



Speed of Play



As we move later into the season we can now start to shift our focus from technical to tactical as we discuss how a team of good technical players can control their speed of play to play quickly and make it hard for the defenders to keep up.

Speed of play often refers to playing 1 and 2 touch soccer as a team. Receiving a pass and making a pass as quickly as possible means that the defense can never get set as they must move/adjust every time the ball moves.

Constant movement off the ball is important to give our teammates passing options so that they can make quick decisions!

Celebrate 1 touch passes and good quick decisions!!

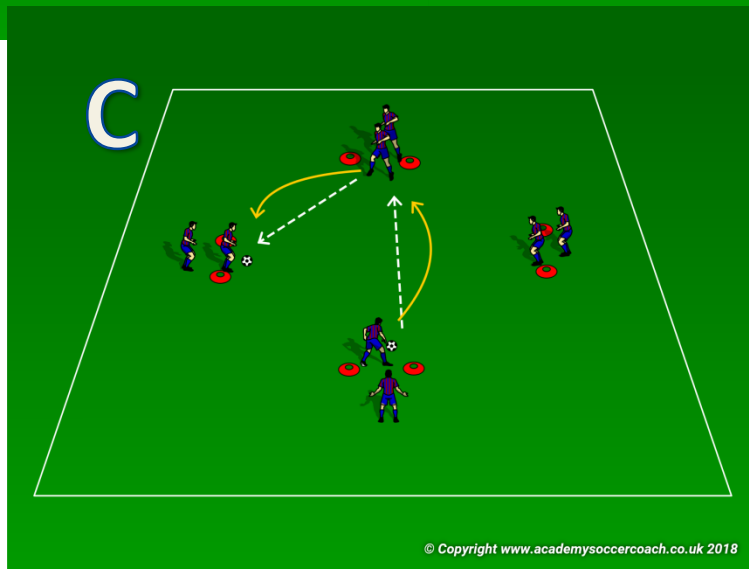
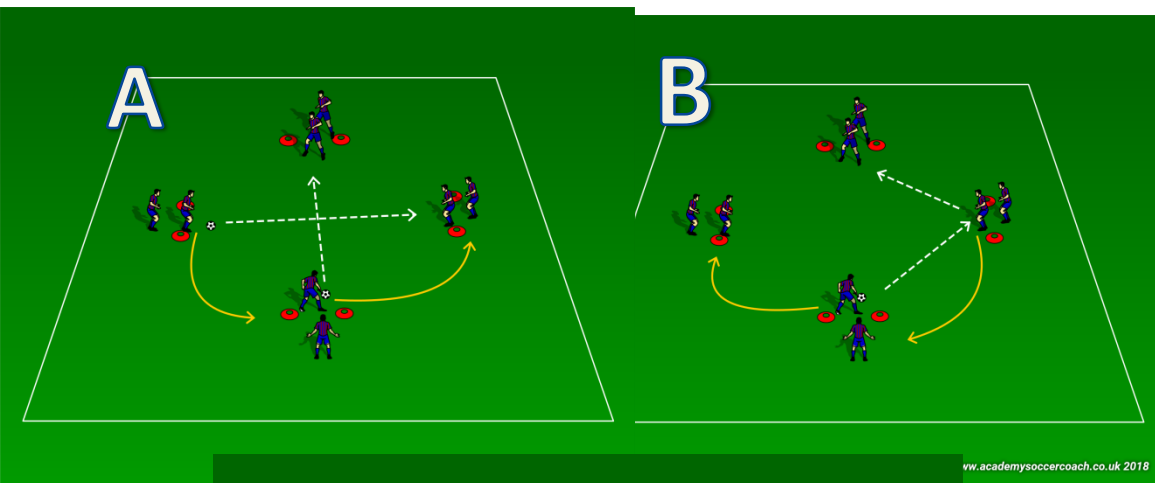
Pass & Move Activation

Area: 2 Yard Gates, set 10 yards apart.

