

## TRAINING SESSION PLAN: “Possession With Speed of Play”

### WARMUP PHASE

1. “USA” Passing & Receiving Drill:
  - > Players pass & receive inside small grid (*Middle Zone of grid*)
    - *Coaching Points:* 1) Away-Touch; 2) Three-Touch; 3) Two-Touch; 4) One-Touch
2. Dynamic Stretches @ 10-15 yards

### TECHNICAL PHASE

1. Two-Team Keepaway (*in Middle Zone*)
  - > Start with no touch restrictions > Progress to 3-Touch, 2-Touch, 1-Touch
    - *Coaching Points:* Movement, Space Awareness
2. Two-Team Keepaway in Middle and Endzone Grid (*see “Grid” diagram*)
  - > Start with no touch restrictions; > Progress to 3-Touch, 2-Touch, 1-Touch
    - *Coaching Points:* Attacking and Defensive Shape

### TACTICAL PHASE

1. “Line Soccer” (*going across grid*)
  - > Teams must play ball over opposing endline in possession via dribble or pass
  - > Start with no touch restrictions; > Progress to 3-Touch, 2-Touch, 1-Touch
    - *Coaching Points:* 1) Since there are 3 zones, emphasize the importance of keeping at least one player in each of the 3 zones; 2) Switching the field
2. “3-Zone Touch Restriction” Game
  - > Two teams play directional scrimmage
  - > Each of the zones has a touch restriction
  - > Start with the following touch restrictions:
    - 3-Touch in the 2 Endzones, 2-Touch in the Middle Zone
  - > Progress to the following touch restrictions:
    - 2-Touch in Endzones, 1-Touch in Middle Zone
3. Regular 2-Team Scrimmage (no touch restrictions) but emphasize “Speed of Play”

#### GRID SIZE:

50 yards long x 44 yards wide  
3 Zones  
Endzones @ 15x44  
Middle Zone @ 20x44

#### NO. of PLAYERS:

2 Teams of 5-7  
with Goalkeepers

