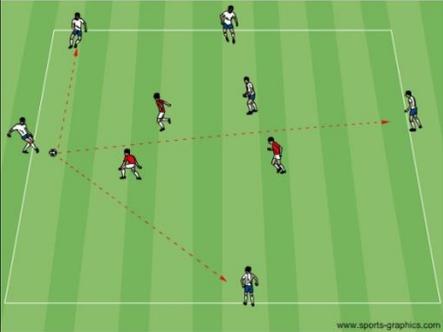
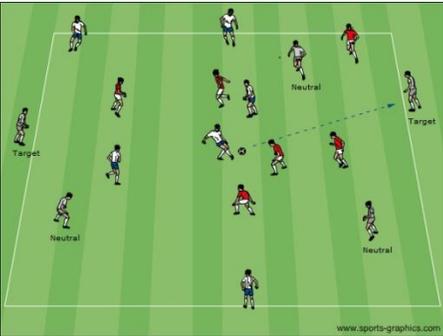




99B ODP Training 4/16/2012



Topic: Intercepting Passes

Stage 1/Warm up	Organization	Defensive Coaching Pts.
	<p>4v2 Intercepting Passes:</p> <ul style="list-style-type: none"> Coach sets up a 5x5 square with 2 defenders inside. (defenders must stay inside square) 4 Attackers on the outside of the square. Attackers try to pass the ball around the outside; looking for a chance to play the ball through the square. After 2 min., switch the defenders. Add points as needed. <p><i>Variation: Attackers can try to dribble through the space if defenders are not prepared.</i></p>	<ul style="list-style-type: none"> How can you approach the player with the ball? <ul style="list-style-type: none"> How does the pace of the pass affect your approach? When would you want to move fast and when would you show more restraint? <p style="text-align: right;">Time: 10 minutes</p>
<p>Stage 2/Small Sided Game</p> 	<p>6v3+3: (20x30 yard grid)</p> <ul style="list-style-type: none"> 2 teams of 6 players. ½ of the defending team steps off the field. After 1 min, the defending team replaces the players who have been in action with the resting players. After another minute, the teams change roles. Winner is the defending team who intercepts the most passes. <i>Stealing from a dribbler does not count for points in round 1.</i> 	<ul style="list-style-type: none"> How can you help the pressuring defender make the play predictable? What options can you take away from the attackers? What visual cues would tell you to instruct your teammate to attempt to win the ball? <p style="text-align: right;">Time: 20 minutes</p>
<p>Stage 3/Exp.Small Sided Game</p> 	<p>6v6+3 to Targets: (30x40 yard grid)</p> <ul style="list-style-type: none"> The team in possession of the ball also has the 3 neutral players. The team in possession tries to play the ball into the target. Then get the ball back and play to the other target without losing possession. If the defending team wins the ball, they try to do the same. Try to play to a target immediately after intercepting a pass. Game last for 5 minutes or until a team scores (coach's choice). 	<ul style="list-style-type: none"> Who is in the best position to intercept a pass? <ul style="list-style-type: none"> What makes it a good time to attempt to intercept a pass? How does your defensive shape help us to become more successful intercepting passes? Why is restraint important when team defending? <p style="text-align: right;">Time: 25 minutes</p>
Game	Organization	Coaching Pts.
Play the Game	Play with Goalkeepers in a 45-60 yard long by 35-45 yard wide field.	<ul style="list-style-type: none"> All of the above <p style="text-align: right;">Time: 25 minutes</p>
COOL DOWN	Activities to reduce heart rate, static stretching & review session – Time 10 min.	