

1995 GIRLS ODP



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VIRGINIA YOUTH SOCCER ODP: 1995 GIRLS

INTRODUCTION/PHILOSOPHY

Please find enclosed our ideas, philosophies and the actual delivery of what we did this past ODP Season with the 1995 Girls State Pool.

The Virginia Olympic Development Program (boys and girls) believes that we must put an emphasis on the technical development of each player. Technical “cleanness” is the back bone of all aspects of the game and focusing on this area will create a better soccer player. A player, who can do things well technically, will be able to make better tactical decisions. This was the number one focus with the 1995 Girls State Pool.

Secondly, our female players need to be given more opportunity to develop as creative individuals. By allowing players the freedom to risk and by giving them the responsibility to try, we will in fact, develop a more confident young woman. We made sure to coach in a player centric manner. Please note how we presented ideas by using “Guided Discovery (asking meaningful questions),” our activities used in practice always had a soccer decision to be made and our on field philosophies focused on the individual impacting the game. This year, our theme was “what can I do to impact the game,” next year this will shift to “what can I do to make my team better”.

Lastly, we strongly believed that our players needed to take ownership of their development. We wanted to assist players in establishing a high standard of training for themselves and a realistic expectation of self. We made sure to always set expectations very high, especially when it came to technical details. Every practice we would have competition within the setting, this was very important in establishing this culture. Feedback would be available for all players. In providing this advice, we wanted “the player” to come forward verses the parent. It is the player who puts forth her effort on the field and thus, is accountable. She needs to be the one who owns what she needs to do to get better.

We will have four main focuses this ODP Season:

Technique

- 1st touch: Must have a quality 1st touch and be able to bring the ball under control quickly.
- Passing: Pass on all surfaces. Don't give ball away. Be clean with the pass.
- Dribbling: Taking players on. Look to express oneself.

Speed

- Technical Speed: Settling ball, executing technical demands and not getting caught with ball
- Tactical Speed: Reading the game and making good soccer decisions.
- Pure Speed: Natural running speed. Must be able to be explosive and quick.

Character

- Do they truly love the game?
- Do they work hard off the ball?
- Do they deal well with adversity?
- Do they work hard away from training?
- What is our players' character off the field?

Leadership

- Can our players make decisions without the coaches' input?
- Can our players take responsibility for their own development and thus, ownership of mistakes and growth?
- Can our players show the way for all to follow, thus develop their own self confidence?

This was very important for us. With players going to events in unfamiliar settings: International travel, State ODP events, to Region Camp with players they don't know. We felt our players needed to step up and lead...even a simple thing like the warm-up. Don't wait, lead.

TEAM BUILDING

How can we develop "team standards" when the training opportunities are comparatively so few to club or other setting? Here are some of the "ideas" we used within this ODP Cycle:

- All players were asked to do "goal setting" in different formats.
 - At the beginning, the players filled out a "Goal Setting Form" (copy is attached) as an overview for the Season. This helped the coaching staff set a starting point per player.
 - ODP Self Evaluation Forms for practice play were also used. Filled out periodically.
 - During events, specific areas were addressed through workshops. For example, in the Czech Republic, Dr. Dan Friegang did sport psychology sessions on "Managing Game Arousal" and presented tools to assist the player with "Self Evaluation". Other goal setting took place at events through coach meetings (formal and informal) with the team and with individuals.
- Every ODP practice had a social problem to solve. For example:
 - No pennies were used in a session and players had to sort out team dynamics within the practice, even in the small sided games.
 - Small sided teams were organized such that all defenders were on one team, all mids on another and all forwards on one. Thus, decisions had to be made within the group who was going to play what role.
 - Coaches arrived late to the field and missed warm-up (we actually watched from the sideline-on purpose). We wanted to see who knew how to get themselves ready, who looked to lead and who didn't. Great learning tool with great conversation after. This had a big impact throughout the year and when we went to camp.

