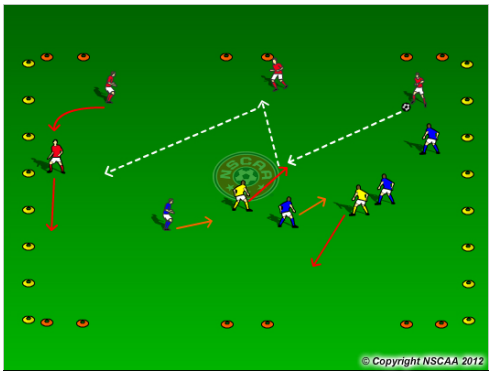
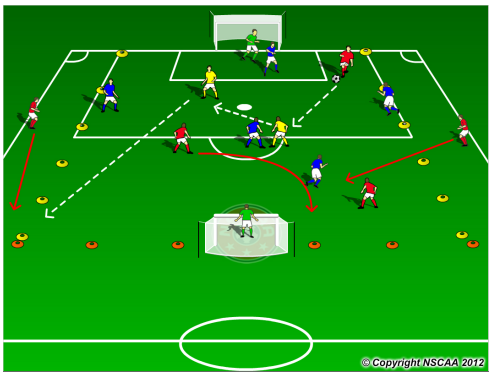
Oregon Youth Soccer Association

Training Organization Form

Coach: John Madding | Session date: April 2016 | Team/Age: Youth Team

Theme: Changing the Point of Attack

Stage	Organization (Diagram+Rules)	Objectives	Key Coaching Points
Technical Warm-up 3 groups of 5 passing and moving		- Multiple touches on the ball - Incorporate dynamic stretching - have players play various types of passes.	- Speed of play - Communication between passer and receiver - Various technical points with the different types of service
Small Sided Activity 4 v 4 + 2 6 Goal Game - Ball must be played through on the ground without hitting a cone.		- Increase field and spacial awareness. - Use the width of the field to create gaps in defense.	- Speed of play - Recognize when to use short passes to draw defense in and when to switch the field. - Use of combination play to beat defense (3rd man running)
Expanded Small Sided Activity 5 v 5 + 2 with Wide Channels - Goals scored in run of play count as 1 - Goals scored after being played into both wide zones count as 3		- Encourage field vision and quick decision making.	- Use quick decisions to move the ball from side to side to create seams. - Can the two neutral players combine to draw in the defense.
Match 8 v 8 Match with no restrictions or rewards		- Reinforce the principles taught during the session. - Let Them Play!!!	- Minimize coaching stoppages.

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