

2012 Region IV ODP Boys Camp Training Sessions



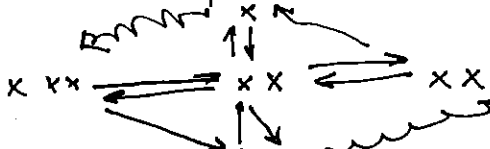
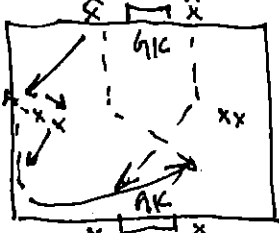
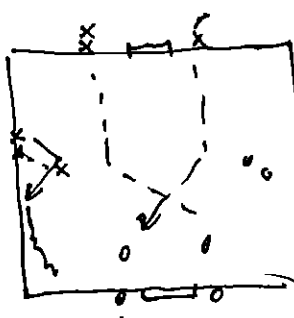
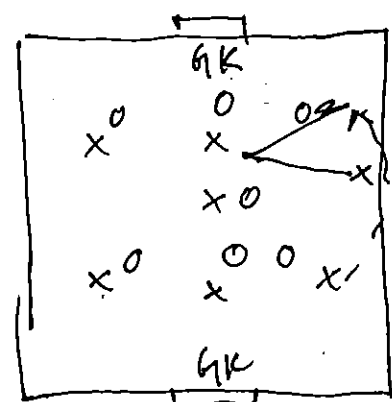
This is a comprehensive sampling of the training sessions that were run by the RIV Boys ODP Regional Staff this summer. The sessions all relate to the 1-4-3-3 system of play. The sessions are organized in the following areas:

- Attacking
- Regeneration
- Goalkeeping
- Defending
- Passing/Possession
- Tactical Considerations for the 1-4-3-3

2012 Region IV ODP Boys Camp Training Sessions

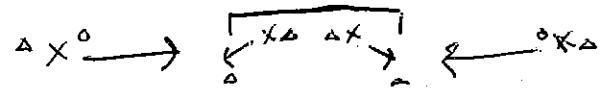
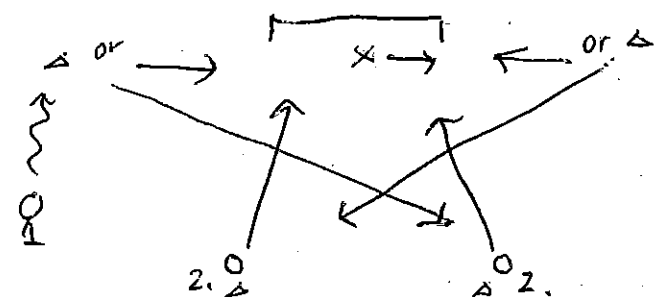
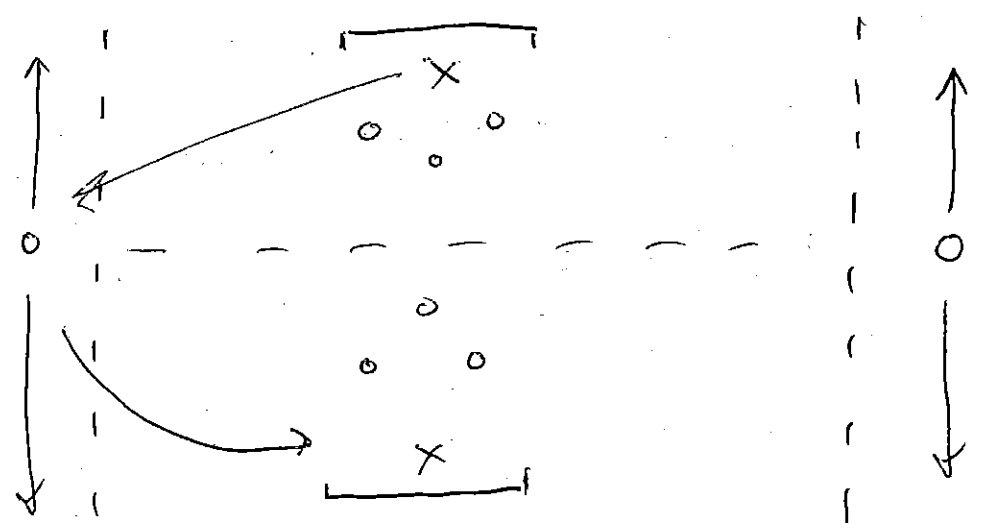


Attacking Training Sessions

Date:	2012 Region IV Boys ODP Camp Regional Staff Training Session		
Session Topic:	CROSSING AND FINISHING		
Age Group/State:	ODP Region IV 96		
Warm-Up		<p>PASSING ACTIVITY</p> <ul style="list-style-type: none"> - GIVE AND GO - OVERLAP 	
Small Sided Activity		<p>CROSSING AND FINISHING</p> <ul style="list-style-type: none"> - CREATE GIVE AND GO ON THE WING AND LATER OVERLAP - DIFFERENT TYPE OF CROSSING ON THE GROUND, IN THE AIR FIRST POST, SECOND POST. 	
Expanded Small-Sided Activity		<p>SAME AS ABOVE</p> <ul style="list-style-type: none"> - 2 DEFENDERS IN THE BOX. 	
Final Stage		<p>8 V 8 GAME</p> <p>3:1:3 FORMATION</p> <p>CROSSING AND FINISHING</p>	



Notes:

Date: 7/14	2012 Region IV Boys ODP Camp Regional Staff Training Session
Session Topic:	Crosses and Shots.
Age Group/State:	
Warm-Up	Dynamic Box. 20' - 20' Different types of ballwork: rolling, volleys, high balls, etc.
Small Sided Activity	 <p>GK's faces out, shifts and turns to get between cone and post. Receive service. volleys, low balls, high balls, diving.</p>
Expanded Small-Sided Activity	 <ul style="list-style-type: none"> • Server dribbles to endline passes or shoots. 2nd server shoots. etc. • Switch sides.
Final Stage	



Notes:

• GK distributes out to server in channel. Server collects and crosses in. Remaining players are playing strikers and defenders.

