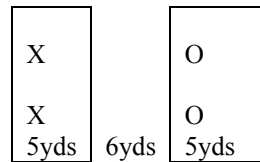


**OYSAN Center of Excellence**  
**Wadsworth**  
**April 30, 2004**  
**Tom Turner, Director of Coaching and Player Development**

Players: 3  
Coaches: One assistant  
Weather: Wet and slippery

**Activity #1: Two-touch Passing and Control Game**



Field: As marked with an 8 yard width  
Duration: First team to 10 points wins the round  
Rotation: Each player plays with a new partner each round  
Special Rules: Each player must touch the ball on each possession; each player must take two touches per possession; the ball must not stop; the ball must enter the opponent's area on the ground

**Activity #2: Individual Kicking Technique**

Organization: One goal with goalkeeper. Post two flags (markers) 15-20 yards from the goal and 5-8 yards from the center of the field. A supply of balls is located in the middle of the field and 5-6 yards behind the flags.

Practice: Players alternate right and left foot shooting and try to land on their kicking foot

**Activity #3: Individual Kicking Technique**

Organization: Players line up in the center of the penalty area "D" on a full-size field; no goalkeeper

Practice: Balls are kicked diagonally into the path of the players to shoot across their body

Development: Reverse the direction of the passes to focus on the other leg

**Activity #4: Individual Kicking Technique**

Organization: Players line up to the side of the goal box on a full-size field; no goalkeeper

Practice: Balls are thrown to the outside of the body to be volleyed at goal

Development: Reverse the direction of the passes to focus on the other leg

**Activity #5: Individual Kicking Technique**

Organization: Players line up to the side of the goal box on a full-size field; no goalkeeper

Practice: Balls are thrown to the outside of the body to be volleyed at goal

Development: Reverse the direction of the passes to focus on the other leg

**Activity #6: Individual Kicking Technique**

Organization: One goal with goalkeeper. Flag 15-20 yards from goal and to the corner of the penalty area on a regulation field.

Practice: Players attack a defender and shoot at goal

Development: Change the direction of the attack to focus on shooting with the other leg