- In most small sided sessions (other than the one mentioned above as per solving “social issues”), we tried to keep pairs of players together. IE: 2 center mids; 2 center backs; outside back and wide mid. This was done to enhance and improve chemistry once we moved onto “bigger field” activities and matches (8 v 8; 11 v 11).
- In travel, players of similar positions were roomed together.
- Using Guided Discovery at every opportunity. Please see the practice plans as we wanted to make sure this was a huge element of our coaching and we even organized “themes” we would use so that there was consistency in the message throughout the staff. It was important for our staff to show his/her own personality but in essence, provoke the player to come up with the solutions we wanted for the day’s topic.
- All coaches took detailed notes on each player and when events were announced, we always had feedback ready to give to those players selected and those who were not.

TEAM PRACTICES

Practicing with the top players of one’s own State has a significant role to play in development. The increased speed of play required from the technical, tactical, psychological and physical aspects of the game puts players on notice as they step onto the field. Goals set in ODP (technique, speed, character, leadership), were expected to carry on in a respectful and complimentary manner in their home club environment. Conversations were had with club coaches and club games/tournaments were scouted throughout the year.

Here are the “ODP Training Priorities for the 2009 Season”

60% OF THE PRACTICE ON TECHNICAL TRAINING

- 1st Touch Control-On the move, All surfaces, Mastery of the Ball.
- Passing-Both feet-Inside, Outside, Laces, Heel-Short, Long Balls-On the move.
- Shooting-Both feet-Laces, Bending Balls, Toe Pokes, Volleys, ½ Volleys-On the move.
- Dribbling-Different moves.

20% OF THE PRACTICE ON POSSESSION/PENETRATION

MUST HAVE COMPETITIVE GAMES WHERE WINNERS ARE DETERMINED

- No Direction-Groups of 4V2, 3V1, 5V2-tight grids (8yds X 8yds for example), encourage 1 touch, deception.
- Direction-Groups of 4v4+ 1, 5V5+2, etc. over end lines or dribbled through small end goals.

20% OF PRACTICE ON SMALL SIDED GAMES

MUST HAVE COMPETITIVE GAMES WHERE WINNERS ARE DETERMINED

- No larger than 7V7. Across field. Conditioned games. With GK’s
- Emphasize competition and winning the game.
- Quickness in technique, keep the ball, move as a unit.
- Put conditions on games to bring out individual and collective defending.

TEAM SHAPE (FORMATION)

After assessing our strengths and where we felt we could really emphasize an attacking personality, we decided on a 1-4-3-3 formation.

- In attack:
 - GK always had a role in possession, playing more central and high.
 - 2 center backs shifting across the back line to support the whole team.
 - 1 holding mid and our wide backs pushing up to provide width for the mids.
 - 2 attacking mids, one would be given more freedom than the other (depending on personalities).
 - 3 strikers who had the freedom to roam, provided that width and height were respected.
- Within this “organization” we could shift to easily to a 1-4-4-2 or 1-3-4-3; which we did during competition.
- In defending, responsibilities were more traditional. A zonal system was employed.

COMPETITION

This past ODP Season, we participated in 3 events.

At the Virginia ODP Friendlies (Williamsburg, VA) and the ODP Region 1 Tournament (Rider, NJ), we selected 2 teams and balanced them equally, no need to have an “A” and “B” squad at this young age. The impact of differentiating could have an adverse effect on a young player and their confidence/development. In some situations, a players’ skill could be very good but because they lack physical size, they may be overlooked. Technical skills were weighed more than athleticism; we know that in a couple of years that this will not be an issue.

For the Czech Republic trip, we selected 1 squad. This trip was invaluable in developing self confidence and experiencing new cultures. We visited various parts of the Czech Republic; Vienna, Austria and Bratislava, Slovakia. Played 4 games and saw 4 pro games (2 in the Czech Republic, including 1 woman’s senior match; 1 in Austria and 1 in Slovakia). From the soccer perspective, we learnt that women’s soccer is on the rise in Eastern Europe as the competition was significantly stronger than other trips. Being immersed in a “football” culture for 10 days was full of life altering memories.