Date:	2012 Region IV Boys ODP Camp Regional Staff Training Session	
Session Topic:	PASSING PATTERNS AND MOVEMENT IN THE ATTACKING THIRD	
Age Group/State:	ODP Region IV 96	
Warm-Up		WARM UP WITHOUT THE BALL PERFORMING DIFFERENT MOVEMENT AND DYNAMIC TYPE OF STRETCHING EXERCISE
Small Sided Activity		- keep away
Expanded Small-Sided Activity		- PASSING PATTERN IN GROUP OF THREE. WITH CROSS AND FINISHING ON THE GOAL
Final Stage		8 V 8 game 3:1:3 FORMATION CREATING OVERLAPPING RUNS IN THE ATTACKING HALF OF THE FIELD.



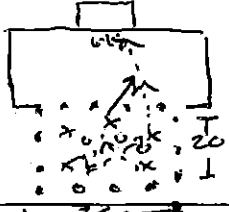
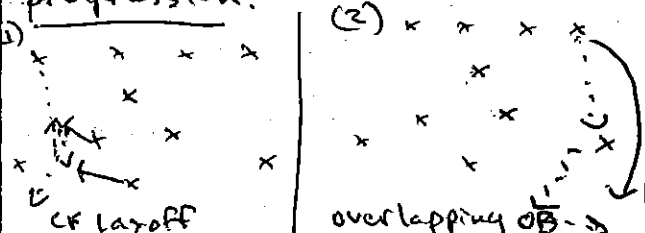
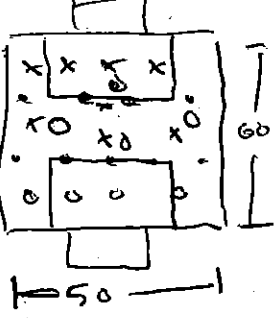
Notes:

Date:	2012 Region IV Boys ODP Camp Regional Staff Training Session	
Session Topic:	Pattern Play	Day 2
Age Group/State:	97	Coach: Mark Biggi
Warm-Up	Dynamic warm-up rotate, 1/2 touch positive 1st touch	
Small Sided Activity	Pattern 1, 2, 3 - connect thru forward, mid, thru to same sided fwd - connect thru forward, switch thru mid to other fwd - connect thru forward, into mid, to def, to opposite fwd, overlap outside back,	C.P.'s: weight of pass, disguise, speed of play, receiving technique
Expanded Small-Sided Activity	- add defenders to game - 11 v. 6 - keep in mind the patterns, but allow their own creativity - speed of play, 1/2 touch, communication	
Final Stage	- Play 11 v. 11 - 4-3-3 - look to see how players respond	



Notes:

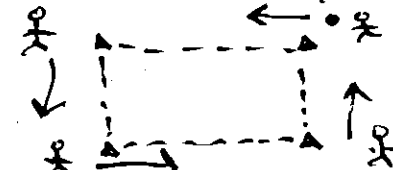
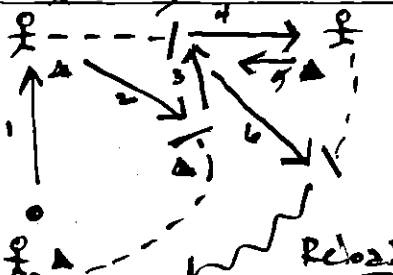
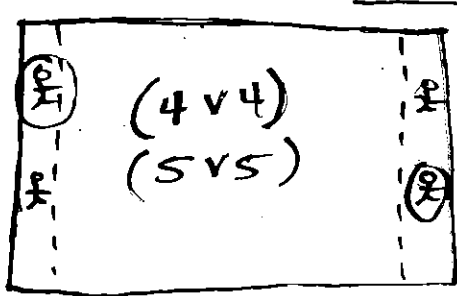
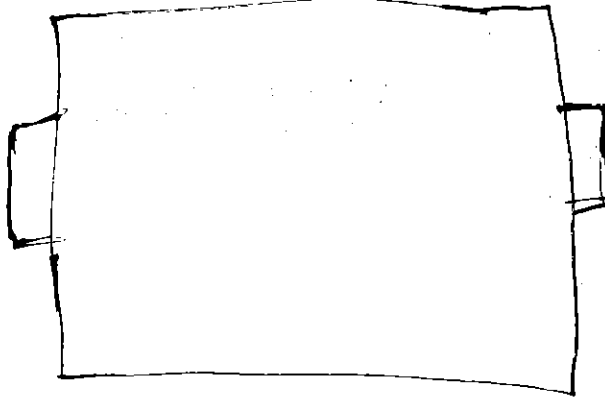
Kelly Coffey

Date:	7/12 2012 Region IV Boys ODP Camp Regional Staff Training Session	
Session Topic:	Attacking Patterns of Play	
Age Group/State:	97 Boys Utah	
Warm-Up	<p>Groups of 3+ball</p> <ul style="list-style-type: none"> • pass and move • stretching • 3rd man runs off ball 	
Small Sided Activity	<p>5v3 to goal - Progressions: (2) Limit touches</p> <p>(1) must connect (3) make grid smaller</p> <p>3 passes to enter penalty box. Final Ball must go through separate gate then runner.</p> <p>CP'S</p> <ul style="list-style-type: none"> • Movement • Engage defenders • 3rd man runs 	
Expanded Small-Sided Activity	<p>11v0 Attacking patterns in 4-3-3 progression!</p> <p>(1) CF Layoff</p> <p>(2) overlapping OB →</p> <p>(3) ACM overlapping</p> <p>CP'S</p> <ul style="list-style-type: none"> • Technical speed • Timing of runs • Creativity 	
Final Stage	<p>9v9 to goal Progression:</p> <p>(1) Unlimited touches. Ball played into final 3rd must enter through different gate then runners.</p> <p>(2) Award different points for combinations</p> <p>Notes: GC through balls.</p> <p>CP'S</p> <ul style="list-style-type: none"> • Movement off ball • Angle of runs • speed of play • Spacing 	



Notes: GC through balls.

