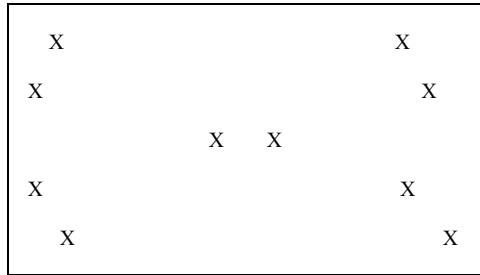


OYSAN Center of Excellence
Perrysburg
May 14, 2004

Tom Turner, Director of Coaching and Player Development

Players: 34
Coaches: Three assistants
Weather: Cool and damp

Activity #1: Ten-goal game for Passing and Mobility



Field: 40 x 25 yards
Numbers: 3v3+2
Duration: Rounds to 6 goals
Scoring 1): Dribble the ball through the front or back side of any goal; only one “score” per goal
Scoring 2): Pass to a teammate on the far side of the goal

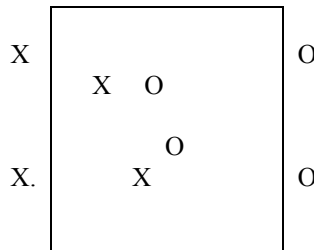
Activity #2: Keep-a-Way

Area: 20x25yards
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 Juggling Technique

- Alternating feet
- High juggle with a control into space
- High juggle with a control and turn into space
- Foot and thigh juggles

Activity #4: Creating Space and Passing



Field: 25 x 20 yards

Numbers 2v2+2 (or 2v2+1)

Scoring: Pass to opposite team's target(s)

Duration: Play to four goals and rotate

Special Rules: Each "field" player must touch the ball before a team can score a goal; the exception is on a turnover from an opposing target player; target players can be used for support

Activity #5: 5v5 to goal with goalkeepers

Field: 40x 30 yards

Numbers: Four field players and a goalkeeper

Duration: 15 minutes

Special rules: None

Sideline restarts: Kick-ins

End line restarts: Goalkeeper possession and corner kicks.