



Girls U14-U15
Fall Training Sessions

Fall 2009



Ottawa Internationals Soccer Club

1.1 Objectives

The Training sessions are to be conducted in 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 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 1995 (the U14 & U15 age groups in 2010)

1.3 Program - 1.3.1 Soccer Skill Training - The focus of our work will be on skill sets and tactics necessary to improve individual skills and team play required for eventual **university level play** .

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 Speed, Agility and Quickness (SAQ) Conditioning - This part of the training will take place on Wednesday night at Brewer Park.

1.3.3 Coaches Expectations from Training – to improve the players ability to

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

1.3.5 November Tournament - Select teams for U14 and U15 will be formed to attend a Sponsored Friendly Tournament in Pennsylvania, USA. Last year, teams played three full matches against US teams and had a 2 hour training session with local Olympic Development coaches. Players who are interested may have to compete for a position on the squad depending on numbers. The all inclusive cost (Luxury bus, hotel and most meals) for the weekend trip will be \$350.

1.4 Logistics - 1.4.1 Cost - Registration is \$70.00

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

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

1.5 Main Contact - Ivor Martinez, Club Administrator – admin@ottawasoccer.com