



—▶ Ball
 - - - -▶ Player

Speed of play



Objective: To create an environment that requires player to change speed

	<p style="text-align: center;"><u>Organization</u></p>	<p style="text-align: center;"><u>Coaching Points</u></p>
	<p>In 3's with two balls on the outside</p> <ol style="list-style-type: none"> Middle checks to receive and passes back Pass in is slow and pass out is quick One ball -Middle player checks and passes back slowly receiving player passes long quickly Two balls- Middle player checks and switches the ball and outside players pass long across 	<ul style="list-style-type: none"> Readiness to receive Communication Quality and accuracy of pass Selection of surface Coach the players to change speed with middle player Check at an angle
	<p>Area -15 yard square six players in two teams Teams score by getting the ball into their targets. Players can pass to the same target to score Targets can also pass to targets</p> <ul style="list-style-type: none"> Play 1 touch for a target to target pass 	<ul style="list-style-type: none"> Awareness of pressure Movement off the ball Pass to move defender Recognition of open target Change speed to draw in or score
	<p>Area 30x40 with a half way line 2 teams of 4 To score teams must make five passes in own half and one pass to a player in the opposing half</p> <ul style="list-style-type: none"> Teams score by making two passes in opponents half Start with only allowing one player to go across and progress to 2 	<ul style="list-style-type: none"> Recognition of space Awareness of outlet player in opposite half Have outlet player start long and short or be on the left or right and move to receive on opposite side Check to receive Quick movement Quality pass –Accuracy/pace
	<p>Area 30x40 4v4 or 5v5 with Goalkeepers Teams must play with at least 1 forward Teams have unlimited touches in their own half and one touch in opposing half</p>	<ul style="list-style-type: none"> Team Shape –width and <u>depth</u> Recognition of isolated player Quick and early support Recognition of when to change speed Can teams pass slowly close to goal and hit out quickly to attack