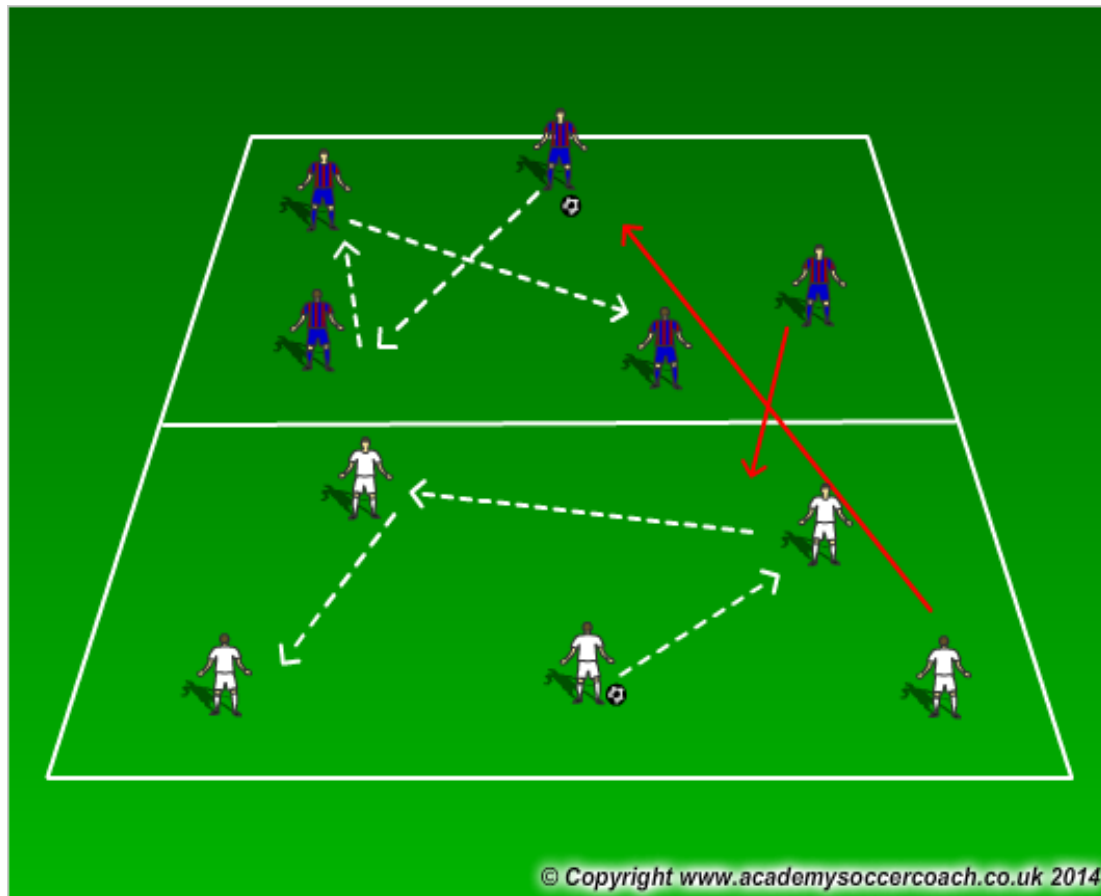
Description: 2 players at each cone.
Working on different passing and moving ques. Start with 2 balls in picture “A” pass straight then move right.

Progression: 1) Pass straight move left.
2) Move to 1 ball in picture “B” Pass Right move Left.
3) Pass Left, Move Right
4) Players Choice – Pass anywhere you want BUT NOT allowed to follow pass.
5) Now player passes & follows pass as a shadow defender who runs at teammate on an angle, encouraging them to play next pass away from pressure.

Coaching points: Starts as Pass & Move activation. Focus on why we move immediately after pass – to support teammate. Play away from pressure!



