

SPEED OF PLAY

Activity #1

Set Up:

A 5v5 is organised inside a 40x30 yard grid as shown below. A supply of balls is placed with the coach to maintain the tempo of the activity.

Note: Two groups can be organised to accommodate the entire team.

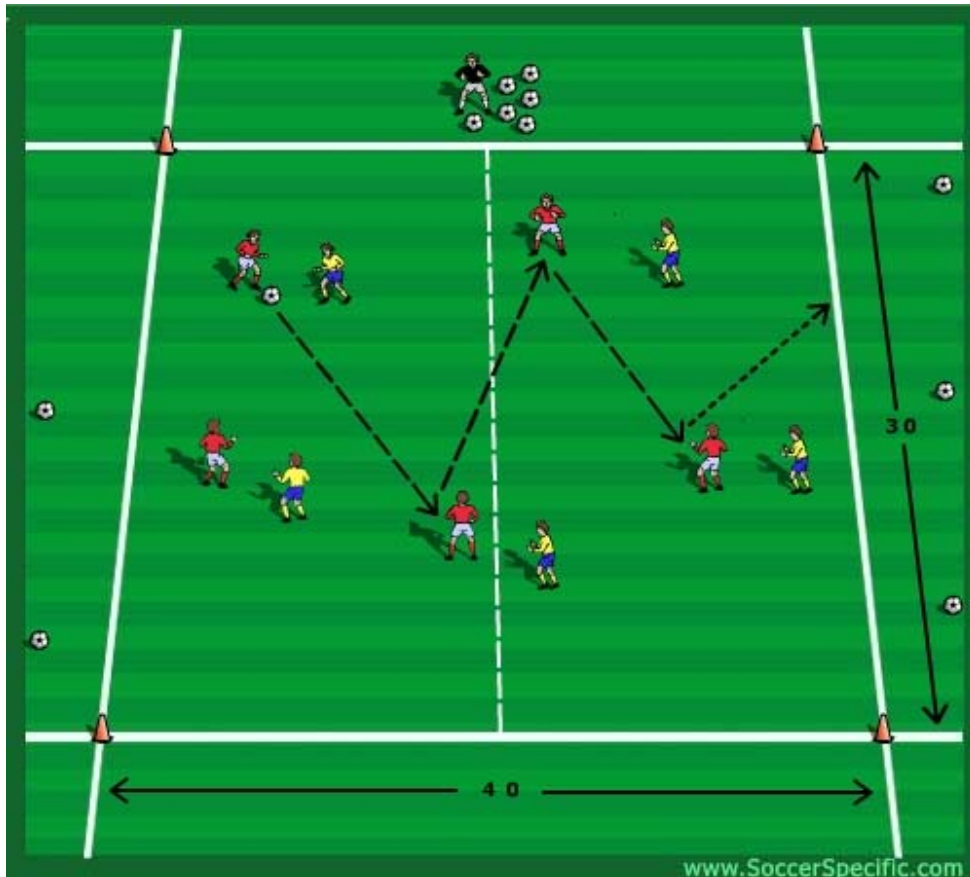


Diagram (a)

Explanation:

Both teams compete for possession of the ball and attempt to score points by dribbling or stopping the ball on their opponents goal line. 2-touch restriction in the defensive half: Unlimited touch in the attacking half.

*12-15 min game

Coaching Points:

- Sharp passing and movement.
- Move the ball quickly - especially in the defensive half - take no chances!

Activity #2:

Set Up:

A 5v5 is organised as shown below - the playing area is divided into 3 zones as shown. 3 mini goals are placed at each end of the playing area.



Diagram (b)

Explanation:

Both teams compete for possession of the ball and attempt to score in any of their opponents 3 mini-goals.

2-touch in middle zone: Unlimited touch in wide zones of the field.

*12-15 min game

Coaching Points:

- Sharp passing and movement at all times.
- Move the ball quickly in central areas of the pitch - 1 and 2 touch.
- Take more chances - be creative in attack in wide areas.
- Maintain a high tempo throughout the activity.

Activity #3:

Set Up:

A 5v5 + GK's is organised as shown in Diagram (c) below. Grid size - 44x40

Note: Can also be played 4v4 +2 "floaters"

