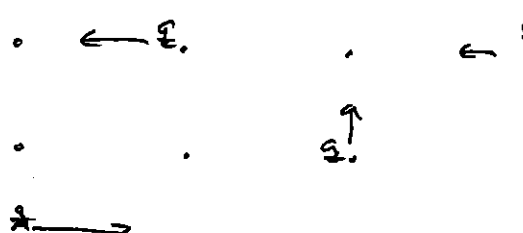
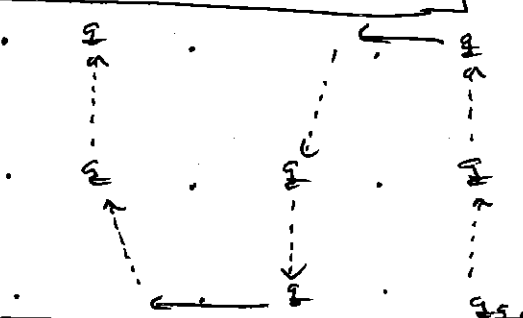
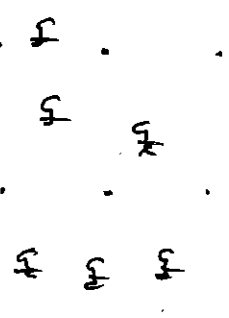


2012 Region IV ODP Boys Camp Training Sessions



Regeneration Training Sessions

Date:	2012 Region IV Boys ODP Camp Regional Staff Training Session	
Session Topic:	#4 REGENERATION	
Age Group/State:		
Warm-Up	WARM-UP EXERCISE #1 5 v. 2	
Small Sided Activity		<p>SET-UP: PLAYER AT ALL THE CONES</p> <p>DIRECTIONS: PLAYERS CAN RUN IN ANY DIRECTION BUT NOT DIAGONALLY BETWEEN CONES</p> <p>→ USE A VARIETY OF DYNAMIC MOVEMENTS TO COMPLETE WARM-UP</p>
Expanded Small-Sided Activity		<p>TECHNICAL EXERCISE #1</p> <p>SET-UP: SAME AS WARM-UP AREA</p> <p>DIRECTIONS:</p> <ul style="list-style-type: none"> → PASS FOLLOW YOUR PASS → AT THE END TAKE 1ST TOUCH INTO NEXT GRID → CHECK ON AN ANGLE! → PLAYER AT END DRIBBLES AROUND GLID TO BEGINNING
Final Stage		<p>FINAL EXERCISE</p> <p>3 v. 3 SOCCER TENNIS</p> <p>VARIATIONS:</p> <ol style="list-style-type: none"> 1. 1/2 TURN 2. LAY OFF, PASS TO NEXT PLAYER 3. ADD 1-2 ON THE ENDS INTO THE NEXT GRID



Notes:

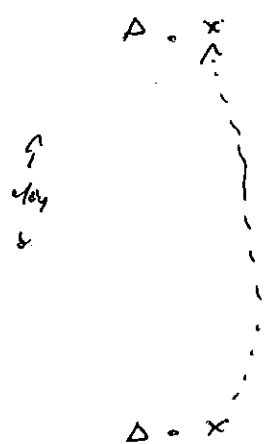
Gabe Smith

Date:	2012 Region IV Boys ODP Camp Regional Staff Training Session
Session Topic:	PASSING AND RECEIVING REGENERATION
Age Group/State:	B99 Idaho/HAWAII
Warm-Up	PLAYERS WITH BEES AND A BALL IN 18 YD BOX. TRY TO GRAB BEE WHILE DRIBBLING. PARTNER STRETCHING
Small Sided Activity	HORSHOES. IN PAIRS. 20 YDS. APART MUST CHIP BALL TO PARTNER AND CONTROL CLOSEST TO CONE? X O X O
Expanded Small-Sided Activity	BACK OF THE NET. EACH PLAYER STROKES BALL AND MUST HIT BACK OF THE NET. MOVE
Final Stage	



Notes:

