THEME: TACTICAL
SPEED OF PLAY & FUNCTIONAL TRAINING (1)

WARMUP PHASE

1. Speed Ladder Runs
2. Dynamic Movement & Stretch Routine

SPEED, AGILITY & QUICKNESS PHASE

1. Physical SAQ Drill > "5-5-20"
   - 5 Sprints (Reps) = 1 Set — Conduct 3 Sets in 2 Groups
2. Technical SAQ Drill > "5-5-20" Dribble with Pull-Backs
   - 3 Reps = 1 Set — Conduct 3 Sets in 2 Groups

TECHNICAL PHASE

1. Dribbling Drill > Command Dribble (inside 6-yard box)
2. Defending Drill > "Delay-Tackle-Taleaway"

TACTICAL PHASE

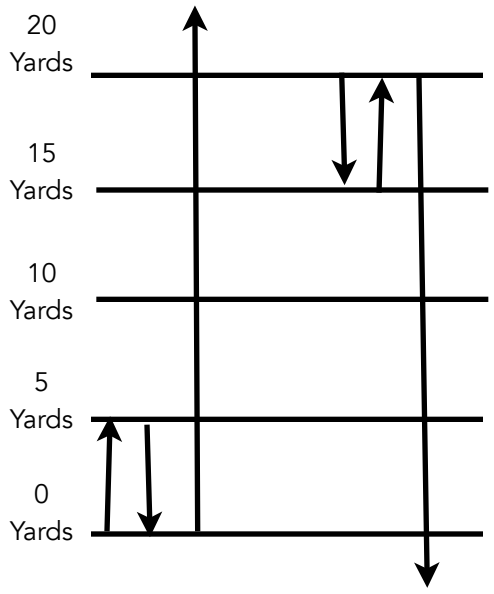
1. "Competitive Cauldron"
   > Game One: 1v1 to Diagonal Goals
   > Game Two: 2v1 to Central Goal (Attacking Pair) and Corner goals (Defender)
   > Game Three: 3v2 to Corner Goals (Attacking Team) And Three Goals (Defending Pair)

COACHING POINT: Defender starts drill with pass to Attacker

2. Small-Sided Scrimmage
   > 3v3 to 3 goals on each end line

   VARIATIONS/PROGRESSIONS
   - add neutral player(s)
   - add touch restriction conditions

"5-20" DRILL



DRILL RUN

1. SPRINT 5 YARDS, TOUCH LINE, TURN
2. SPRINT BACK 5 YARDS, TOUCH LINE, TURN
3. SPRINT 20 YARDS

"COMPETITIVE CAULDRON"

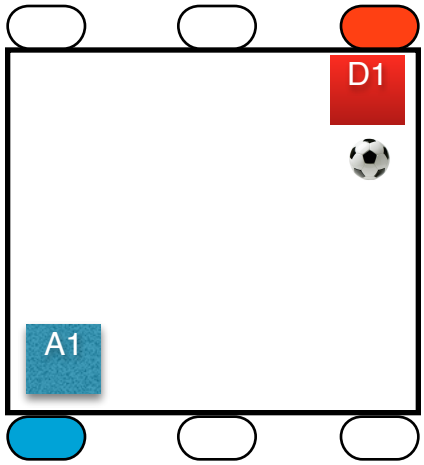
GRID SIZE: 15 YARDS X 15 YARDS

A = ATTACKING TEAM

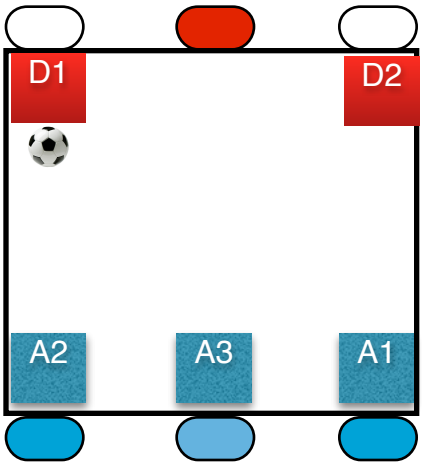
D = DEFENDING TEAM

Attacking Team Goal(s)

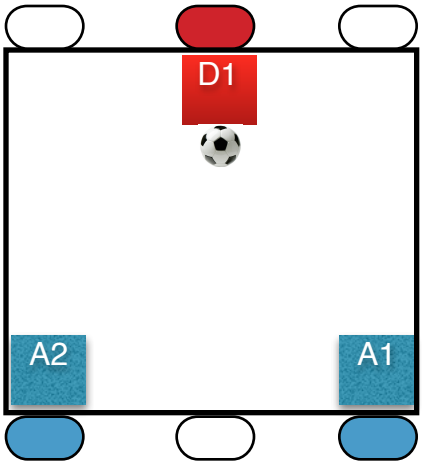
Defending Team Goal(s)



GAME ONE: 1V1 TO DIAGONAL GOALS



GAME THREE: 3V2 TO CENTRAL GOAL & 3 GOALS



GAME TWO: 2V1 TO CENTRAL GOAL & 2 CORNER GOALS