



***Girls U16, U17 and U18
Fall Training Sessions***

Fall 2009



Ottawa Internationals Soccer Club

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 - Girls born in the years 1994, 1993 and 1992 (2010 U16-U18 age groups)

1.3.1 Soccer Skill Training - 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. Functional play, centering on when to apply skills will be emphasized

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 and will combine running and agility technique training with conditioning.

1.3.3 Coaches Expectations from Training – to help the player develop their ability to:

- Dribbling** - dribble the ball with the left and right foot comfortably.
- Passing** - pass with accuracy, proper weight and technique
- Shooting** - strike the ball on goal with the left and right foot with accuracy and proper 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 Wall Passes and Overlaps happen 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.

1.4 Logistics - **1.4.1 Cost** Registration is \$70.00

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

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

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