

Speed of Play - Application of Technique on demand ~ Brad Murphree

Activity I ~ Technique on demand

Set-Up

Three teams of players, each with in a different color with one ball per team. The length of the space should be from the end line to the midfield line, and the width should be from the edge of the 6-yard box to the touchline.

Progressions

- Players pass and move attempting to split another color with a pass
- Players pass and move and each time a player receives a ball, they should attempt to split another color with a dribble.

- Players play to alternate color.
- Spinning off receiving and finding splits.

Coaching Points

- Players should make quick decisions

- Players should be encouraged to split another color with a pass or dribble as soon as they recognize the opportunity – if they wait too long, the opportunity may pass

- Players should be encouraged to communicate with each other to assist with recognizing split opportunities

- The speed of play will change constantly – at times a player may have the ball longer than others, while looking for a penetrating opportunity – at other times, a player may have the ball for a very brief time as an opportunity may be immediately available

Activity II ~ Match Related

4v4v4 + 4 Target Players in 40x60 Field - Team with ball gets point by playing ball into target players at one end and then successfully reaching target players at other end with ball.

Rules:

Play is continuous. Opponents transition to attack when they win ball and pass to a teammate out of the grid.

Target player's work for whichever team has possession and can score and pass to each other. Team with ball uses target players to change point of attack.

Target players are allowed unlimited touches at the beginning of the exercise, and then restricted to two or one touch later.

Coaching Points

- 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.

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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 edge of the 6-yard box to 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?