PASSING: #'s GAME – 4 vs 1

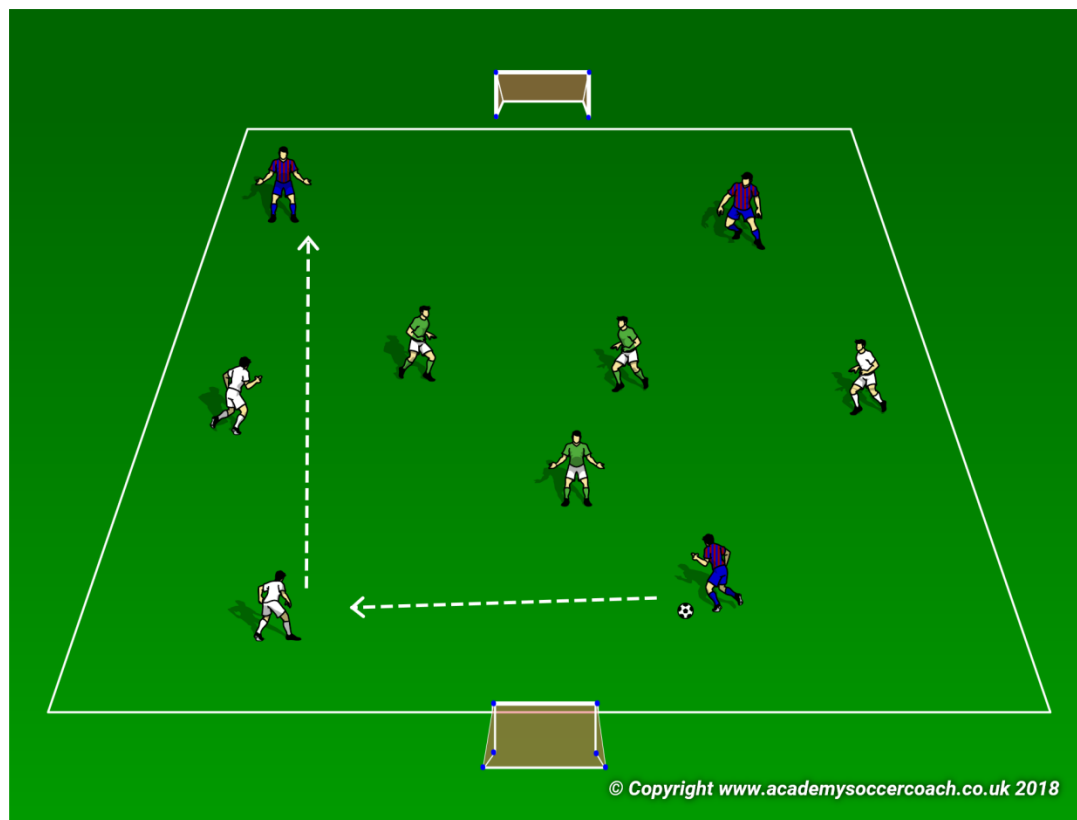


Set-up: 25 x 50 yard area (2 x 25 yard areas next to each other). Players in two separate groups of 5-10 players in each of the areas. 1 ball per team. Players number themselves within their group (1-5).

Activity: Players numbered 1-5 within the area. Players pass and move within the area to start. Coach on the outside calling out numbers. If coach shouts out # 1, then # 1 from each team goes into the opposing area and tries to win the ball (4 vs 1). First defender to win the ball gets a point for their team. If players possess the ball for more than 10-12 passes the coach calls out a second #.

Coaching Point(s): Try to move to open space (outside of the area). Paces to be hit with pace. Use your hands to let the player with the ball know where you want the pass played. Take first touch away from the pass (pressure) on the back foot. Try to split the defender(s).

