

Region II Olympic Development Program
U15 Girls
Theme: Creating Space and Combining in Two's and Three's
Tom Turner, Region II Head Coach

Warm-up

- 25 x 25 grid
- 3v3 + 4 / 3v3 + ?
- To score, the attacking team passes to any of the four (?) neutral players and connects to a third teammate with a 1-touch pass.
- Games are to 5.
- If the passer receives the ball back from the neutral player, the team maintains possession, but does not score.
- Neutral players have three touches. If no pass is made after two touches, the ball MUST be passed to one of the other neutral players to keep the ball circulating.

Second Activity

5v5 to full goals

50 x 30 area

Organize players 2-1-1

Offside line 10 yards from goal

Main Coaching Points

If no immediate counter-attack, develop basic spacing ideas:

- Forward and midfield players push out of the back (GK in possession)
- Defenders open to the side of the field
- **GK should advance the ball to create a passing lane(s)

Building up: Build basic connection ideas between 5 players.

- Midfielder and forward should move in opposition to each other (high-low, left-right)
- Midfield player acts like a AMF / #10 in 3-front, playing off striker's movements
- Defenders should not be forward together (team should be even numbers in defense)
- Central player should not kill passing lanes to forward
- Striker should not stand on sidelines
- Midfield player should help build out of the back / change POA by showing in central spaces
- Defenders should run the ball into space when possible
- Turning and finishing from MF and striker encouraged

Final Game

8v8, with same general coaching goals as last night.