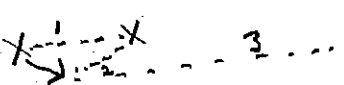
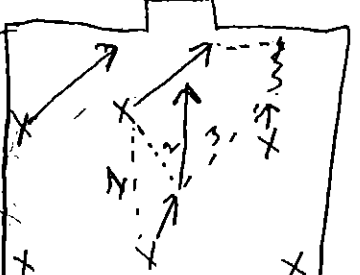
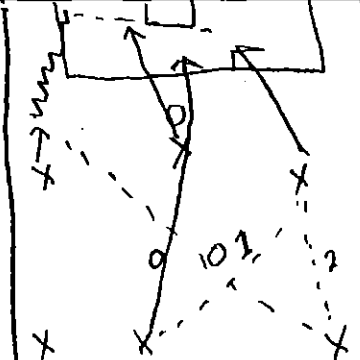
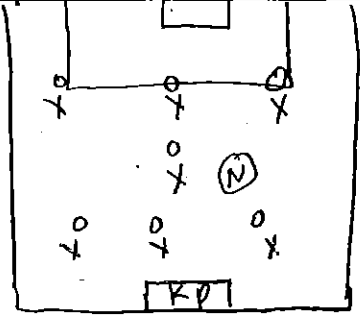
#2

Date:	2012 Region IV Boys ODP Camp Regional Staff Training Session
Session Topic:	Pattern Play
Age Group/State:	97 OREGON & Mutiny
Warm-Up	 <p>2 touch - Follow Pass</p>
Small Sided Activity	 <p><u>3 player Combination</u></p> <ul style="list-style-type: none"> → Give & Go → Double Pass → 2 & 1 touch Play <p>Reload</p>
Expanded Small-Sided Activity	<p>4v4-SRS Finding Targets</p>  <p>Can only play (T) on your own team. Switch w/ player who plays (T) must combine w/ other on team for point</p>
Final Stage	<p>8v8 w/ keepers</p>  <p>w/ touch Restrictions</p>



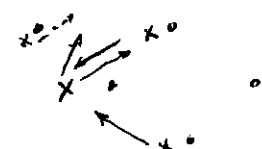
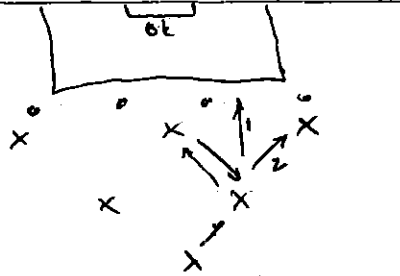
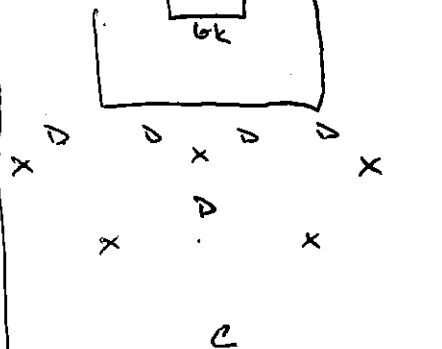
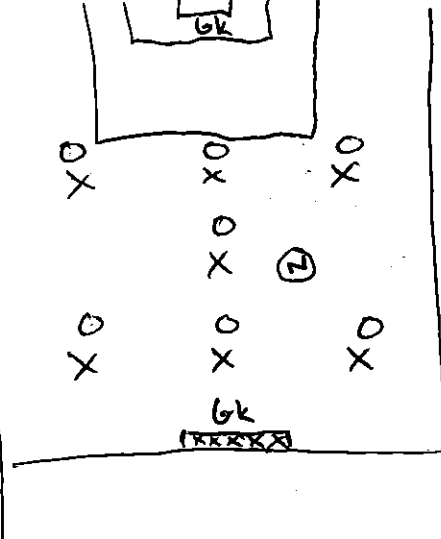
Notes:

Careful (T)

Date:	2012 Region IV Boys ODP Camp Regional Staff Training Session	
Session Topic:	Functional training: Pattern Play - Wing	
Age Group/State:	97	
Warm-Up		<ul style="list-style-type: none"> - in groups of 3 players are passing - short, short Long - Do Dynamic stretching
Small Sided Activity		<ul style="list-style-type: none"> - show three patterns from wing - practice with no pressure - competition: must score 3 out of 9 balls
Expanded Small-Sided Activity		<ul style="list-style-type: none"> - Add - Defenders - passive at first + progress to full pressure <p><u>CP'S</u></p> <ol style="list-style-type: none"> 1. timing of runs 2. checking in 3. Crisp passing
Final Stage		<ul style="list-style-type: none"> - Add goal 7v7 + 1 <p><u>CP'S</u></p> <ol style="list-style-type: none"> 1. timing of runs 2. checking in with pace 3. Crisp passing



Notes:

Date:	2012 Region IV Boys ODP Camp Regional Staff Training Session	
Session Topic:	FUNCTIONAL TRAINING - PATTERNS OFFENSIVELY PART 1/3	
Age Group/State:	U17	
Warm-Up		<ul style="list-style-type: none"> - position when receiving - 2 touch - passing warm up - stretch
Small Sided Activity		<ul style="list-style-type: none"> - Same patterns - ADD options 1 or 2 - shot with shot - speed of play - combination play - show lanes
Expanded Small-Sided Activity		<ul style="list-style-type: none"> ADD → DEFENSES - passive 1st progress to full pressure - combination - get in behind - be wide - pass ball
Final Stage		<ul style="list-style-type: none"> - ADD goal 7 v 7 + 1 - quick combinations - extra point for goals - no quick combination - 2 touch first - Remove all restrictions play

(10 min)

(15 min)

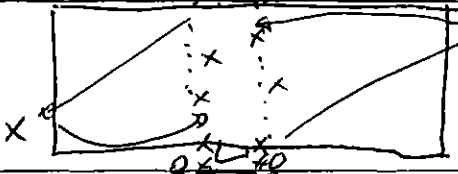
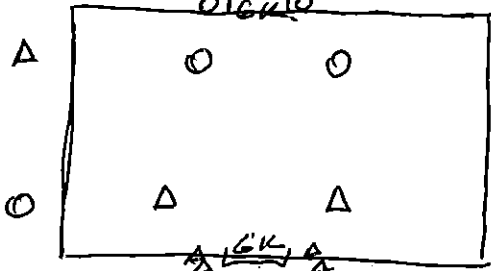
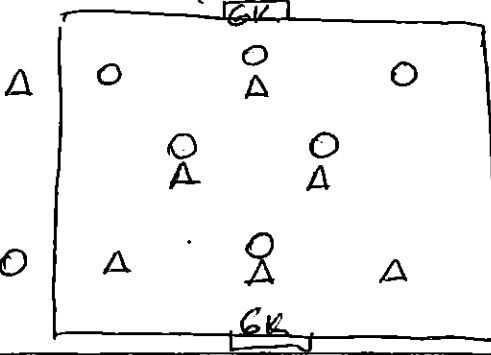

→ shot on goal

(15 min)

(15 min)



Notes:

Date:	2012 Region IV Boys ODP Camp Regional Staff Training Session	
Session Topic:	ATTACKING PLAY USING FLANK PLAYERS.	
Age Group/State:		
Warm-Up		<ul style="list-style-type: none"> * CROSSING AND FINISHING IN PAIRS. * TIMING OF THE RUN * DIFFERENT TYPES OF CROSSES (GROUND, AIR)
Small Sided Activity		<p>2 v 2 + (2) + GKs.</p> <ul style="list-style-type: none"> - O's AND Δ's CAN SCORE DURING THE RUN OF PLAY ON OR OFF THE CROSSES.
Expanded Small-Sided Activity		<p>6+(2) v 6+(2) + GKs.</p> <ul style="list-style-type: none"> - Δs AND O's TRY TO USE THE OUTSIDE PLAYERS AND PENETRATE THROUGH THE FLANKS. - ONCE THE BALL IS PLAYED WIDE Δs OR O's CAN GET ON THE FIELD.
Final Stage		<p>8 v 6 + GK + 2 T</p> <ul style="list-style-type: none"> - REGULAR GAME GOING TO GOAL. []s TRY TO SCORE TO REGULAR GOAL AND O's TRY TO FIND TARGET PLAYERS.



Notes:

Date:	2012 Region IV Boys ODP Camp Regional Staff Training Session	
Session Topic:	ATTACKING	
Age Group/State:	U17	
Warm-Up	PASSING / COMBINING CHANNELS DYNAMIC MOVEMENT	
Small Sided Activity		FUNCTIONAL 2v1 OVERLAP / CROSSING - BALL OUT WIDE - CREATES 2v1 - SERVICE TO STRIKER
Expanded Small-Sided Activity		6 GOAL GAME - A PT OF ATTACK, USE WIDTH - CREATE NUMERICAL ADVANTAGES
Final Stage		8 v 8 - OPEN - NO RESTRICTIONS



Notes:

Topic: MF Switching ball off/shifting Def
 Date: 14 JULY SAT 2-3

Warm Up - Technical (Touches)

- (15) Diamond shape passing (RTAL)
- (1) - Open hips go
- Touch back (give go)
- (15) - Touch back first Target back to MF
- (2) - Touch back 1 switching to MF switch the ball
 → Dim to 1= back to MF switch the ball
 → attack goal groups of 5

Component 1/Shadow Def Sk. Hwy

- (15) SR vs SY 1/2 SR (2 hunt as pair)
- 3 MF in zone shift (do not let ball three so play combo for 4 touches and try to put to the side

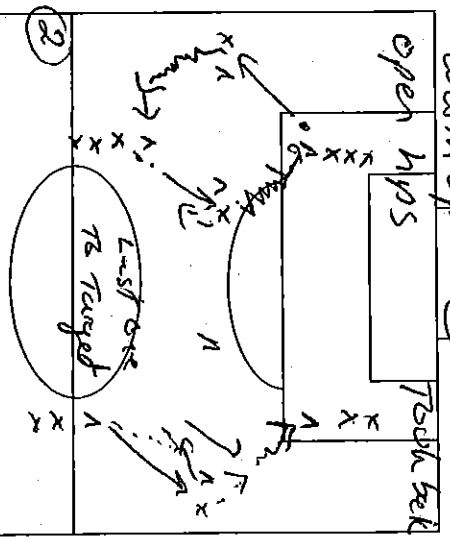
Component 2/Game 11v11

- Rescue groups of 5
- (15) 30 vs 20 in center box/free channels
- 3 DMF must stop ball from coming forward and 3 touches, one ball is won switch ball and out side channels attack goal