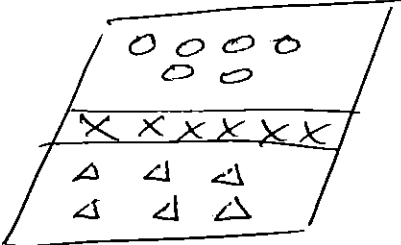
JAMES WAGSWSCHTZ

Date:	2012 Region IV Boys ODP Camp Regional Staff Training Session
Session Topic:	REGENERATION / TEAM BUILDING
Age Group/State:	99's
Warm-Up	JOGGING DYNAMIC + STATIC STRETCHING YOGA
Small Sided Activity	3 v 1 or 4 v 2 to 12 v 2 in BIG CIRCLE, 1 TOUCH on OUTSIDE OUTSIDE MOVES CLOCKWISE WHILE PASSING
Expanded Small-Sided Activity	IN PAIRS - TOSS, HEAD TOSS, TRAP PLAY BACK IN AIR (CHEST, THIGH, FOOT) - MOVEMENT ACROSS FIELD
Final Stage	<p>HORSESHOES</p>  <ul style="list-style-type: none"> - DRIVEN BALL IN AIR TO PARTNER - RECEIVER 1 TOUCH KNOCK DOWN CLOSEST TO CONE - COMPETE VS. ANOTHER PAIR - BALL CLOSEST TO CONE = 1 PT. <p>JOG + FINISH W/ LONG STRETCHING (GOOSE)</p>



Notes:

COHEN

Date:	2012 Region IV Boys ODP Camp Regional Staff Training Session
Session Topic:	RE-GENERATION
Age Group/State:	'99's
Warm-Up	5v2 KEEP AWAY IN MOTION
Small Sided Activity	HAND BALL SOCCER - THROW HEADER CATCH - SCORE WITH HEADERS ONLY
Expanded Small-Sided Activity	SOCCER TENNIS 
Final Stage	KICK INTO BACK OF THE NET - 6 YARDS - 18 YARDS - 25 YARDS





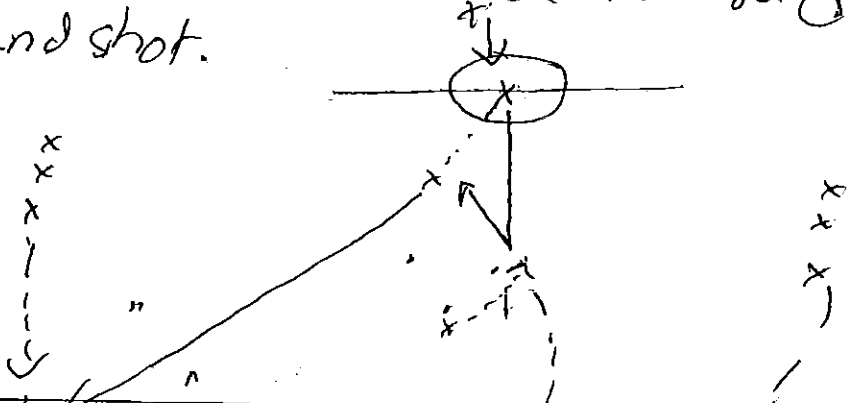
Notes:

Date:	2012 Region IV Boys ODP Camp Regional Staff Training Session
Session Topic:	TECHNICAL FUNCTIONAL REGENERATION SESSION
Age Group/State:	ON PASSING & RECEIVING
Warm-Up	GROUPS OF 2'S JUGGLING A BALL INCLUDING DYNAMIC STRETCHING. (5 MINS)
Small Sided Activity	SHORT-SHORT-LONG PASSING ACTIVITY (15' x 10') WITH INTERCHANGING POSITION (15 MINS)
Expanded Small-Sided Activity	LONG DISTANCE PASSING AND REDIRECTING (20 MINS) STATIONARY CHIPPING A BALL WITH ACCURACY TO A TARGET WITH REDIRECTS IT TO HIS PARTNER AND CATCHES IT
Final Stage	PASSING ACTIVITY IN A DIAMOND SHAPE SEE ATTACHED SHEET. AT THE END STATIC STRETCHING FOR 5 MINUTES WITH A PARTNER.



