

OYSAN Center of Excellence
Wednesday, April 28

Location: Oberlin
Time: 6-8 pm
Conditions: Windy and warm
Field: Dry
Players: 17
Coach: Tom Turner

Activity #1: Free play scrimmage

1v1 to 4v4, as players arrive

Activity #2: 3v3 to two goals

Field: 25x 20 yards

Goals: 4 yards wide on long lines

Kick-ins for sideline restarts

Corners = half a goal

Scoring: Goals must be scored from the opponents half of the field; one-touch goals worth double; games to 5 points.

Activity #3: Volleying practice

Competitive volleying in pairs: ball must be cacheable by opponent to score; alternate feet every attempt

Change game to side-volleys

Activity #4: 1v1 to goals with goalkeepers

Four games (one game 1v1+1)

Fields: 20 yards long with no sidelines

Goals: Four yards wide

Special rules: GK cannot punt the ball or come out of goal in attack

Time: Three-minute games (Reds vs Blues to determine winners)

Activity #5: 4v4 line soccer

Field size: 35 x 25 yards

Kick-ins for sideline restarts

Goals: Length of short side (25 yards)

Special rules: Three-touches per player per possession; players must dribble over line to score

Time: Ten-minute games

Activity #6: Dribbling and turning skills

Practicing skills to a 12-yard marker. Alternate with partner

Activity #7: 4v4 to two goals

Field: 35 x 25 yards

Goals: Four yards, in corners of long sides

Free play

Time: 10 minutes