

OYSAN Center of Excellence
Medina
May 4, 2004
Tom Turner, Director of Coaching and Player Development

Players: 30
Coaches: Three Assistants
Weather: Cool

Activity #1: 4v4 to one goal

Field: 35x25 yards
Goals: 4 yards in center of the long line
Scoring: 1st time goals
Sideline restarts; Kick-ins
End line restarts: Dribble or pass; corner kicks

Activity #2: 4v4+1 (adult) line soccer

Field: 35x25 yards
Scoring: Dribble the ball over the long line
Duration: 10-point rounds
Special rules: Each player has 3-touches per possession; 3 passes = 1 goal; goals = 3 points
Sideline restarts: Kick-ins
End line restarts: Dribble or pass; corner kicks

Activity #3: Individual Dribbling Technique

Coach led moves to practice turning and shielding skills

0 0. .0 0

Activity #4: Juggling Skills

- Alternating legs
- High juggle and control
- Foot and thigh juggle
- High level juggles and catches

Activity #5: 5v5 to goals with goalkeepers

Field: 40x30 yards
Goals: 5-yards
Sideline restarts: Kick-ins
End line restarts: Goal kicks and corners
Special Rules: No goalkeeper punting