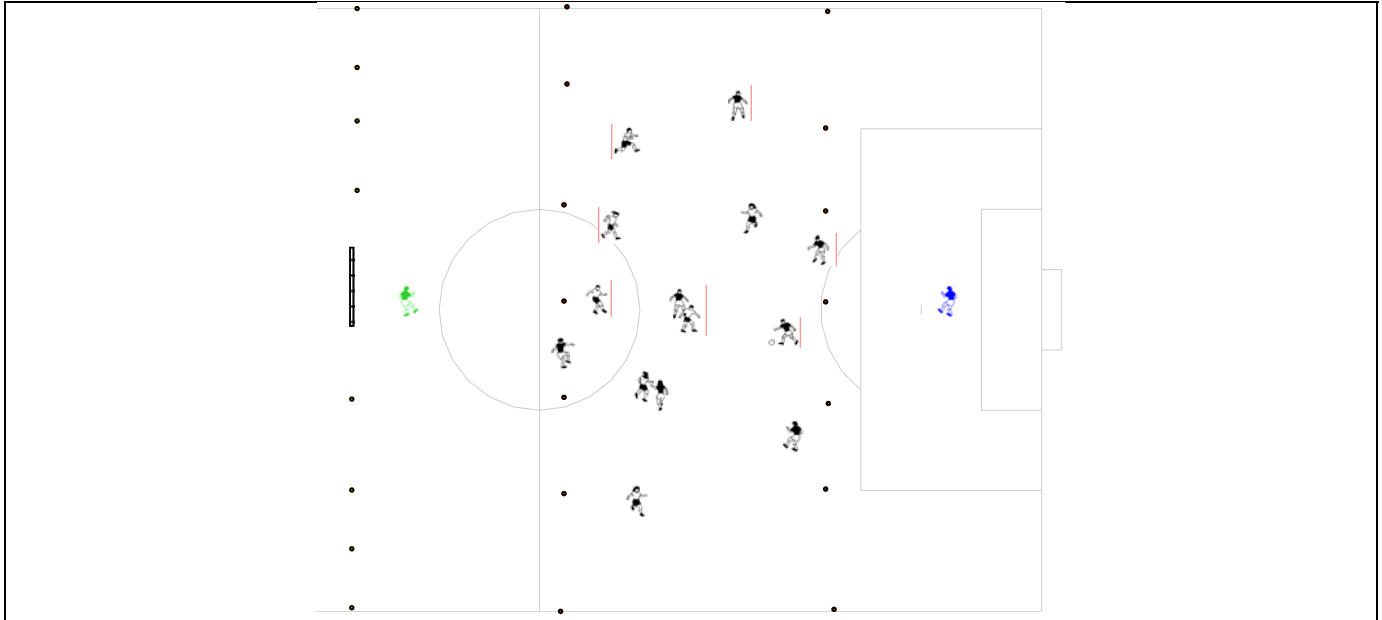


Eastern New York North Olympic Development Program Mini-Camp
 1991 Girls - Technical Progression ~ Speed of Play - individual to small group
 Brad Murphree - June 25, 2005

<p>The diagram shows a soccer field with a goal on the right. Two drills are illustrated. The first drill shows two players standing 6 feet apart, with a ball positioned between them. The second drill shows two players standing 12 feet apart, with a ball positioned between them.</p>	<p>Technical - Speed of Play</p> <p>Challenging balls competition. 3pts -win, 1pt - tie, 0pts - loss.</p> <ol style="list-style-type: none"> 1. 1 touch at 6 feet apart two players. -1 point for each mistake - play to 3pts 2. Clean-up at 12 feet apart two players two touch. -1 point for poor pass -1 point for poor touch 3. Fake before clean up two touch -1 point for poor pass -1 point for poor touch 4. Turn on receiving touch - three touch -1 point for poor pass -1 point for poor touch
<p>The diagram shows a soccer field with a goal on the right. Four 10x15 grids are arranged vertically. Each grid contains a support player (outside the grid) and a possession player (inside the grid). Red vertical lines indicate the boundaries of the grids.</p>	<p>1v1 + 2 grid exercise 10x 15 (2 players support possession player from outside grid) 1 point for across and back three games players remain in pairs</p> <p><u>Coaching Points</u></p> <ul style="list-style-type: none"> • Body shape • Positioning • Fight for position - Supporting players must fight to get best possible supporting position. • Vision • Move the ball - Stationary ball is easy to defend. <p>Goal keepers - when defending can use their hands, when attacking use their feet. When supporting outside of grid alternate feet & hands.</p>

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Final Game:

Set-Up

2 teams of 8 players (7 field players + 1 Goalkeeper). The width of the space should be from touch-line to touch-line, and the length should be from the end line to 15 yards past the midfield line.

Explanation

Field is divided into 3rds (defensive, middle, attacking). Players can have unlimited touches in their defensive 3rd, are restricted to a maximum of 3 touches in the midfield 3rd, and are restricted to 2 touches in their attacking 3rd.

- Progress to taking the 3rds of the field away, and allowing the players to play normal 8 vs. 8 with no restrictions.

Coaching Points

- Do the players realize how the speed of play should be relative to the part of the field in which they are playing?
- Can they make the connection that the back and middle 3rds are effective areas of the field to begin the build-up of play (hence the unlimited and 3 touch restrictions respectively) and that the attacking 3rd 2 touch restriction reflects the idea that speed of play must be increased in this area of the field and when near goal?
- Can the players successfully use the technical points to help the speed of play.