We went into all events with a goal of winning every game and we as coaches, would structure the team to do that without jeopardizing our initial philosophy of developing the individual player. Tactical changes were made during matches to go for the result if behind or to shore up things if we were ahead late. If we selected a player for an event, they played.

CONCLUSION

Going forward, the coaching staff will look at what can be improved for each individual selected. The main goals of setting a high standard of technique, increasing our speed of play, having a good character and developing leaders was addressed and now will be built upon. The true goal of development is where our players are at when they are 18+ years old. Only then can we really truly evaluate the quality of work done now.

APPENDIX

Practices (a sample of the sessions):

- 1st Attacker
- 2nd Attacker Role
- 3rd Attacker-Penetration in Attack
- Combination Play
- Changing the Point of Attack
- Team Defending

Goal Setting Form:

- Player Goals for Season

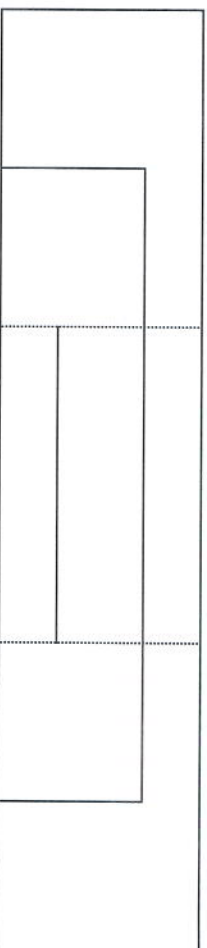
PRACTICE PLAN

Team: ODP Girls 95
Location: Striker Park
Topic: 1st Attacker

Number of Players: --
Date: --

Organization:

- 1/2 Field
- split field into 3rds (2 full for goals; 1 small sided)
- organize group (defenders, mid, forwards); allocate evenly to fields [16 field players; distribute gks]
- need each area split into 2 and pennies for 2 teams of 4/5 (2 games of 4 v 4/5 v 5) will happen



Warm-Up/Stretch:

[1/2 field]

Players in 3 separate areas; 1/2 have soccer balls

* 1st player combination (take over; leave it)

* Pass and move

--> receive with an attacking touch into space

--> receive with a tight touch then attack space

--> take on a defender and attack space behind

I.

2 v. 2 to 1 goal

[small gate goals in area]

* Play 2 v.2 to 1 goal (2 yds), dribble through to get a goal

II.

4 v.4 // 5 v/ 5 to a line

[1/8 field; use gk if we can]

* Play 4 v. 4 small sided; dribble over line to score

III.

7 v. 7 + 2

[1/4 field to goal]

-->Neutrals with attacking team; neutrals must look to attack on first touch

[2 fields with gk, 1 does not]

-->attacking shape to create 1 v 1

IV.

Small sided game (8 v. 8)

[1/4 field to goal]

--> Team shape (2-4-2)

COACHING POINTS:

Dribbling Open area vs. tight, feints/moves, change of speed/direction, engage defender (front foot), get into space behind

1st Attacker Dribble vs. pass (area behind defender decides that)

2nd Attacker Supporting position to become 1st attacker or to help the current 1st attacker

Un Balancing Team Speed of thought off the ball to get in

Attacking Shape 1st attacker (see field--pending-- where is ball, goal, defenders); 2nd attacker-- will they become 1st

Guided Discovery Get players to recognize players attacking opportunities. They need to make a decision and see. IE... Where is space?

How quickly can we 1 go forward? What do I need to do to commit and beat defender?

TEAM ATTITUDE:

Me first, risk without consequence, go for it, take a chance, show individual skill

COACHING STAFF GOALS:

Establish standard of training

* More about quality and pace vs amount.

Names and personalities of players.

