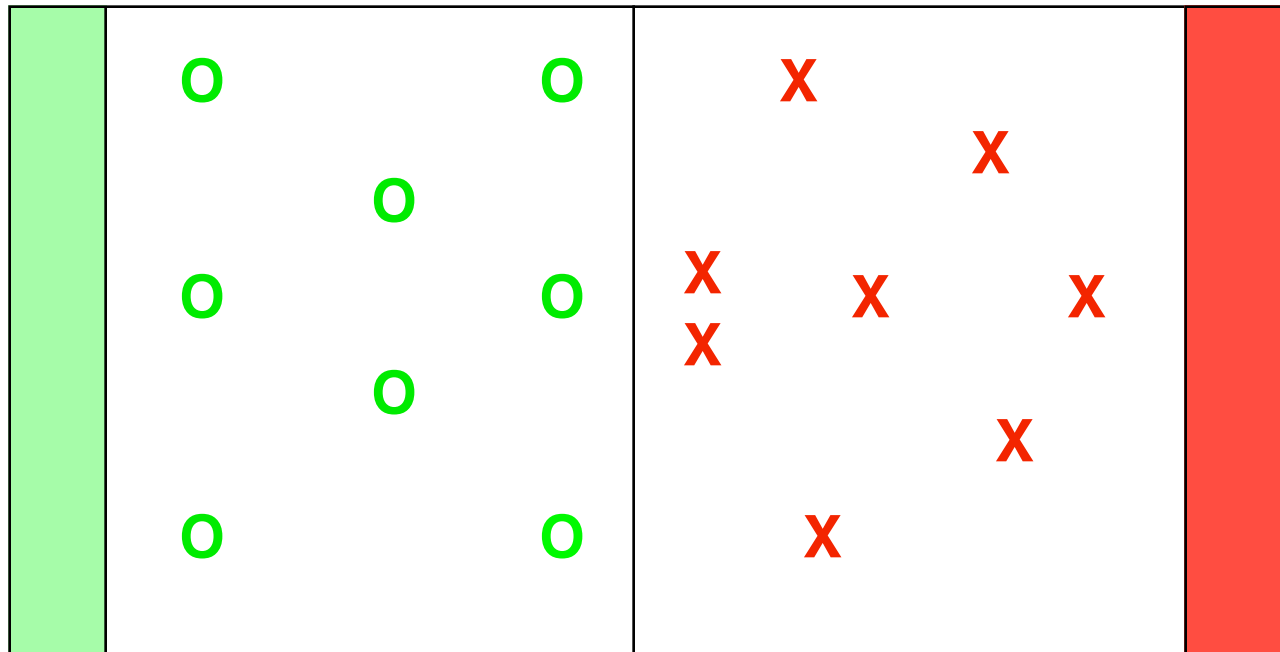


TACTICS: Speed of Play Game Progression



This progressive drill is designed to help your players increase their speed of play without sacrificing their quality of play. It can be performed by any age. The older or more elite the team, the longer each game should last. With younger teams (Under-11s and younger), it's important not to stay in drills or games that have touch restrictions for too long since at those ages you want to emphasize dribbling and multi-ball touches. Still, 1- and 2-touch soccer is an important skill to master.

NUMBER OF PLAYERS: 16 -- 2 teams of 8

GRID SIZE: Depends on age and level of players --
approximately 50-70 yards long x 25-35 yards wide

DRILL SETUP: The teams of 8 should play in a formation

(example -- Team "O" in green are in a 3-2-2; Team "X" in red are in a 3-3-2)

DRILL START: Teams play "Line Soccer", scoring by getting the ball into the opposing endzone under control via dribbling or passing.

GAME #1: No touch restrictions (play for 10-15 minutes)

GAME #2: Teams must play with a 3-touch maximum restriction (play for 5-10 minutes)

GAME #3: Teams must play with a 2-touch maximum restriction (play for 5-10 minutes)

GAME #4: Teams must play with a 1-touch restriction with the following exceptions --
-- any pass above the waist or any pass intercepted from the opponent
(play for 5-10 minutes)

GAME #5: No touch restrictions (play for 10-15 minutes)

COACHING POINTS

- > maintaining shape both attacking and defending
- > movement off the ball