

OYSAN Center of Excellence
Medina
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Players: 22
Coaches: Three Assistants
Weather: Comfortable

Activity #1: 4v4 to two goals

Field: 40x25 yards
Goals: 2x3-yard width; 10 yards apart
Scoring: Ball must be on the ground
Sideline restarts; Kick-ins
End line restarts: Dribble or pass; corner kicks

Activity #2: Keep-a-Way

Area: 20x23 yards
Players 8-10 per area
Balls: 4-5 per area
Teams: 50% Blue and 50% Orange in each area
Time: Periods of 60 seconds
Out of Bounds Rules: Normal, with dribble-ins
Objective: Possess the ball at the end of the period; combine scoring from both areas
Special rules: Teams alternate possession to start each new round

Activity #3: Individual Technique

Coach-led practice of moves to turn and shield the ball

Activity #4: 2v2 Ladder

Fields: Goals 25 yards apart
Goals: 3-yards wide
Duration: 2 minutes
Objective: Outscore opponents
Rotation: Every Blue team plays every Orange team
Special Rules: Count Blue and Orange wins to determine team winner for each round

Activity #5: 4v4 with Player Restrictions

Field: 25 yards x 30 yards with a half-way line marked
Players: Four per team with one goalkeeper
Goals: 5 yards wide
Scoring: Regular
Special Rules: All four players cannot be in the same half together
Objective: Outscore opponents

Activity #6: 4v4+1 (coach) Free Play

Field: 25 yards x 30 yards
Players: Four per team with one goalkeeper
Goals: 5 yards wide
Scoring: Regular
Special Rules: One-touch goals = 3 points; regular goals = 1 point
Objective: Outscore opponents