* Discover which players can play in pairs. (CB, CM, WB, F, WM)

PRACTICE PLAN

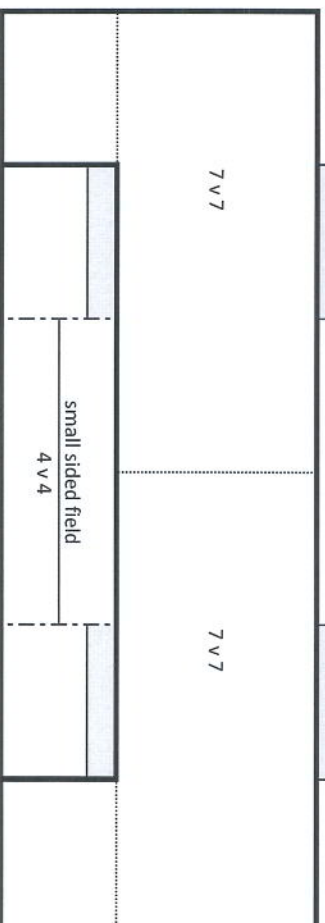
Team:
Location:
Topic:

ODP Girls 95
Striker Park
2nd Attacker Role -- Combine or Attack On Own

Number of Players: --
Date: --

Organization:

1/2 Field
-split field into 3rds (2 full for goals; 1 small sided)
-organize group (defenders, mid, forwards), allocate evenly to fields [16 field players; distribute gks]
-need each area split into 2 and pennies for 2 teams of 4/5 (2 games of 4 v 4/5 v 5) will happen



Warm-Up/Stretch:

Players in pairs, passing and moving

- * Man on and turn...show difference if turn is into space vs pressure
- * 1-2, show details in 1-2 (off front foot, disguise and play etc...)
- > receive with an attacking touch into space
- > receive with a tight touch then attack space
- > shield player for the 1-2; different types of 1-2

[1/2 field]

I.

- 4 v 4 +4
- * 2 teams combine to keep ball away from the 3rd team
- >When defenders win the ball, they must dribble out of area to score (keep score on how many "goals"), switch after 2 min.
- >Switch to transition, when defenders win the ball--who ever they win it from is now the defenders

[Coach decision]

II.

- 6 v 6 to 4 goals
- *Each team defends 2 goals; attacks 2

[Coach decision]

III.

- Small sided game (8 v. 8)
- > Team shape (2-4-2)

[1/4 field to goal]

COACHING POINTS:

- Dribbling** Open area vs. tight, feints/moves, change of speed/direction, engage defender (front foot), get into space behind
- Passing** Quality of tech., right pace, disguise, to front foot or not
- Receiving** Quality of tech., know the space behind you, receive away from pressure/opponent
- 1st Attacker** Dribble vs. pass (area behind defender decides that)
- 2nd Attacker** Supporting position to become 1st attacker or to help the current 1st attacker
- Un Balancing Team** Speed of thought off the ball to get in
- Attacking Shape** 1st attacker (see field--pending -- where is ball, goal, defenders); 2nd attacker-- will they become 1st
- Guided Discovery** Get players to recognize players attacking opportunities: They need to make a decision and see. IE... Where is space? How quickly can we 1 go forward? What do I need to do to commit and beat defender?

TEAM ATTITUDE:

- Me first, risk without consequence, go for it, take a chance, show individual skill
- 2nd Attacker--what can I do to help team?

COACHING STAFF GOALS:

- Establish standard of training
- *More about quality and pace vs amount.
- Names and personalities of players.
- *Players in pairs: (CB, CM, WB, F, WM)

PRACTICE PLAN

Team:

ODP Girls 95

Striker Park

Location:

