ILLINOIS YOUTH SOCCER ASSOCIATION

PRE-OLYMPIC DEVELOPMENT PROGRAM PRESENTATION
The IYSA Olympic Development Program Philosophy

To develop players of the highest caliber on a continuing and consistent basis, by providing exceptional practice sessions conducted by professional coaches. The purpose of the ODP program is to identify players to represent their state, region and eventually the United States in soccer competition. This is a supplemental program offered to serious soccer players who love the game and have hopes of playing in college, professionally and for the US National team.
Purpose of Pre-ODP

The Pre Olympic Development Program has a dual purpose.

**Develop Individual Player**: Focus is on technical development of the individual player.

**Prepare Players**: Get players ready to participate in Step 2 of the Illinois ODP Pathway.

It is important to note this is a supplemental program and will not affect your club status or schedules.
Curriculum and Playing Style for PRE-ODP

- Emphasis on organized training sessions and style of play, broken down by specific age groups and their needs.
- All components of soccer noted in every practice session.
- The Technical Director has created all training sessions.
- All Staff have been hand picked by our Director of Coaching and are some of the best club coaches in the state.
- All training sessions are Theme Based focusing on the Technical requirements of the game.
- Sessions are delivered in an age appropriate manner.
Developmental Phases Recognized in ODP

U9 – U12 | DISCOVERY PHASE

- Fun, fantasy, fascination with soccer and discovery.
- Proper physical development, coordination, motor skills. Introduction to basic skills, 3 x R, introduction to all soccer positions and team work. Introduction to rules and tactical aspects of the game. Attacking and defending principles of play.

U13 – U15 | DEVELOPMENTAL PHASE

- Ball mastery. Continue to develop basic soccer skills as well as physical development, coordination and motor skills. Train specific soccer skills. Players begin to specialize in 2 positions as we begin the onset of the adult 11v11 game. Individual and team tactical aspects of the game. Importance of physical and mental preparation for practices and competition. Overall preparation for high intensity training and the next level of soccer.

U16 – U18 | PREPARATION PHASE

- This is the final phase before the college and the professional level of play. Continue to work on daily basis to improve technique and all aspects of fitness. Here players must show tactical flexibility and consider the play of the opponents.
Pre-ODP Curriculum

• Session 1 – Dribbling, Running with the Ball and Movement of the Ball
  ▪ Focus on helping and teaching players the correct technique for dribbling with speed while in under control.
  ▪ Focus on helping players learn how to develop a faster first step to dribble, and ability to stop with the ball. Special attention will be giving to help players learn how to change speed and change direction.

• Session 2 – Passing & Receiving
  ▪ Players will learn the correct technique for passing with accuracy.
  ▪ Players will learn to pass with various surfaces of their foot.
  ▪ Players will learn to pass with both feet.

• Session 3 – 1v1 to 4v4 Attacking
  ▪ Players will be taught how to attack defenders with confidence.
  ▪ Players will be taught to use the When, Where and How of the correct 1v1 moves (fake, feint or change of direction) and its proper application.

• Session 4 – 1v1 to 4v4 Defending
  ▪ Players will be taught the principles of 1v1 defending and its application.
  ▪ Players will learn how to effectively time tackles.
Pre- ODP Summer Camp

• Pre ODP 07/08 Boys and Girls Development Camp

• June 21-24, 2018 DeKalb (NIU)ODP Overnight Camp

• More information concerning registration will be sent out in the coming weeks
Contacts

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