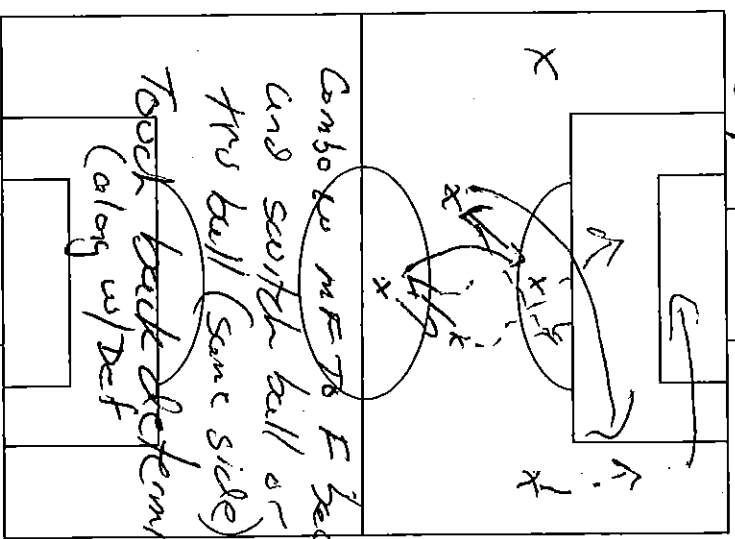
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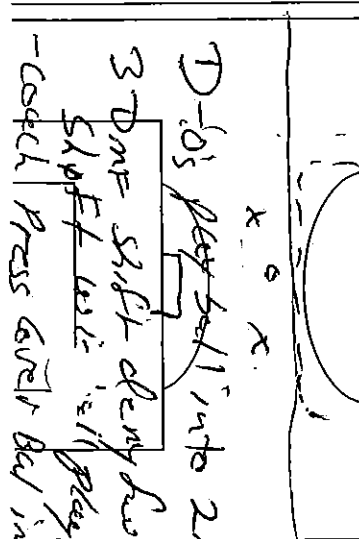
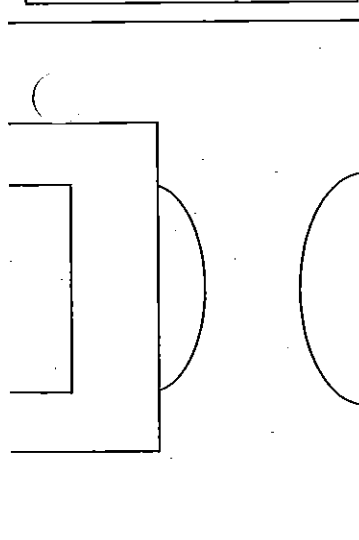
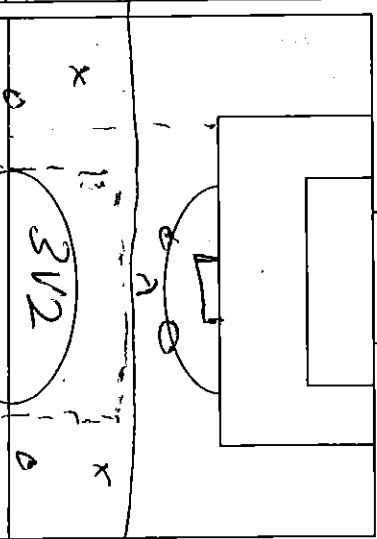
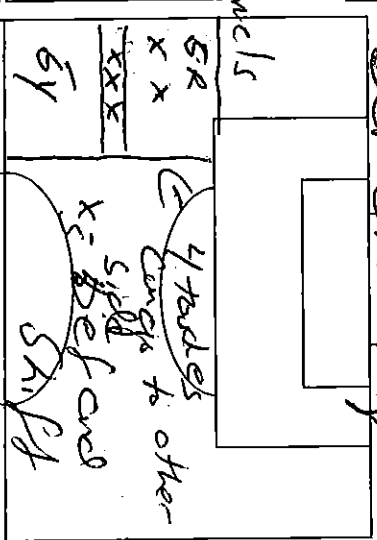
Warm Up (1)



Comp 1



Def Sk. Hwy



DMF must stop ball into 2 MF
 Slope MF with play out
 - Coach Press and Def in

Topic: Combination play to (Attacking Space)
 Date: 12 JULY 2012 THURS 08995

Warm Up

Consecutive passing/shoot all inside groups

- TAKE OVER / SPLIT / overlap / give go ... (attacking 2)

Component 1/Shadow

(10) 2V1 to line (15x20) → must pass forward run when ball runner to a line

(10) 3V2 must pass first else overlaps take give go to line / ball strikes play

Component 2/Game 11v11

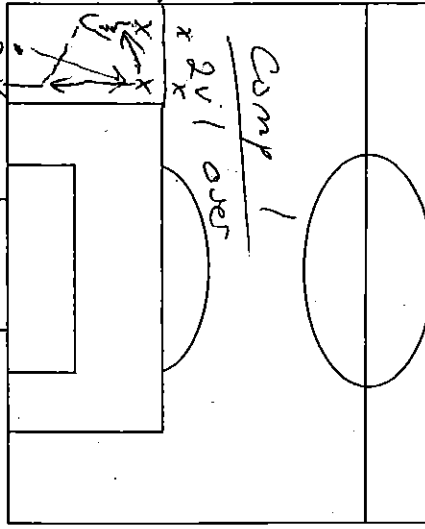
(10) 3V2 to goal w/ transition shooter or person who lost ball defends (2) - goal above must go forward to 13 yd box

(20) 5V2 in MF to to Forward on a back goal once played in ... ATTACK THE Space MF Supports Attack

→ Should see what you accomplished in 2V1 + 3V2 runs in system on play (4-3-3) * 3 FWDs' attacking outside space. get in the box

