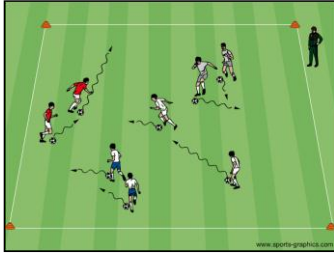
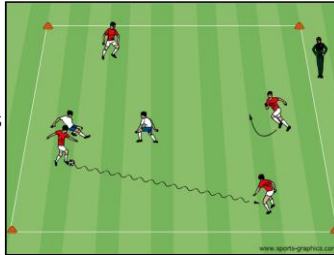
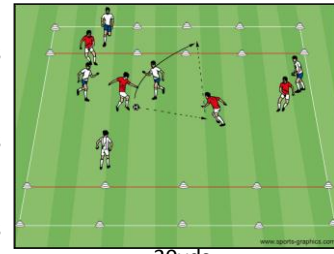



Here is a practice plan for speed of play. Focusing on both the technical and tactical side of moving the ball and players are key aspects for this topic. Look at setting the conditions up to challenge players to think and act fast both with and without the ball. Please add a variance to grid and lesson as every team has different strengths and weaknesses.

Lesson Description		Coaching Points	
<p><b>Technical Warm-up</b></p>	<p><u>Shadow Work – 15 min</u>                      -Players will start off working individually with a ball. Players will use quick touches in moving the ball in different direction at different speeds. Give players cues to change up and be creative in there turns.                      -Players will get in pairs with one ball between them. The person with the ball will dribble at different speeds and with lots of cuts and turns. The partner will try and follow while dribbling there ball. Pairs will switch roles every 15 seconds with rest breaks in-between. Should have two groups going.  <b>Add</b> – a variance and have players try and tag lead partner while dribbling with or without ball.</p>	<ul style="list-style-type: none"> <li>• Lots of quality touches with multiple foot surfaces</li> <li>• Speed of direction change</li> <li>• Acceleration after direction change</li> <li>• Awareness of where opponent is</li> </ul>	 <p>Unrestricted</p>
<p><b>Small Sided Activity</b></p>	<p><u>4v2 in 15x15 grid – 10 min</u>                      Get teams of 4 – Players will play a 4v2 keep away game while 2 resting players are juggling in pairs next to grid. Rotates players out accordingly.                      Scoring = team of 4 must string together 8 passes in 30 second for a point and team of 2 must string 4 passes in 20 seconds.   <u>5v3 in 20x15 grid – 10 min</u>                      Same rules as above but with teams of 5.</p>	<ul style="list-style-type: none"> <li>• Weight of pass</li> <li>• 1<sup>st</sup> touch quality and beneficial</li> <li>• Quick transition when ball is received.</li> <li>• Players forecasting where play is going to go</li> <li>• Movement off the ball</li> </ul>	 <p>15 Yds 15yds.</p>
<p><b>Expanded Activity</b></p>	<p><u>4v4+1 End zone Game – 25 min</u>                      Get teams of 4 – Players will play a 4v4+1 directional game trying to score in the end zone (with different restrictions). Example: Teams must work together and 1. Wall pass 2. Chip in or 3. Play a combination play in to end zone. Be creative in this.                      The coach will tell players which scoring way he wants to see.                      I would have an extra team of 4 resting on the side. One of the resting players can be the target player if needed.</p>	<ul style="list-style-type: none"> <li>• Working together by verbal and visual cues</li> <li>• Speed at which when we go forward</li> </ul>	 <p>5 yds 30 yds 5 yds 30yds</p>
<p><b>Scrimmage</b></p>	<p>6v6 Scrimmage – 20 min</p>	<p>Use Coaching Points above and putting it together.</p>	 <p>60x44 yds.</p>

Key points for success in teaching speed of play

- Tell players it's not how fast you pass the ball or always running, but at how fast you play the game with the ball
- Remind players the importance of the 1<sup>st</sup> touch and how that will help speed up there game
- Challenge players to think ahead (anticipating) both with the ball and without on were play might go
- Encourage players not to hold onto the ball for long periods of time
- Remind players to always “do something” with the ball the second they receive it. Example: pass or dribble with speed
- Changing the direction of play quickly (forward, back, out wide, in middle) will keep the defense shifting for gaps to appear
- Teach players the thirds of the field with risks and when to look to possess and when to take on players with risks. This will help on their decision making during speed of play in sections of the field.
- Keep the activities fun and motivating the entire time. Challenge them