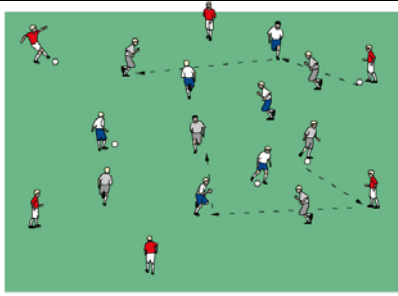
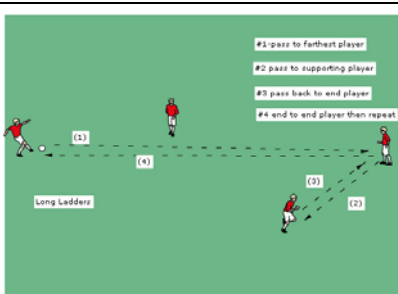
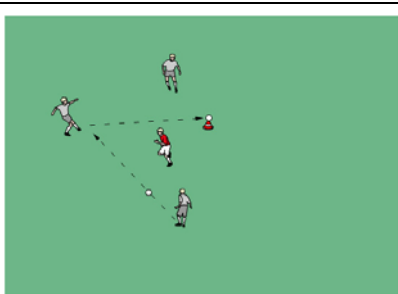


Indiana Youth Soccer Association Lesson Plans

Author: Vince Ganzberg

Age Group: ODP State Pool Training @ Regional Locations 91-94 birth years

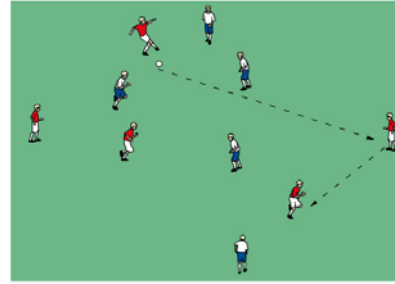
Topic: Possession with a purpose

Activity Name	Description	Diagram	Purpose/Coaching Points
1			
Warm-Up 1) Three color passing	1) Three colors. One color is on outside, other two are inside. Colors play to a different color. Pattern. Example: Reds pass to whites, whites to blues, blues to reds		<ul style="list-style-type: none"> • Techniques of passing • Receiving • Have players in view
2			
Warm-Up #2 Ladders	Long Ladders Short Ladders		<ul style="list-style-type: none"> • Passing • Receiving • Technical speed
3			
Match Related 3v1	Groups of 4-Two balls Knock ball of cone. Player in middle tags player with ball.		<ul style="list-style-type: none"> • Passing • Receiving • Playing forward when you can

4

Match Related
East-west
Vs.
North South

Two teams of 5-6. Each team has a target player on both ends. One team is going e-w, the other team is going n-s. A point is scored every time the ball gets to one target and then back to the middle.



- Passing
- Receiving
- Playing forward
- Preparing to play forward

5

Match Condition

Play 7v7-8v8 on a more narrow field to encourage penetration

