



Olympic Development Program - District Select

Ball Striking with Purpose

<p style="text-align: center;"><u>Technical Warmup</u> 15 mins</p> 	<p style="text-align: center;"><u>Organization</u></p> <p>“Windows”; 35x30</p> <ul style="list-style-type: none"> • Play in to feet, move, play out • Play long (past others) to feet, play out • Receiver curls away, play in to space, play out • Switch roles every minute 	<p style="text-align: center;"><u>Coaching Points/Guiding Questions</u></p> <ul style="list-style-type: none"> • Visual/verbal communication • Hard passes to feet, softer to space • Three F’s of passing: Force, flight, and feel (pace, low drive/lofted, spin) • Shape ball with inside/outside of feet <p>When/why would you use different parts of your feet to deliver passes?</p>
<p style="text-align: center;">Dynamic movement 5 mins</p>		
<p style="text-align: center;"><u>Small Sided Activity</u> 15 mins</p> 	<p>35x20, 5-yd middle zone, 3 teams of 3 (or 4)</p> <ul style="list-style-type: none"> • 1 (or 2) pressure and other defender(s) stay in middle zone • Switch ball over and back = pt. • Team that loses ball becomes defender on the fly but must start in the middle zone 	<ul style="list-style-type: none"> • Technique of service for force, flight and feel • 1st touch out of feet • Body shape for strong follow thru at target • Use of foot away from pressure to deliver pass <p>Whose job is it to create a passing lane? (all)</p>
<p style="text-align: center;"><u>Expanded Small Sided Activity</u> 20 mins</p> 	<p>35x20 including 5-yd end zones</p> <ul style="list-style-type: none"> • 3v3 (or 4v4) to end zones • To score, pass to teammate running into endzone • Ball must lead player into zone (offside line) 	<ul style="list-style-type: none"> • Look for penetrating pass early • Pace and timing of pass and run • Angled run and/or angled pass <p>Why doesn’t a straight pass/straight run combo work?</p>
<p style="text-align: center;"><u>Game</u> 20 mins</p> 	<p>45x35</p> <ul style="list-style-type: none"> • 6v6 to big goals 	<ul style="list-style-type: none"> • Maintain high target for early ball forward • Apply relevant striking techniques to situation • Vision and communication <p>How do passer and receiver communicate about where, when, and how to pass?</p>
<p style="text-align: center;"><u>Cool Down Game</u> 5 mins</p> 	<p>“Horseshoes”</p> <ul style="list-style-type: none"> • 2v2, cones 15-20 yds apart, adjusted to ability • Cone at each end is the “stake” • Serve air ball to partner. 1-touch receive out of air, closest to cone = point 	<ul style="list-style-type: none"> • Angled approach to ball • Strike below equator with inner laces for loft <p>How can you put the right flight on the ball to drop it on your partner’s foot/thigh/chest?</p>
<p style="text-align: center;">Easy Movement and Stretch 5 mins</p>		<p style="text-align: center;">What did we learn today?</p>