

“RHYTHM OF PLAY”

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“Play at the speed the ball is played”

Warm – UP

Players in groups of 3 or 4 passing and moving

- Alternate balls in air and on ground
- Give ball – give information
 - “man” = one touch layoff to 3rd player
 - “turn” = turn and dribble into space

Activity #2

7 vs. 7 + 2 neutral players- possession

- The team takes the same amount of touches as the neutral
- The team is at two touch until they find neutral

Activity #3 (building confidence in various rhythms)

7 vs. 7 + 2 neutral players- to goals

- Ball can only be dribbled forward
- Ball can only be passed forward
- Ball must go back before going forward in transition
- For every ball forward, one must go back
- Angled passes only – no straight passes

Activity #4

8 vs. 8 full field play – once team has a lead, can’t score again until the score is tied.

- Rhythm – dancing
- When in possession we can:
Pass/shoot/dribble
and
we can do these things:
forward/side-side/back
- The score will impact our rhythm
- The area of the field will impact our rhythm
- The opponent’s positioning (individual and group) will impact our rhythm