

Speed of Play - Technical demand of passing & Receiving ~ Brad Murphree

Technical warm-up

Challenging balls competition. 3pts –win, 1pt – tie, 0pts – loss.

1. 1 touch at 6 feet apart two players.
-1 point for each mistake play for 1.5 minutes
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 before pass three touch
-1 point for poor pass
-1 point for poor touch

1v1 + 4 grid exercise 10x 15 (4 players support possession player from outside grid)

1 point for across and back three games players remain in pairs

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.

4v4 tournament (extra – 2v2) 5-6 min. games 20 x 40

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?