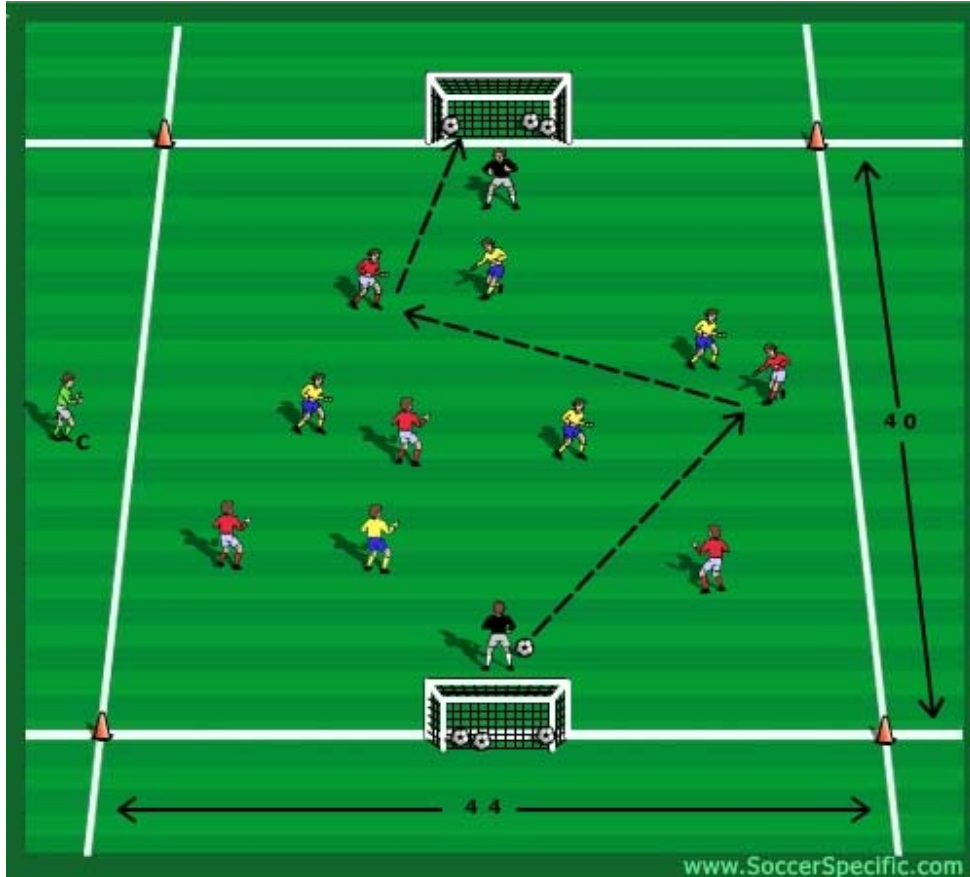


Diagram (c)

Explanation:

Both teams compete for possession of the ball and attempt to score in their opponents goal.

Note: May add touch restrictions....to increase the speed of play/ball movement.

*12-15 min game

Coaching Points:

- Tempo must remain high throughout.
- Sharp passing and movement.
- Limit the number of touches in tight spaces.
- Communication is vital.

Activity #4:**Set Up:**

A 9v9 is organised on a 55 yard wide pitch - length of pitch is 18 to 18 yard box. *Note:* (can be set up penalty spot to penalty spot depending on age/ability) A central "box" is created / marked with cones as highlighted with the red lines below.

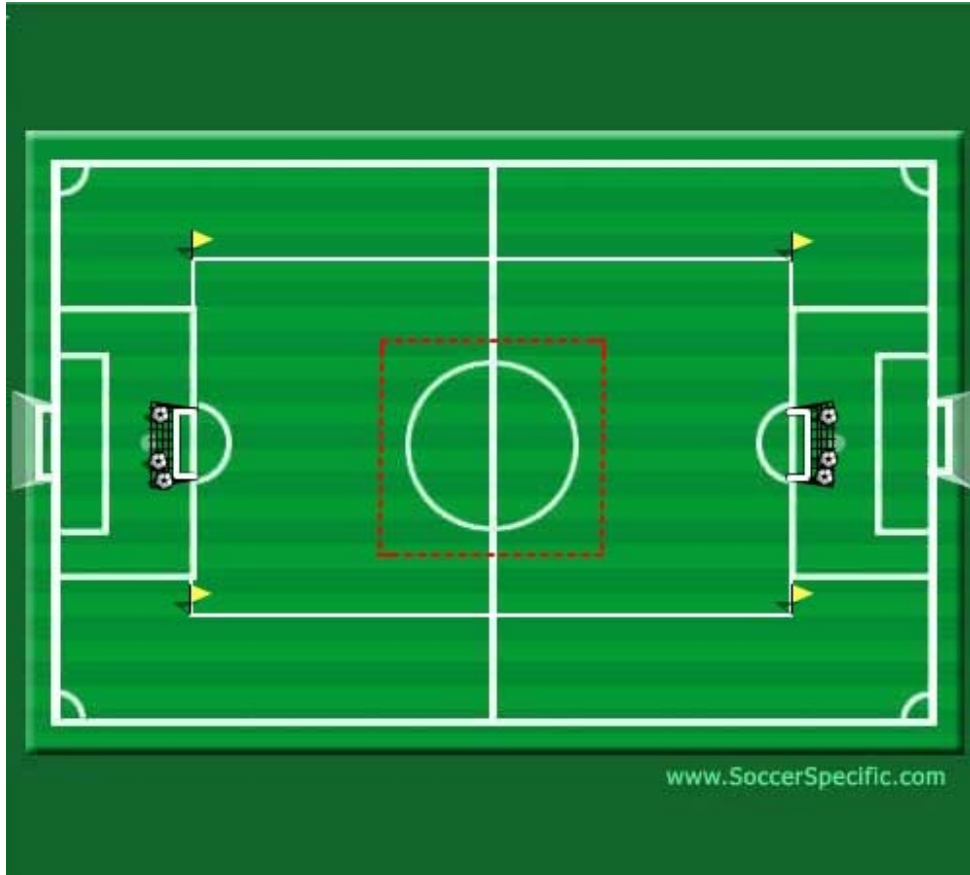


Diagram (d)

Explanation:

Both teams compete for possession of the ball and attempt to score in their opponents goal. 2-touch restriction is in place while inside the central "box". In wide positions or in front of goal NO touch restriction applies.

*12-15min game

Coaching Points:

- Players must understand that the central areas of the poitch are often congested - quick play is essential!
- Sharp passing and movement.
- High tempo at all times.

Activity #5:

Set Up:

An 11v11 is organised on a 55 yard wide pitch as shown below. Length of pitch is 18 to 18 yard box.



Diagram (e)

Explanation:

Both teams compete for possession of the ball and attempt to score in their opponents goal.

Restrictions: 1-touch if ball is on the ground : multiple touches can be used to settle flighted balls.

*12-15 min game

Coaching Points:

- Tight spaces require quick play!
- Quality of passing must be high - timing, weight, accuracy etc.
- "Play the way you're facing"
- Movement "**off**" the ball must be of high quality.
- Communication is vital