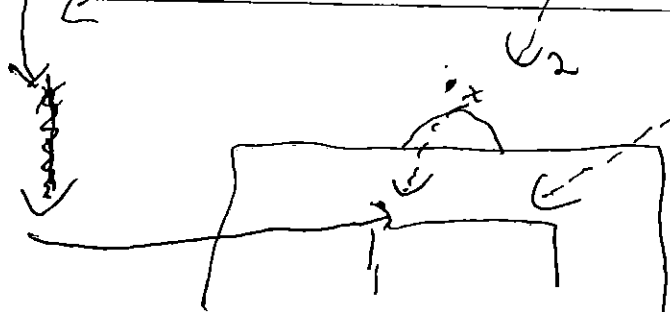
Notes: COACHING POINTS: * LOCKING THE ANKLES (SHORT PASS)
 * FOLLOW THROUGH (LONG PASS)
 * HITTING THE BALL RIGHT IN THE CENTER OF THE BALL (BACKSPIN) UNDERNEATH!

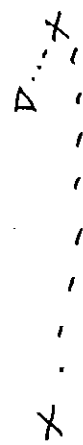
Doug Hill

Date:	2012 Region IV Boys ODP Camp Regional Staff Training Session
Session Topic:	Regeneration 13 JULY (FRI) 1530
Age Group/State:	
Warm-Up	Jogging/stretching-Dynamic Big circle X's like SU2 14 v 3 But guy on Rt + Lt go with you on D
Small Sided Activity	Touch (Tech) around big circle Rt + Lt Post 3-ball then miss one guy out (up 2 back 1) ball  Rt then left
Expanded Small-Sided Activity	Touch into target open hips go fwd to next guy Touch to Target drop back (ie from first drill but w/ fwd direction)  last guy shoots
Final Stage	TO GOAL ONE Direction same but now kick out to wide MF for cross and shot. 



Notes:

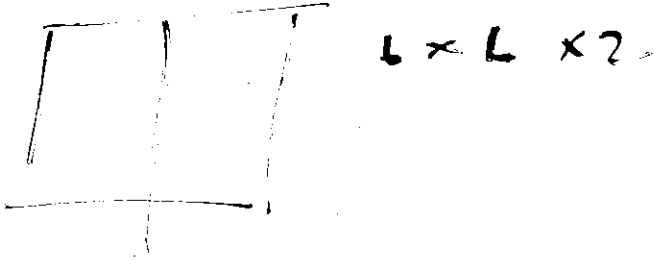


Date:	7-13	2012 Region IV Boys ODP Camp Regional Staff Training Session
Session Topic:	Regeneration / Team bonding	
Age Group/State:	97	
Warm-Up	<ul style="list-style-type: none"> - Jogging - Yoga - static stretching 	
Small Sided Activity	<ul style="list-style-type: none"> - Divide team into 2 groups - keep track of score - in groups of two = who can partner juggle the most <ul style="list-style-type: none"> - Head back & fourth - in groups of four = who can juggle to Half field and back 	
Expanded Small-Sided Activity	<div style="display: flex; align-items: center;"> <div style="border: 1px solid black; padding: 5px; margin-right: 10px;">XX</div> <div style="border: 1px solid black; padding: 5px; margin-right: 10px;">YY</div> <ul style="list-style-type: none"> - 2 v 2 Soccer tennis - set up 4 grids - 3 min. games - Rotate team X to the Right - keep track of points - Ball must cross line above knee height. </div>	
Final Stage	<div style="display: flex; align-items: center;"> <div style="margin-right: 20px;">  </div> <ul style="list-style-type: none"> - Drive ball to Partner - Receiver tries to knock cone down or closest to cone = 1 point - keep track of points towards entire team points. * Jog * finish with long stretch </div>	



Notes:

