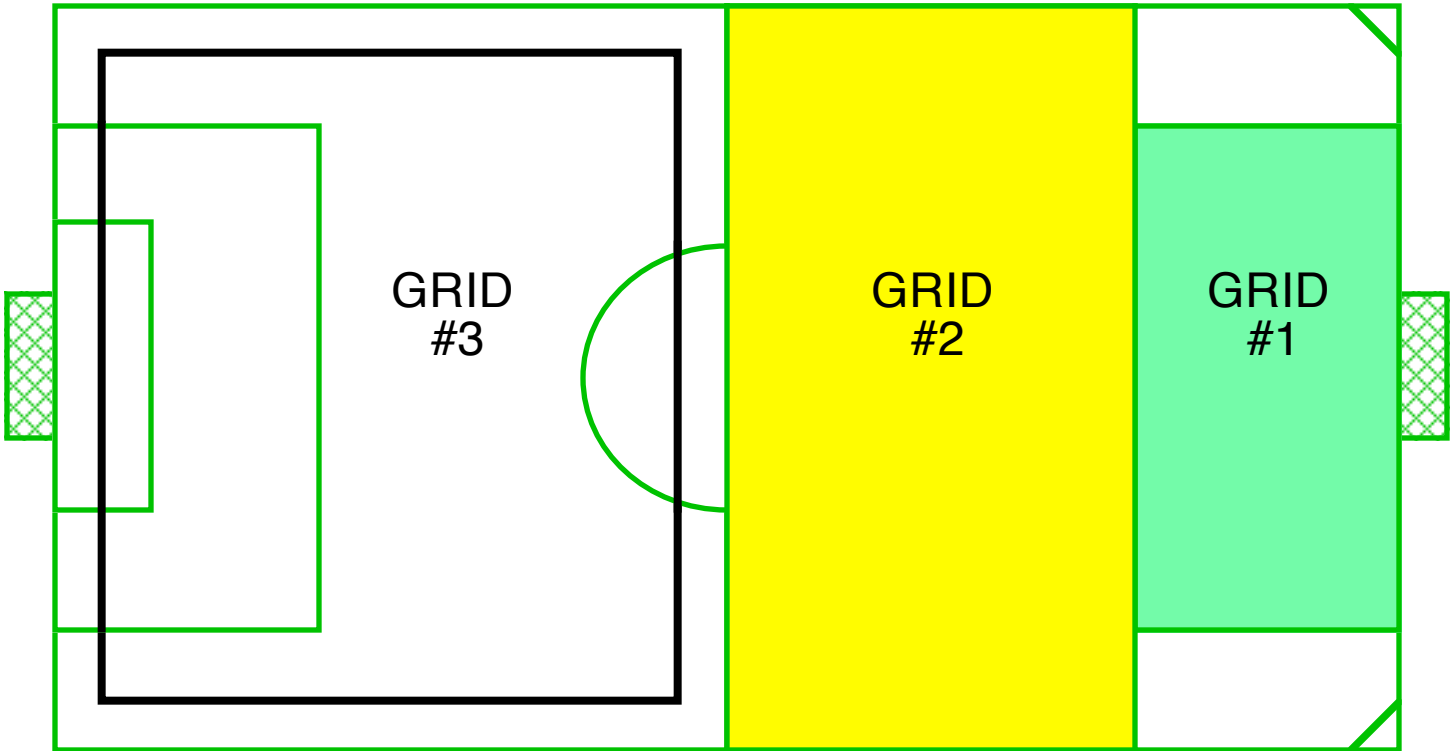


TACTICS: Increasing Speed Of Play Progression Session

The following drill is designed to increase and improve your team's Speed of Play: to play at a higher speed without sacrificing the QUALITY of play.



SETUP: Regulation field or regulation half-field

GRIDS: 3 -- (1) 18-yard box, (2) 36 yards long x 72 yards wide (3) 1/2 field

NUMBER OF PLAYERS: 7v7, 8v8, 9v9

GAMES PROGRESSION

- (1) 2-Team Keepaway in Grid #1, with 3-Touch, 2-Touch, 1-Touch Restriction
- (2) 2-Team Keepaway in Grid #2 with the following variations:
 - > 3-Touch Requirement (all players in possession of the ball must touch it three times with the third touch being a pass)
 - > 3-Touch Restriction > 2-Touch Restriction > 1-Touch Restriction
- (3) 2-Team Keepaway in Grid #3 with the following variation:
 - > each team puts 2-4 players over the sidelines as support players
 - > support players are restricted to 2- or 1-touch
- (4) Line Soccer with Support Players on sidelines
- (5) Line Soccer with all players inside grid