3 Team Possession



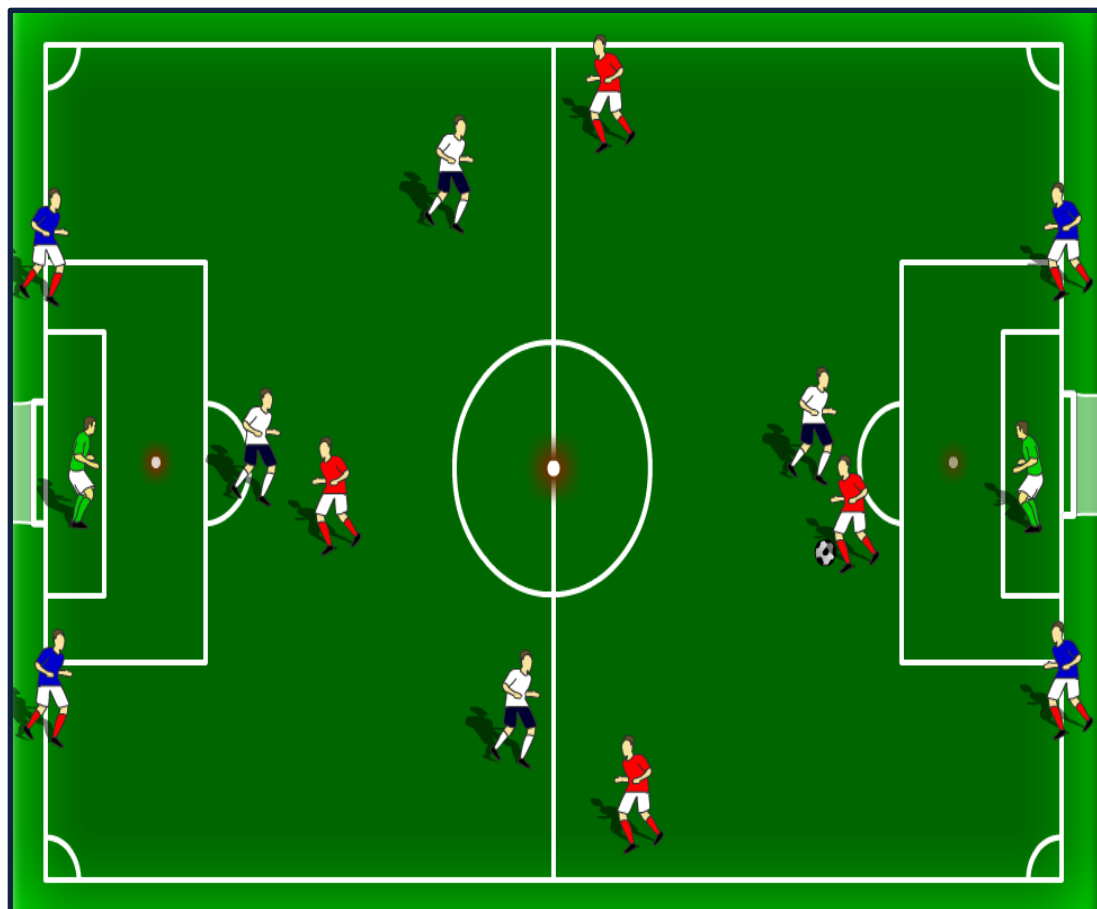
Area: 25 x 30 Grid

Description: 3 teams. Two teams in the area playing against the other. Teams in possession try to combine passes to get points. Coach dictates how many passes in a row earns a point. Teams have 3 minutes to get as many points as possible and then defending team switches. When defending team wins ball, they attempt to keep ball away from 2 attacking teams to kill off the clock.

Coaching Points: Speed of the pass is very important. Move the ball quickly with short, sharp passes. Once the ball is played to the outside targets move wide to create space for a return pass. Use the inside neutral player to link up the play.

Progression: Reduce the number of touches. Increase the number of passes before a point. Add Goals! After number of passes is reached. Those teams try to score in either goal, for additional 2 points. When Defense wins ball they can go straight to goal, can score on either goal!

7 vs 7: TARGET GAME



Area: 50 x 30 yard field

Description: Playing 7 vs 7, players must try to score goals like a regular soccer game. Place 4 target players on the by-line and try to split defenders and get them turning. The defenders must be aware of the danger the targets hold. Balls played to the target players must be played on the ground.

Formation – GK, 4 field players, 2 targets (total of 7 players)

Coaching points: Use COD moves and passing combinations to progress the ball up the field to the target players. Use laces for longer passes.

Look for opportunities to play to the targets early.

Add points/goals for scoring goals when combination is played with the target players.