Penetration in Attack--3rd Forward

Number of Players: --

Date: --

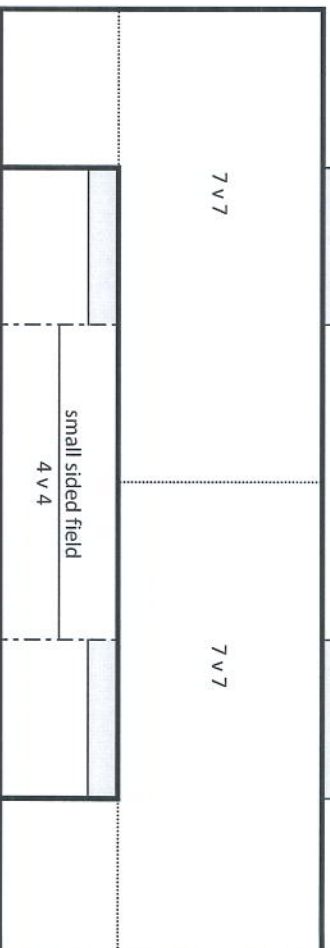
Organization:

1/2 Field

-split field into 3rds (2 full for goals; 1 small sided)

-organize group (defenders, mid, forwards); allocate evenly to fields [16 field players; distribute gks]

-need each area split into 2 and pennies for 2 teams of 4/5 (2 games of 4 v 4/5 v 5) will happen



Warm-Up/Stretch:

[1/2 field]

Players in pairs, passing and moving

* Vary service to work on receiving (can incorporate throwing and receiving)

Players in 4s (fours) passing and moving

* 3rd player running--find the furthest player away from attack

--> 2nd attacker checks--find 3rd running into space

--> overlap combination play

I.

4 v.4 // 5 v/ 5 to a line +1 or 2 neutral players

[1/8 field; use gk if we can]

* Play small sided to end zone; dribble over line to score or find player on a penetrating run

II.

7 v. 7 + 2

[1/4 field to goal]

-->Neutrals with attacking team; neutrals must look to attack on first touch

[2 fields with gk, 1 does not]

-->attacking shape to create 1 v 1; 2 v 2s

III.

Small sided game (8 v. 8)

[1/4 field to goal]

--> Team shape (2-4-2)

COACHING POINTS:

Dribbling Open area vs. tight, feints/moves, change of speed/direction, engage defender (front foot), get into space behind

Passing Quality of tech., right pace, disguise, to front foot or not

Receiving Quality of tech., know the space behind you, receive away from pressure/opponent

1st Attacker Dribble vs. pass (area behind defender decides that)

2nd Attacker Supporting position to become 1st attacker or to help the current 1st attacker

3rd Attacker Runs behind defence, can we unbalance attack

Un Balancing Team Speed of thought off the ball to get in

Attacking Shape 1st attacker (see field--pending -- where is ball, goal, defenders); 2nd attacker--will they become 1st

Guided Discovery Get players to recognize players attacking opportunities. They need to make a decision and see. IE... Where is space?

How quickly can we l go forward? What do I need to do to commit and beat defender?

What do I have to do to be involved?

Me first, risk without consequence, go for it, take a chance, show individual skill

2nd Attacker--what can I do to help team?

3rd Attacker--how can I get forward?

TEAM ATTITUDE:

COACHING STAFF GOALS:

Training speed now increased

*More about quality and pace vs amount.

Names and personalities of players.

*players in pairs. (CB, CM, WB, F, WM)

PRACTICE PLAN

Team:

ODP Girls 95

Number of Players: --

Location:

Striker Park

Date: --

Topic:

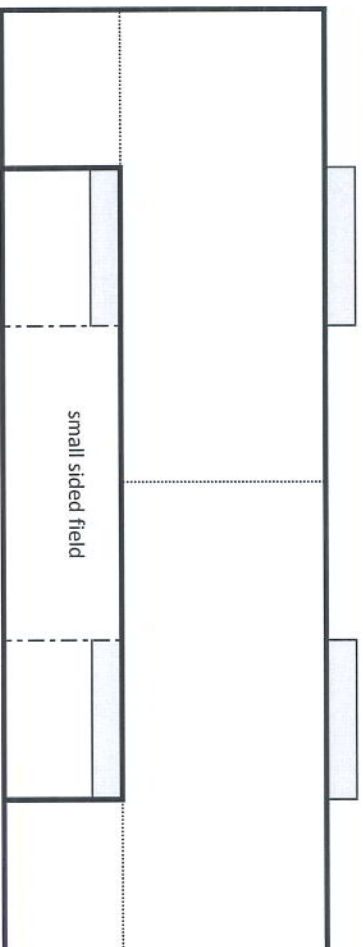
Combination Play

Organization:

1/2 Field

-split field into 3rds (2 full for goals; 1 small sided)

-organize groups--according to Shaw (players are in prearranged groups as per tiered teams)



Warm-Up/Stretch:

Players in 3s passing and moving

*Vary service to get different types of touches (throw, control, pass)

Players in 3s

*Show 1-2; double pass; overlap

[1/2 field]

I.

4 v. 4 + 4 to end zones

*Play to receiving or dribbling into in zone--limit who can actually get in (IE: Neutral players only, mids only, outside mids, forward etc..)

--> this activity to bring out --speed of play or do we need to slow it down till we get the "right" players forward

--> tempo varies--start one team a goal down

[1/8 field; use gk if we can]

II.

Small sided game (8 v. 8)

--> Team shape (4-2-2)

[1/4 field to goal]

COACHING POINTS:

Dribbling Quality of tech., application

Passing Quality of tech., application-->the right combination

Receiving Quality of tech., application-->the right combination

Attacking Principles Score or pass to someone who can score or pass to someone who can pass it to someone who can score or keep it

Guided Discovery Get players to recognize players attacking opportunities. They need to make a decision and see. IE... Can I score? Pass

to scorer. ETC.... Where is space? How quickly can we I go forward? What do I need to do to commit and beat

What do I have to do to be involved?

TEAM ATTITUDE:

Me first, risk without consequence, go for it, take a chance, show individual skill

2nd Attacker--what can I do to help team?

3rd Attacker--how can I get forward?

COACHING STAFF GOALS:

Set environment as high standard and very open (meet kids as they arrive on field)

Highlight training speed--BIG emphasis [must commit to a thought]

PRACTICE PLAN

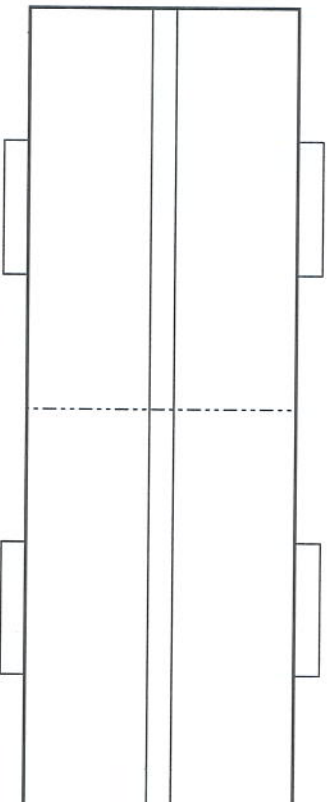
Team:
Location:
Topic:

ODP Girls 95
Williamsburg
Change Pt. of Attack-2

Number of Players: --
Date: --

Organization:

Field
-split field into 2 fields
-organize group (defenders, mid, forwards); [4 teams, 30 field players;]
--> We will finish with 7 v 7 or 8 v 8 at the end.



Warm-Up/Stretch:

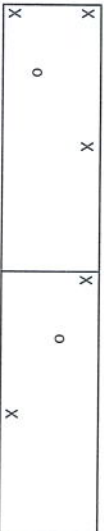
[1/2 field]

Players in 3's or 4's Passing and Moving
* 3 or 4 short passes then get out w/ long
*Variations in Service (driven, bending - I/O of foot, lofted)

I. 3 v 1 --> 2 v 1

[Coach decision]

* 3 keep possession look to change pt. of attack after certain number of passes (dribble across - play ball across)
-->If ball is played across one player must go and support (Player playing pass must go or player off ball must support)
-->When defenders win the ball, look to keep possession, can switch ball to other defender - change after 2 min.



