

“Expansion and Contraction”
Region II Girls ODP Camp
Wednesday, July 7 2004
U-15 (1989) Girls

Activity #1: Possession

Organization

Numbers: Teams of 4 or 5, as required.

Space: Three to four areas of 20x12 (3v1) or 20x15 (4v1)

Time: Rounds of 60 seconds

Scoring: Highest number of consecutive passes per round. Compare teams for winner.

Rotate a new defender after each round.

Any balls out of bounds revert to the attackers.

Defenders should maintain possession as long as possible.

First pass is always free.

Coaching Points:

Players should not cross each other

Mobility to support the ball

Expansion and contraction on positive/negative turnovers

Activity #2: Line soccer

Organization

Numbers: 4v4

Space: 35 x 25 yards (40x30 max)

Scoring: Cross the long line in possession

Time: 10-minute rounds (rotate and rebalance teams, as required)

Coaching Points:

Players should organize into positions and maintain shape.

No crossing over without changes in roles.

Attackers should balance mobility while maintaining group balance.

Defenders should work as a team to compact space.

Activity #3: Game to Goal

Organization:

Numbers: 7v7/8v8, arranged 3-2-2, or 3-1-2

Space: 60 x 40 / 70 x 50. Offside at half or top of box

Scoring: Regular

Time: 40-50 minutes

No kickoffs following goals.

Coaching Points:

Define roles and provide for defensive balance in attack.

Create space in the back to possess the ball

Look for opportunities to counter, build, or attack when in possession; and opportunities to deny the counter, press and drop off in defense.