

## OMM TRAINING SESSION

### 1. GATES PASSING

#### ORGANIZATION

Have players paired up w/ 1 ball. They earn one point by passing the ball through the cone gate (goal) to his/her teammate. After scoring at one gate quickly progress to another. The pair that scores the most point in a specified time wins.

#### Variations

Stipulate that 3 passes have to be made at each gate in order to earn 1 point. So for e.g, 1<sup>st</sup> pass is through the gate but the return pass has to be at one of the sides, then at the other side. This fosters more passing & receiving, plus it alternates the first passer at the next gate  
Demand passes expert betting soccer tips be made w/ different surfaces of the foot

#### Coaching Points

Demonstrate the mechanics to make the various technical passes w/ inside of shoe – heel down and toes to nose; outside of shoe – toe points down and heel up etc  
Standing or plant leg beside the ball  
Strike the ball at the center or above for the ball to stay on ground

### 2. JURASSIC PARK

#### ORGANIZATION

Divide players into groups of 2, 3 or 4. Have them positioned behind their goal. Place all the ball (eggs in this case) in the middle surrounded by cones and guarded by a T rex (coach/player). On Coach's command one player at a time rushes out to try steal a ball (w/ hands to start) and place in his/her goal w/o being caught by the Betrig T rex. When all balls are stolen, let the players count for the winner.

For the second stage, have players return balls one at a time. The team that has returned all their balls w/ players sitting behind goal, wins.

#### Variations

Players use feet to dribble and then pass into the goal. Then the teammate can go for the next ball. On the return, players have to dribble and stop ball w/ sole of shoe in the circle then run back and tag teammate.

#### Coaching Points

On the second round teaching the technical points of speed dribbling (Ronald) and close control dribbling (Messi) can be demonstrated. Speed dribble – point toe down, touch ball big w/ laces or outside of shoe. Given the goal is far (space) big touches are required. As player gets close, smaller touches (using same surfaces) are demanded.

### **3. CONE KNOCK DOWN – 3 Teams**

#### **ORGANIZATION**

This game demands dribbling, turning, passing/shooting in order to get a cone. Divide players into 2 or 3 groups. Coach has all the balls. You can number the players if you choose, especially if it's a group of different ages and sizes. When the coach plays out a ball, one player from each team goes out to get the ball then penetrate (dribble/pass/shoot) to knock down a cone. A cone can be knocked down from any side, but when that occurs that round is over and all players return to their team.

#### **Variation**

Play multiple games at the same team, i.e. the first 3 players would be playing and then another ball would go out for another group of 3.

#### **Coaching Points**

Demonstrating the technical skills to shield, dribble, turn, stop, change of direction etc.

NB – This is a high intensity game, players should not be playing for over 45 secs.

### **4. PAC MAN**

#### **ORGANIZATION**

Every player w/ a ball. Players try to score the most points by hitting another player's ball or ankle for a point. At the same time, players to avoid being hit.

#### **Coaching Points**

Demonstrating close control dribbling, turning. Kicking w/ various surfaces.

### **5. TUNNEL OF DOME/COWBOYS & INDIANS**

#### **ORGANIZATION**

Players (let them name themselves super heroes) line up behind cones (base – give a name). Evil villains are with balls and aim to tag (below the knee) any superhero running through the tunnel. On coach's command the super heroes run through the Tunnel of Dome.

#### **Variation**

Conditions can be place on the villains for the balls to be kick w/ specific surfaces

#### **Coaching Points**

Teaching technical skills of kicking a ball for it to go low on the ground.

## **6. CONE KNOCK DOWN – 5V5**

### **ORGANIZATION**

This game can be played from 3 versus 3 or greater. Depending on the number of players you can use 1 or 2 balls. If numbers are greater than 4v4 using 2 balls is an option. The use of 2 balls presents many additional challenges – technical, tactical, physical and psychological.

Each team has the exact number of cones but aim to steal the cone(s) of the other team by passing/shooting the ball to knock down their cones, then transport cone to your line of cones thereby increasing your team's total. A player transporting a cone CANNOT touch the ball. If he/she does they have to return the stolen cone.

However, a player who is transporting a cone is a live target for the opposing team, so they can hit him/her w/ the ball to prevent stealing of their cone. After being hit, they have to return the cone.

### **Variations**

There are many but I suggest getting used to step one first.

### **Coaching Points**

The demands of the exercise replicates the game where technical skills of passing, shooting, dribbling, receiving are required.

Tactics – decision making increases significantly especially when a second ball is added.

## **7. 6 versus 6 w/ Offside Line**

### **ORGANIZATION**

The game can be played w/ various numbers from 2v2 and greater. Basically you want to train players how to beat offside, i.e. avoid being caught offsides. Conditions that are placed on the game:

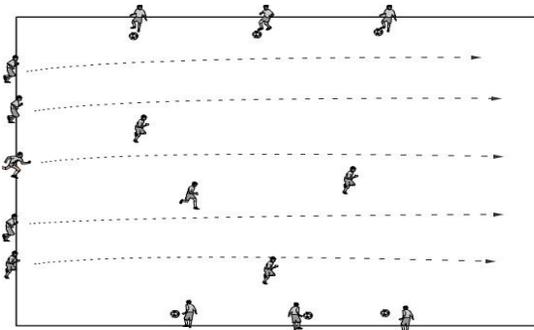
For a goal to count, all players on that team must be in the attacking half. That forces the team to push up and out away from their goal. Subsequently, when a team attacks there is going to be space behind. So, whether a goal is scored or the ball goes out of bounds the coach restarts the game. Observe if players run into the attacking half before the ball is played. As a result, this creates coaching opportunities to correct being offsides.

## Recreation Games

### Cowboys & Indians

Have the players at one end of the field, have them give this area a name (e.g. New York) and also name the other end (e.g. New Jersey) Place all the balls along the sides with 1 or 2 persons with the balls to start the game. The players that start with the balls are known as the Cowboys and the others Indians (without balls).

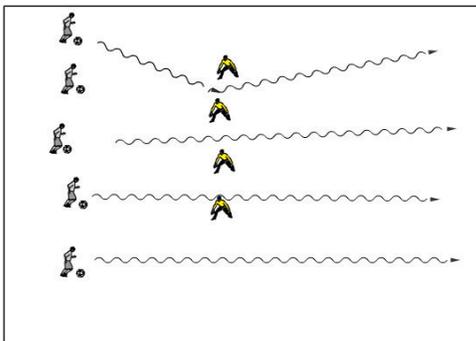
Players run across the field and try to avoid being hit by the bullets (balls). If they get hit they become a cowboy. Continue until one player remain who becomes the World Champion.



### Crabs & Fishes

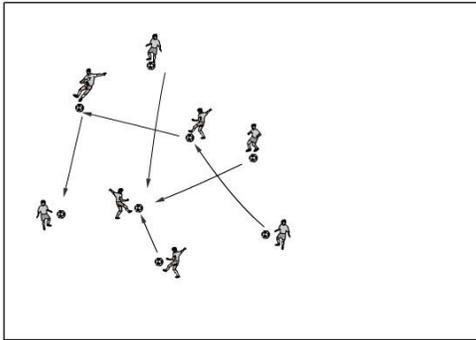
Same setup as Cowboys & Indians but now all the players have a ball at one end of the field. Have 2/3 players moving on all fours with their butt facing the ground. The fishes have balls and try to swim (dribble) past the crabs (dribble) to the other end.

If their ball is knocked over the side they become a crab...play to a champion.