II.

[Coach decision]

6 v 6 + 2 to 6 small goals
*Each team defends 3 goals; attacks 3
*Outside goals - 2 pts. Inside goal - 1 pt.
*Quick short passes to draw defenders in the change pt. of attack

III.

[1/2 field to goal]

Small sided game 7 v 7 or 8 v. 8 depending on #'s
--> Team shape (2-4-2)
-->attacking shape to create 1 v 1; 2 v 2s

COACHING POINTS:

- Dribbling** Quality of tech., application (Which type of pass to play)
- Passing** Quality of tech., application (Which type of pass to play)
- Receiving** Quality of tech., 3 different ways to switch (dribble, short passes, driven pass)
- Guided Discovery** What do I have to do to be involved? How can I create numbers up situations? How can I get in behind defenders? Where can I play ball to get in behind defenders? How can I support the ball and other players to go forward?

TEAM ATTITUDE:

Emphasize taking players on and speed of play with the switch

PRACTICE PLAN

Team: ODP 1995 Girls **Number of Players:** --

Location: Czech Republic-FC Slovaccko Practice Field **Date:** --

Topic: Team Defending

Warm-Up/Stretch: [1/2 field]

Players in groups of 3, passing and moving in area

--> On "GO," player with the ball is the attacker and tries to split other 2 on dribble

* Work on 1v.1 Tech (side one, eyes on ball, space between ball and defender, channeling)

* Work on "covering player" (communication, space, side on, channeling)

I. 2 v. 2 to 1 goal [small gate goals in 1/2 field]

-->Play 2 v.2 to 1 goal (2 yds), dribble through to get a goal

* Work on Pressure-Cover situations (angle, speed, communication, first step when ball is played)

II. 4 v.4 [1/4 field; use gk if we can]

-->Play 4 v. 4 small sided

* Work on recovery; when to pressure; when to drop

III. 6 v. 6 +3 [3/4 field]

-->Neutrals with attacking team; defenders always 3 players down

* Work on recovery, establish team shape (back end of formation)

IV. Small sided game (8 v. 8) [3/4 field]

--> Team shape (2-4-2)

COACHING POINTS:

1st Defender proper feet, eyes on ball, jockey and control, channeling, speed and space to attacker, communication

2nd Defender space to 1st D, speed, control, angle/distance, communication

Balancing Team recovery, get compact, communication

Defending Shape can we put pressure vs. recover, can we channel inside--is there help, communication, role of gk

Back 4 when to drop vs. hold line [is there pressure on ball--we can hold; is ball going away from our goal--we can step; is ball being advanced on a dribble with no pressure or is ball being played forward with no pressure--must be ready to drop or be dropping (depends where the ball is)]

Guided Discovery Ask questions to get players to think and recognize defending issues: Use these questions: Where is the danger? How quickly can we get them? If a player gets beat...look at their feet and the space (ask questions that lead them to the right answer). Second defender issues, team questions: How can we stop them? How can we help each other? Keep the ball and them in front of us.

TEAM ATTITUDE: We help each other! Doesn't matter who lost it--we got to get it back!

When ever we can--push them inside--if we have no help--then away from our goal (prefer backwards than outside)

COACHING STAFF GOALS:

Establish standard of effort (Praise GOOD technique, 1v.1)

All players must understand the role of the first defender when we lose it--got to happen immediately.

Introduce the role of the second defender--Everyone else recover goalside and inside



VIRGINIA YOUTH SOCCER ASSOCIATION
OLYMPIC DEVELOPMENT PROGRAM
1995 GIRLS STATE TEAM



Name: _____

Date: _____

My goals for this ODP season are:

Why do I want to meet these goals?

What are the "things/issues" that stand in my way?

How will I overcome these "things/issues"?

To achieve these goals I will:

"If you don't have any idea where you are going, then you'll probably end up some place else."