#3

Date:	2012 Region IV Boys ODP Camp Regional Staff Training Session
Session Topic:	REGeneration
Age Group/State:	97 Oregon ; Tampa Bay
Warm-Up	Dynamic warm up. Pairs → shadow player w/out Ball
Small Sided Activity	Juggling in Pairs (1-5/5-1)
Expanded Small-Sided Activity	Juggling Groups of 5 → Head only → Feet only → Touch
Final Stage	Soccer Tennis Tournament. Pairs  L x L x 2

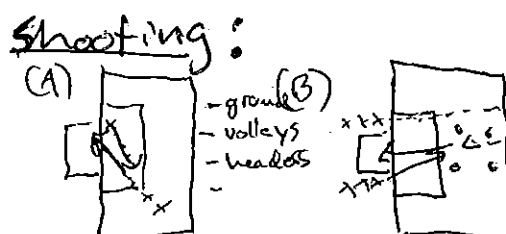
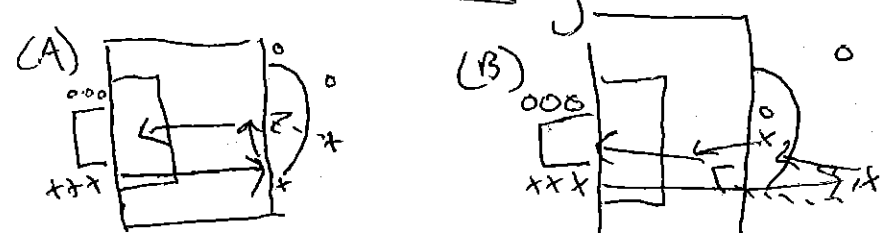


Notes:

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Kelly Coffey

Date: 7/13	2012 Region IV Boys ODP Camp Regional Staff Training Session
Session Topic:	Regeneration / Finishing
Age Group/State:	97 Boys Utah
Warm-Up	jogging, juggling, stretching
Small Sided Activity	<p>Shooting:</p>  <p>op's • Technique</p>
Expanded Small-Sided Activity	<p>Combination Finishing:</p> 
Final Stage	<ul style="list-style-type: none">• Warm down• farther stretch



Notes:

Date:	2012 Region IV Boys ODP Camp Regional Staff Training Session																					
Session Topic:	Regeneration	Day 3																				
Age Group/State:	97	Coach: MARK BIGGI																				
Warm-Up	technical warm-up "Pele" touches - headers down the line...																					
Small Sided Activity	- Soccer tennis - 3 teams - 1 team is wall - try to touch ball, switch - restrictions, 1 bounce, touch five players before return																					
Expanded Small-Sided Activity	<div style="display: flex; align-items: center;"> <div style="border: 1px dashed black; padding: 5px; margin-right: 20px;"> <p style="text-align: center;">15</p> <table style="border-collapse: collapse; margin: 0 auto;"> <tr> <td style="padding: 2px 10px;">x</td> <td style="padding: 2px 10px;">x</td> <td style="padding: 2px 5px;">▲</td> <td style="padding: 2px 10px;">o</td> <td style="padding: 2px 10px;">o</td> </tr> <tr> <td style="padding: 2px 10px;">x</td> <td style="padding: 2px 10px;">x</td> <td style="padding: 2px 5px;">▲</td> <td style="padding: 2px 10px;">o</td> <td style="padding: 2px 10px;">o</td> </tr> <tr> <td style="padding: 2px 10px;">x</td> <td style="padding: 2px 10px;">x</td> <td style="padding: 2px 5px;">▲</td> <td style="padding: 2px 10px;">o</td> <td style="padding: 2px 10px;">o</td> </tr> <tr> <td style="padding: 2px 10px;">x</td> <td style="padding: 2px 10px;">x</td> <td style="padding: 2px 5px;">▲</td> <td style="padding: 2px 10px;">o</td> <td style="padding: 2px 10px;">o</td> </tr> </table> </div> <div> <ul style="list-style-type: none"> - keep score, - serve to score - play to 10 </div> </div>		x	x	▲	o	o	x	x	▲	o	o	x	x	▲	o	o	x	x	▲	o	o
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Notes: