



**Boys U14-U15**  
**Fall Training Sessions**

Fall 2009



# Ottawa Internationals Soccer Club

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## 1.1 Objectives

The Training sessions are to be conducted in a professional manner with the players participating in fun development drills used to improve their skills on an individual and team basis. The training session will follow the club vision statement of developing players to participate at a level comfortable to their needs:

*The Ottawa Internationals Soccer Club is committed to building a tradition of excellence and leadership designed to promote a life-long enjoyment of soccer for players of all ages through the provision of a comprehensive range of high-quality, amateur recreational, developmental, and competitive opportunities appropriate to their needs and interests.*

**1.2 Participants** - players born in 1996 and 1996 (the U14 & U15 age groups in 2010)

## 1.3 Program

**1.3.1 Soccer Skill Training** - Over the course of the fall the following aspects of the game will be the focus of our work. These are skill sets and tactics necessary to improve individual skills and team play required for eventual **university level play**. Some emphasis will be placed on conditioning.

Individual Skill Development
Dribbling & Ball Control
Shooting
Passing (Support)
First Touch
Heading
Defending – Individual
Decision Making (Game Situation)
Juggling
Dribbling

Team Development
Attacking Flank & Defensive Recovery
Transition (Quick Counter Attack)
Changing Point of attack
Team Defending & Team Formation
Playing Through the middle Third
Playing out the defending third
Attacking from Restarts
Team Tactics – Attacking and Defending as a team

**1.3.2 SAQ Conditioning** - This part of the training will take place on Wednesday nights at Brewer Park

### 1.3.3 Coaches' Expectations from Training

- Dribbling -** The player is able to dribble the ball with his left and right foot comfortably.
- Shooting -** The player is able to strike the ball on goal with his left and right foot with accuracy and proper technique.
- Passing -** The player is able to pass with accuracy, proper weight and technique.
- First Touch -** The player is able to control a pass on the ground or the air and maintain possession.
- Heading -** The player is able to do a proper defending and/or attacking header. (Proper technique is important.)
- Combination Play -** The player is able to see during game situations when a Wall Pass, Overlap happens on the field.
- Defending -** The player is able to jockey and defend goal side on a 1vs1 situation.
- Decision Making -** A player is able to know when to play a short or long ball, when to pass or when to shoot.

**1.4 Logistics - 1.4.1 Cost -** Registration is \$70.00 and includes admission to observation matches.

**1.4.2 Location -** **Saturday/Sunday:** Ottawa Business Park Fields  
**Wednesdays:** Brewer Park Baseball Diamond

**1.4.3 Schedule-** **Weekend Training:** September 19/20 to October 24/25. Time - 9:00-11:30 am.  
**Wednesday Night SAQ Training:** September 23 to October 21. Time - 6:30-8:00 pm.

**1.5 Main Contact -** Ivor Martinez, Club Administrator – [admin@ottawasoccer.com](mailto:admin@ottawasoccer.com)