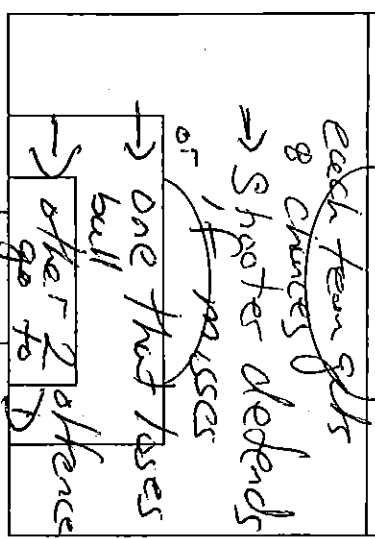
Warm up

5/ball sequential passing

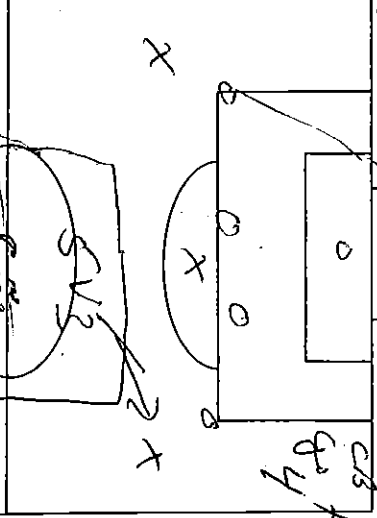


Comp 1/20

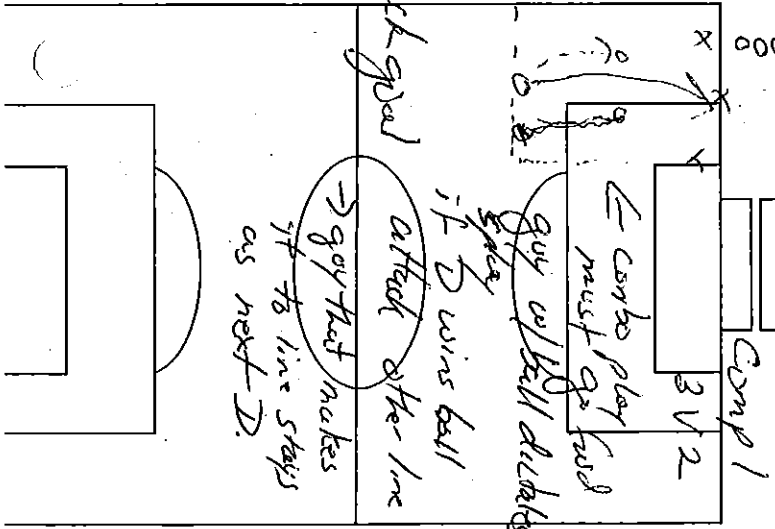
Back to box




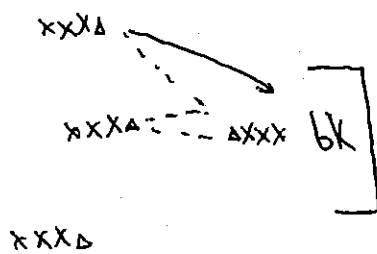
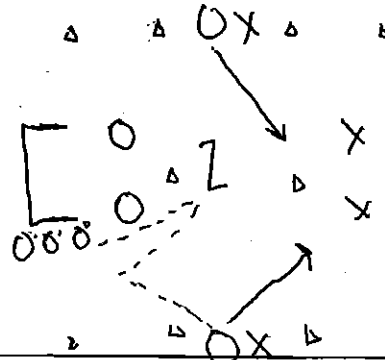
Comp 2 Start of 2



once 5 get together pass break out ball to forward and attack → coach to runs a back space

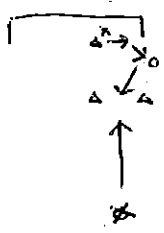
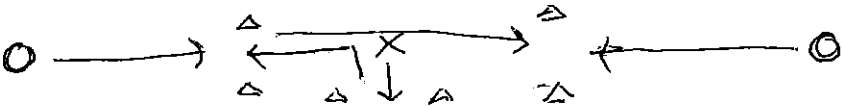
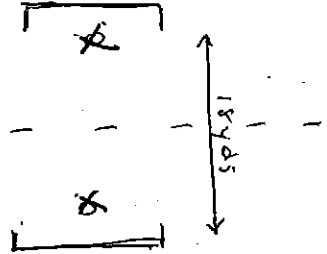
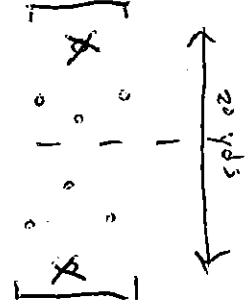


→ combo play must go forward
 Guy w/ ball dribbles space if D wins ball attack after line
 → guy that makes it to line stays as next D.

Date:	2012 Region IV Boys ODP Camp Regional Staff Training Session	
Session Topic:	Combination Play in Final Third	
Age Group/State:	9th Boys	
Warm-Up		Dynamic Stretching Warm Up
Small Sided Activity		Progression 1 - Up, back, through - Shot Progression 2 - Up, back, wall pass - Shot Progression 3 - Up, back, through, overlap - Shot Make it a competition with two teams
Expanded Small-Sided Activity		3v2 continuous The field is broken into 3 sections O's start the attack by playing the target neutral Z. The neutral lays the ball back for the O to play the ball out wide. The 3 O's attack the 2 X's. The process now continues with the X's.
Final Stage	8v8 scrimmage with one team playing in a 3-3-1 and the other team playing in a 3-1-3. Promote combination play that was covered throughout the session wall pass, overlapping runs, and third man combination. Promote flank players to go full and speed of play	



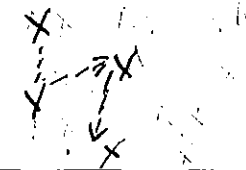
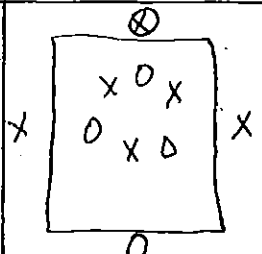
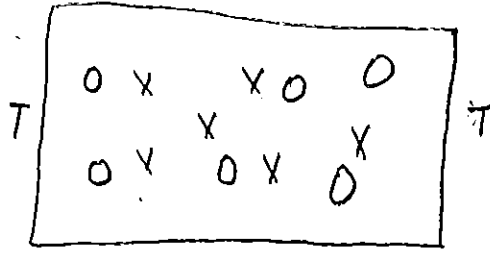
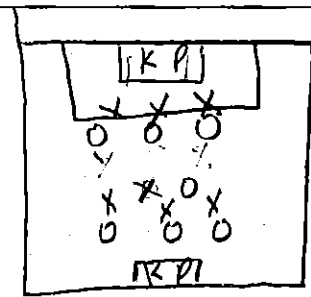
Notes: Session written by: David Bellfort

Date: 7/11	2012 Region IV Boys ODP Camp Regional Staff Training Session	
Session Topic:	General warm up, movement, play.	
Age Group/State:	Boys 97	
Warm-Up	Footwork through cones, w/ volleys as progression.	
Small Sided Activity	 <p>Keeper starts central. Shifts, touches post, collapse down on ball. Gets up, moves forward to cones, sets, shot.</p>	
Expanded Small-Sided Activity	<p>Set in gates. Deal with service. Footwork short/long.</p>  <p>Progression: Different services. Low balls, half volleys, Diving, etc.</p> <ul style="list-style-type: none"> • Start central. Forward into gate. Set. Receive volley. • Drop in and move sideways. Set. Volley • Sideways across. set. volley. 	
Final Stage	<p>Keeper wars:</p>  <p>- Small with services/shots only being throwing. - You get scored on, you switch. stay in as long as you can.</p>	<p>Progression 2:</p>  <p>3v3 Game</p>



Notes: First day: Aim is to find out each players as well as the groups strengths/weakness's. Allowing for a more productive, planned training sessions to follow.

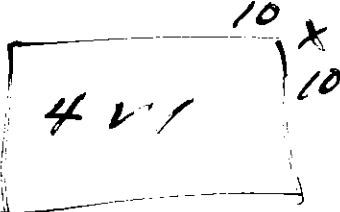
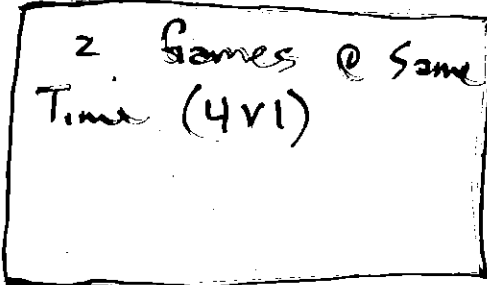
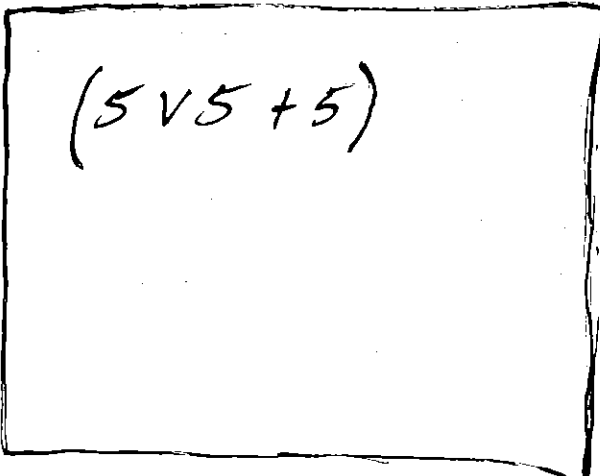
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Date:	7-11		
Session Topic:	2012 Region IV Boys ODP Camp Regional Staff Training Session		
Age Group/State:	Speed of Play		
Warm-Up		<ul style="list-style-type: none"> - split into groups of 4 - Pass and move freely to different cone - dynamic stretching in between 	
Small Sided Activity		<ul style="list-style-type: none"> - 3 players inside grid attempt to maintain possession of ball and score by wall pass with perimeter players. - perimeter play have one touch 	<u>CIP'S</u> 1. Sharp passes 2. communications at all times 3. visual cues eye contact
Expanded Small-Sided Activity		<ul style="list-style-type: none"> - points are scored for successful playing to target player and receiving the return pass. 	<u>CIP'S</u> 1. movement off the ball 2. accurate passing 3. correct angle of support
Final Stage		<ul style="list-style-type: none"> - play 8v8 	<u>CIP'S</u> 1. play the way you are facing 2. movement of the ball is good 3. sharp, accurate passing



Notes:

#1

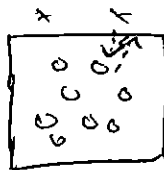
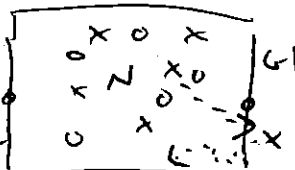

