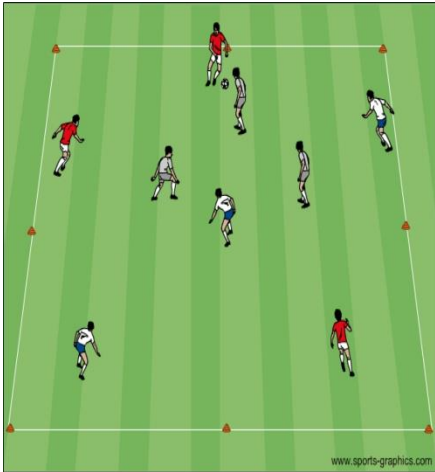
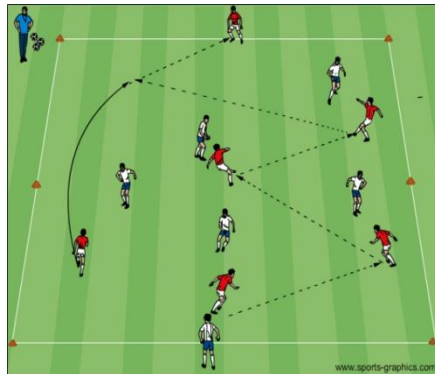
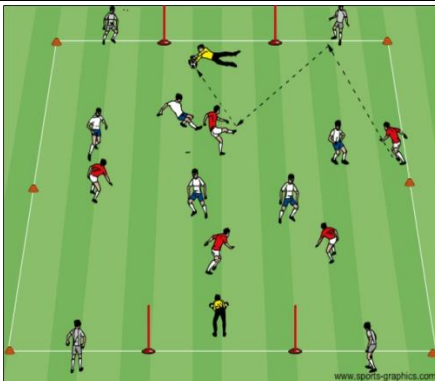


12+ Week 12

Topic: Speed of Play

Technical Warm up	Organization	Coaching Pts.
	<p><u>3v3+3 or 4v4+4 Keep-Away:</u> Nine or twelve players are divided into three teams of three/four (Red, Yellow and Blue). Two of the teams combine for six attackers who attempt to keep possession of the soccer ball from the other team of three defenders. When a team loses possession of the ball, that team becomes the defending team. Coach: At first just let them play with minimal coaching. Then:</p> <ul style="list-style-type: none"> ➢ Introduce 3 touch play ➢ Restrict players from passing ball back to player they received ball from ➢ 1 and 2 touch only 	<ul style="list-style-type: none"> • Technique and Quality of pass (accuracy of pass- including particular foot or side of player; weight of pass) • Dealing with touch limitations and speed of thought • Body Position • Prep touch • Supporting runs off the ball • Vision and communication <p style="text-align: right;">Time 15 minutes</p>
Small Sided Game	Organization	Coaching Pts.
	<p><u>5v5+Targets:</u> Two teams will try to move the ball as quickly as possible to connect passes and connect with the target player to score a point. Coach: Start without a touch restriction then asks the player to play 2 touches.</p>	<ul style="list-style-type: none"> • Body Position when receiving ball • Emphasize quick play - efficiency of touches • Team Shape • Vision and Communication • Support runs off the ball <p style="text-align: right;">Time 15 minutes</p>
Exp. Small Sided Game	Organization	Coaching Pts.
	<p><u>5v5 with 4 Targets and GK's:</u> Two groups of 5 players are trying to connect passes, playing as quickly as they can. If the players use the targets and score the goal, it is 2 points. If they do not use the targets, it is 3 points. Coach: The team that scores keeps the soccer ball and starts from their own goal. Add touch restriction. Switch targets and field players every so often.</p>	<ul style="list-style-type: none"> • Keep emphasizing quick play • Player with the ball should have options wide and long • Team Shape • Look to play the ball early and long if it is on • Keep ball moving- keep flow moving • Build up a rhythm until you can go forward, then play fast <p style="text-align: right;">Time 20 minutes</p>
Game	Organization	Coaching Pts.
7v7 or 8v8 Scrimmage	<p>Play in a 55x 80 yd. grid with Goalkeepers. Encourage him/her to communicate with teammates</p>	<ul style="list-style-type: none"> • All of the above <p style="text-align: right;">Time: 30 minutes</p>
COOL DOWN	Activities to reduce heart rate, static stretching & review session. Time: 5-10 Minutes	