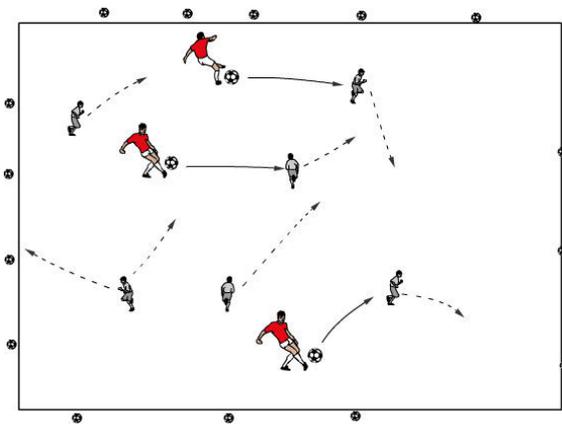
### **Pac Man – Version 1**

Each player with a ball in a rectangle tries to hit another person's ball or their leg to get a point. Play for 60 seconds then see who got the most points. Play 2 or 3 times.



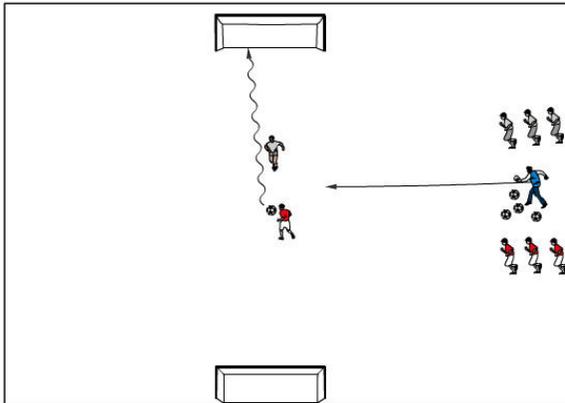
### **Pac Man – Version 2**

All the balls are outside the rectangle and the coach (The Pac Man) has a ball inside. The Pac Man tries to hit the other players with his ball, when successful that player goes outside the rectangle gets another ball and re-enters to hit another player. Play until one player remain who becomes the champion.



### Get Outa There!!!

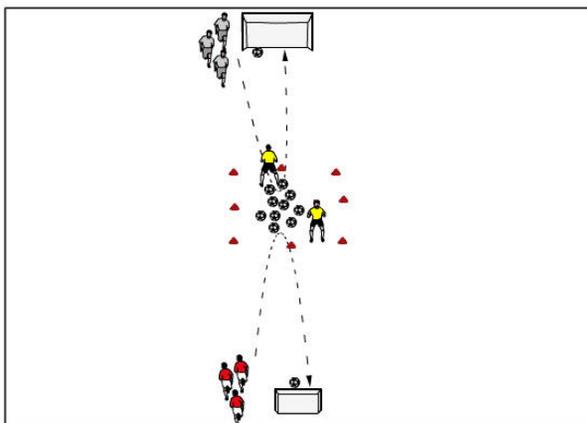
Have two small goals about 20 yards apart with two teams along the side (see diagram below). Roll in a ball and send one player from each team who can score on any of the goals. If a goal is scored or the ball goes out of bounds, yell GET OUTA THERE so the players run off. Then send in a new ball and two new players. Keep score and set a target for the winner, example first team to 10 goals.



### Jurassic Park

Divide the players into two groups, with each group standing beside a goal, if available. Place all the balls in the middle and send one player from each team to steal a ball and return it to their goal. Players should steal the egg (ball) with hands first then the second game have them use their feet. The players are dinosaurs and the coach guarding the balls (eggs) is the T-Rec.

The team that steals the most balls is champion. Play 2 – 3 games.



### **Clean Your Yard or Junk Yard Soccer**

Divide players into two groups and have them separated by cones (see diagram). In the middle is the river or ocean so players cannot enter. Let the players give where they are standing a name, for example Manhattan. When you say start players kick their ball over the river into the other players 'yard'. When say stop (after a minute or two) let the players count the number of balls in their 'yard'. The team with the least wins the game. Play 2 – 3 games.

