

# 2019 OSU Preseason

Date: **Aug 14, 2019**

Duration: **40-50 mins**

Team: **OSU Men's Soccer**

Intensity: ● (6/10)



1

**Setup:** Soccer Tennis Net with 10x10 box on both sides. 2 GKs in each end

**Instructions:** Soccer tennis. Server decides whether it's played with hands or feet with service. 3 touch max on each side.

**Coaching Points:**



2

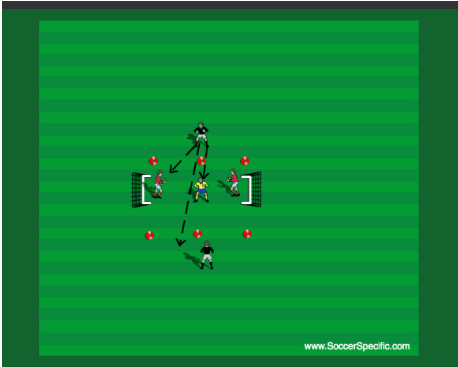
**Setup:** A. Dummy with GK behind it. Server 4-5 yards away

B. 2 sets of poles with pole across top. Server 4 yards away

**Instructions:** A. Server plays ball off dummy. GK goes to ground to win ball

B. Server takes touch, GK steps through into blocking shape. Recovery to opposite gate.

**Coaching Points:**

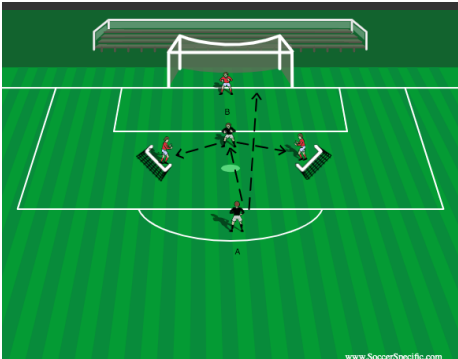


3

**Setup:** 2 mini goals with a 6X6 box. 2 players on outside and 1 in middle. GK in each mini goal

**Instructions:** -Ball starts from players on outside. Can finish to either goal, play central player or other wide players. 2 touch finish

**Coaching Points:**



4

**Setup:** 2 mini goals 12-13 yards out. GK in mini goals and big goal. A-8-10 yards away. B Top of 18

**Instructions:** A plays B. B can finish in either mini goal or turn to go to big goal.

A can also finish on big goal

**Coaching Points:** All rebounds live until ball is in gk hands, in goal or out of bounds.

GK makes save bowl back to A