Date:	2012 Region IV Boys ODP Camp Regional Staff Training Session
Session Topic:	SPEED OF PLAY
Age Group/State:	97 OREGON & Tampa Bay
Warm-Up	State Coach Performed Warm Up static stretching w/ DYNAMIC Movements
Small Sided Activity	 <p>1 touch → movement off ball → quality distribution → all parts of the foot</p>
Expanded Small-Sided Activity	 <p>→ scan → see traffic Play simple Play Early Play quick w/ disguise</p>
Final Stage	 <p>First to 25/50 Passes 1 Touch to score → Communicate → Recognize when to score → Deceptive touches</p>



Notes:


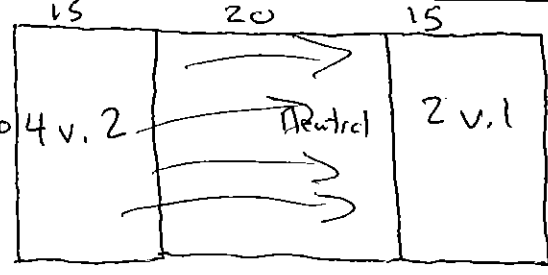
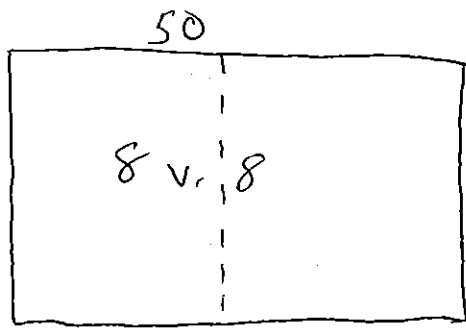
Circle (Ⓢ)

Kelly Coffey

Date: 7/11	2012 Region IV Boys ODP Camp Regional Staff Training Session	
Session Topic:	Speed of Play	
Age Group/State:	97 Boys Nevada	
Warm-Up	Team: Dynamic warm-up, stretching w/o ball (10 mins)	
Small Sided Activity	<p>Windows:</p>  <p>CP'S</p> <ul style="list-style-type: none"> • Technique • communication 	<p>Progression:</p> <ul style="list-style-type: none"> • 1 touch • Throws • Volleys • Combinations
Expanded Small-Sided Activity	<p>6 V 6 + 3 2 (2 GK)</p> <p>40</p>  <p>CP'S</p> <ul style="list-style-type: none"> • move on first • create angles/movement 	<p>Progression:</p> <ol style="list-style-type: none"> (1) Unlimited touches 10 pass = point (2) 3 touch (3) (x) or (o) plays outside (x) or (o) and replaces
Final Stage	<p>6 V 6 + 1 to goal</p>  <p>40</p> <p>44</p>	<p>Progression:</p> <ol style="list-style-type: none"> (1) 3 touch max (2) mandatory x2 touch (3) unlimited <p>CP'S:</p> <ul style="list-style-type: none"> • move on first touch • utilizing neutral (N) playmaker • movement off ball



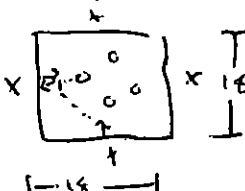
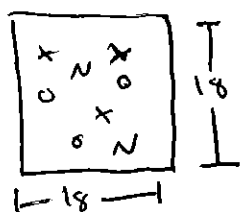
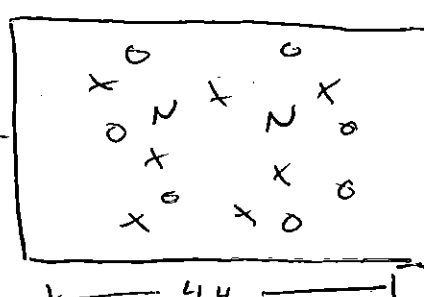
Notes:

Date:	2012 Region IV Boys ODP Camp Regional Staff Training Session	
Session Topic:	Possession / Speed of Play DAY 1	
Age Group/State:	97	Coach: MARK BRAGI
Warm-Up		<ul style="list-style-type: none"> - Passing pattern - 1/2 touch - Dynamic warm-up
Small Sided Activity		<ul style="list-style-type: none"> - connect 5 passes - play into target - transition #'s to get 4 v. 2 - 1/2 touch
Expanded Small-Sided Activity		<ul style="list-style-type: none"> - 2 touch in defensive half - 1 touch finish - speed of play - communication - off ball runs - 3rd man combos
Final Stage	<p>Play unrestricted 8 v. 8</p> <ul style="list-style-type: none"> - 3-1-3 Blues - 2-3-2 whites 	



Notes: Goal was to get to know players & their strengths & weaknesses in a simple passing exercise & possession game. Identify technical abilities during warm-up & tactical ideas afterward.

Kelly Coffey

Date:	7/11 2012 Region IV Boys ODP Camp Regional Staff Training Session	
Session Topic:	Speed of Play	
Age Group/State:	97 Boys Oregon Utah	
Warm-Up	Team: Dynamic warm-up, stretching w/o ball (10 mins)	
Small Sided Activity	<p>Windows: groups of 8</p> 	<p>CP's:</p> <ul style="list-style-type: none"> • 1 touch • Turns • Volleys • combinations • Technique • Communication
Expanded Small-Sided Activity	<p>3U3+2 Possession (non-directional)</p> 	<p>Progression:</p> <p>(1) 10 passes = 1 point No touch restriction</p> <p>(2) x2 touch</p> <p>CP's</p> <ul style="list-style-type: none"> • Move on first touch • Move after passing • create angles to play
Final Stage	<p>7V7+2+2 GK (directional)</p> 	<p>Progression:</p> <p>(1) connect 5 passes find GK #1 or #2 Then connect to opposite GK = 1 pt. Unl. touch</p> <p>(2) x2 touch</p> <p>(3) MANDATORY x2 touch (Player must take 2)</p> <p>CP's</p> <ul style="list-style-type: none"> • Move on first • Vision to switch play • CM's (Neutrals) dictate play



Notes: