

| Activity Name   | Description   | Diagram   | Purpose/Coaching Points  |
|---|---|---|--|
| <b>1 [20 minutes]</b>   |   |   |  |
| <p>(Warm-up)</p> <p><b>Small-sided Game #1:</b></p> <p><b>Whole-Part-Whole</b></p>        | <p><b>Objective:</b> Whole-part-whole is a fun teaching method immediately engages player interest in a SSG. Coaches can adjust the game objectives to illustrate where the day's training lesson fits in the "whole" game.</p> <p><b>Description:</b> Cone off several small-sided (25x35 yard) fields. Teams of 3-4 are identified by colored pinnies. Two teams compete to opposing goals.</p>   |    | <ol style="list-style-type: none"> <li>1. Player assessment</li> <li>2. Allow players to play freely for 8 minutes.</li> <li>3. Add additional scoring method: dribbling the ball into opponent's goal is 2 points.</li> <li>4. Follow-up with some agility, motor skills, and dynamic stretching.</li> </ol>  |
| <b>2 [15 minutes]</b>   |   |   |  |
| <p>(Technical Skills)</p> <p><b>2v2 or 3v3 in Grid to Target players</b></p> <p>(025)</p> | <p><b>Objective:</b> Players move freely dribbling inside the playing area. Players must concentrate on avoiding each other as well as the cones. Allow players to build up the tempo of the exercise over time.</p> <p><b>Description:</b> All players are positioned inside a 30x30 yard grid as shown in Diagram (a) below. One ball for each player. Cones are placed randomly inside the grid as shown.</p> <p><b>Progression:</b> Players dribble towards a cone. On reaching the cone players must perform a feint / fake and accelerate quickly past the cone for 5-10 yards. The cone acts as a stationary defender.</p> |   | <ol style="list-style-type: none"> <li>1. Emphasize the use of feints / fakes</li> <li>2. Use of multiple surfaces to control the ball: encourage use of outside of foot for fast play.</li> <li>3. Changes of speed must be used.</li> <li>4. Accelerate past the cones and into space</li> <li>5. Weight of ball touches in accordance with speed.</li> <li>6. Proper disguise of ball in turns</li> <li>7. Shielding of ball from defenders</li> <li>8. 360 vision and decision making process in ball control situations.</li> </ol> |
| <b>3 [15 minutes]</b>   |   |   |  |
| <p>(Small Sided)</p> <p><b>Four-Gate Game</b></p>   | <p><b>Objective:</b> Fun game-like activity encouraging decision making, ball control, and penetration through dribbling.</p> <p><b>Description:</b> Setup two sets of goals, 20-25 yards apart in a "+" shape format, as illustrated. Two teams compete with one defending the east-west goals, and the other defending the north-south goals. Goals are scored by dribbling (not passing) through the gates.</p>  |  | <ol style="list-style-type: none"> <li>1. Positive first-touch to space or penetration.</li> <li>2. Create time and space for teammates through ball possession.</li> <li>3. "Be brave": maintain ball possession.</li> <li>4. Tight ball control when under pressure.</li> <li>5. Changes in pace before, during, and following a challenge.</li> </ol>   |

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Indiana District ODP

Topic: Dribbling to keep possession [Whole-part-Whole]

Fall '06 ODP (9-17-06)

# Training Plan (1hr 30min)

Age: 910 Academy

|   |  |   |  |
|---|--|---|--|
| <b>4 [The Game!] [25 minutes]</b>   |  |   |  |
| <p><b>Game</b><br/><b>4v4 – 6v6</b></p> <p><b>Small-sided</b><br/><b>End Game:</b></p> <p><b>Whole-Part-Whole</b></p> | <p><b>Objective:</b> Plan and assess to see if the players apply the day's training.</p> <p><b>Description:</b> Cone off several small-sided (25x35 yard) fields. Teams of 3-4 are identified by colored pinnies. Two teams compete to opposing goals.</p> <p><b>Rule:</b> No throw-ins or corner kicks. Instead dribble the ball in and teams count corner kicks: 3 corners = 1 PK.</p> |  | <ol style="list-style-type: none"> <li>1. Assess if players are applying the learned principals</li> <li>2. Players should demonstrate less apprehension to possess the ball through dribbling.</li> </ol> |
| <b>6 Practice Wrap-Up</b>   |  |   |  |
| <p><b>Cool-Down</b></p>   | <p>Fun Paired core strengthening and balance activities: lifting ball from ground using foot, lifting ball from ground using backs, under-over ladders, side-to-side hand-offs, chest hand-offs, partner toe-touches w/ draw, partner Simple Simon w/ draw, all-four knock-downs, Figure-8 rolls, etc. (mix in static stretching)</p>  |   | <p>Reinforce concepts learned in the session. Assess injuries, stretch, hydrate, and release on a positive note.</p>   |