u>8v0 - 1-2 touch - fifth pass in the air add balls</u></p> <p>3 groups of 8 players play with out pressure in 3 separate spaces 30x50. Once players demonstrate a proficiency in playing balls accurately and quickly then more balls are added. Groups compete against each other to see who can keep the most balls in the space for the longest. If one of the team's balls is played out of the boundary then the group starts over with one ball. Every fifth pass has to be in the air. Players are requested to play within one or two touches and penalized if they walk, the ball stops moving, or they take more than three touches.</p> <p>Progression - the pass has to invite the receiver to move. Players begin to read the cues of the runner and vice versa.</p>

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Final Game:

Set-Up

4 teams of 6 players (5 field players + 1 Goalkeeper).

Explanation

Field is divided into 3rds (defensive, middle, attacking). Players can have unlimited touches in their defensive 3rd, are restricted to a maximum of 3 touches in the midfield 3rd, and are restricted to 2 touches in their attacking 3rd.

- Progress to taking the 3rds of the field away, and allowing the players to play normal 8 vs. 8 with no restrictions.

Coaching Points

- Do the players realize how the speed of play should be relative to the part of the field in which they are playing?
- Can they make the connection that the back and middle 3rds are effective areas of the field to begin the build-up of play (hence the unlimited and 3 touch restrictions respectively) and that the attacking 3rd 2 touch restriction reflects the idea that speed of play must be increased in this area of the field and when near goal?