

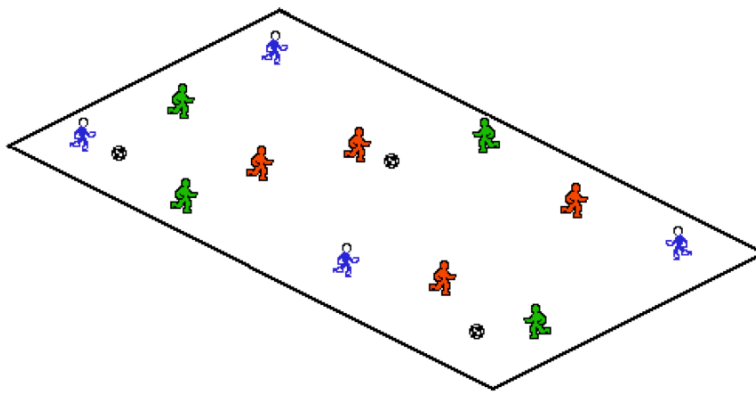


SPEED OF PLAY/SPEED OF THOUGHT

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Warm-Up

Phase #1



Set-Up – 3 teams of 4 players, each with a different color. One ball per team. The length of the space should be from the end-line to the midfield line, and the width should be from the edge of the 6-yard box to the touchline.

Explanation

- *Players pass and move attempting to split another color with a pass*
- *Players pass and move and each time a player receives a ball, they should attempt to split another color with a dribble*

Coaching Points

- *Players should make quick decisions*
- *Players should be encouraged to split another color with a pass or dribble as soon as they recognize the opportunity – if they wait too long, the opportunity may pass*
- *Players should be encouraged to communicate with each other to assist with recognizing split opportunities*
- *The speed of play will change constantly – at times a player may have the ball longer than others, while looking for a penetrating opportunity – at other times, a player may have the ball for a very brief time as an opportunity may be immediately available*



Phase #2

Set-Up – same as above, only one ball is in play.

Explanation – 4 vs. 4 vs. 4. Blues and Greens play against Reds. Reds, who are the defending team, can cease to be defenders when they win the ball and dribble out of the grid. The team, who gave the ball away either on a tackle or intercepted pass, will become the new defending team, and the previous defending team will join the other attacking team.

- ***Progression*** – the 8 players who are attacking must play at a 2-touch maximum until they achieve 4 consecutive passes. Once they have achieved 4 consecutive passes, they are awarded unlimited touches. Each time the ball is restarted, the pass count is cleared, and players are at a 2 touch maximum restriction until 4 consecutive passes are achieved.

Coaching Points

- ***Can the players recognize the rhythm of play in terms of playing away from pressure vs. into it? (dribbling vs. short passing vs. long passing))***
- ***Do players pass the ball when they CAN vs. when they MUST?***
- ***Do players recognize that while they are looking to achieve 4 consecutive passes to be awarded unlimited touches, that playing at two touch actually increases the speed of play and helps in maintaining possession?***

Phase #3

Set-Up – same as above.

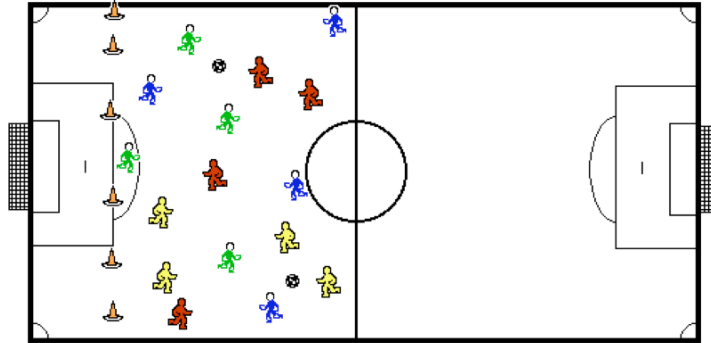
Explanation – 4 vs. 4 + 4. Blues play against Greens with Reds serving as one-touch target/wall players in the field of play. After 3 minutes of play, change the target/wall team. Target/wall players play with the team in possession. Target/wall players are limited to one-touch, but all other players can take unlimited touches.

Coaching Points

- ***Do players recognize that the change in speed/rhythm of play when the ball is played to a target/wall player?***



Phase #1



Set-Up - 4 teams of 4 players, each with a different color. The length of the space should be from the touchline to the opposite touch-line, and the width should be from the edge of the 18-yard box to the mid-field-line.

Explanation – 4 vs. 4 & 4 vs. 4. A total of 4 teams play in the same space. For example, Red plays against Green, and Blue plays against Yellow. Players achieve a goal when they achieve 6 consecutive passes. After 4 minutes of play, switch opponents.

- Variation – have all players perform 20 jumping jacks if at any time, the two balls in play come in contact with each other.

Coaching Points

- Can players sort the traffic out?
- Do they recognize that while there are 16 players and 2 balls in the same space, that it still is only a 4 vs. 4 game?
- Do players utilize the size of the space and change the rhythm of play (dribbling vs. short passing vs. long passing) when appropriate?



Phase #2

Set-Up – *as above.*

Explanation – *4 + 4 vs. 4 + 4. Two colors play against two other colors, creating an 8 vs. 8 situation. For example, Reds and Blues play against Greens and Yellows. The team in possession must alternate passes between colors. For example, a Red player cannot pass to a Red; they must pass to a Blue.*

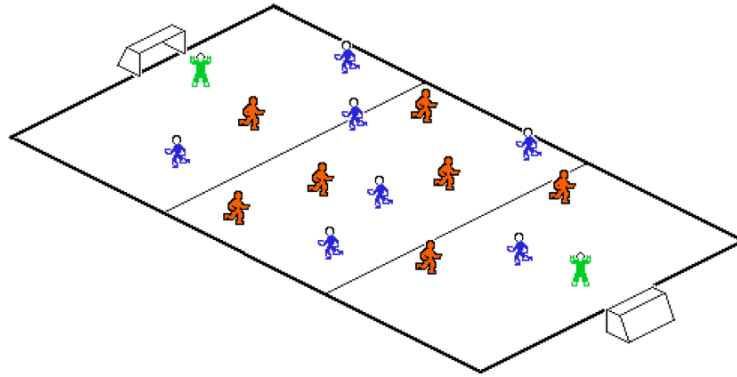
- *Progression – advance to designating that one color must take 4 touches and the other can only take 2 touches. For example, Red players when passed the ball MUST take 4 touches before passing, and Blue players may not take more than 2 touches when passed the ball. Do this for both teams, and after 3 minutes, have the colors switch restrictions.*
- *Progress to allowing players to pass to a player of the same color on the same team (Red-Red) but when that occurs, the receiving player can only take 1-touch.*

Coaching Points

- *Players must be aware of the field of play, and must play with their head up to constantly scan the field for teammates and passing options.*
- *Do the players recognize that because of the restrictions placed on them, that the speed of play is constantly changing?*



Final Game



Set-Up - 2 teams of 8 players (7 field players + 1 Goalkeeper). The length of the space should be from touch-line to touch-line, and the width should be from the edge of the 6-yard box to the midfield -line.

Explanation – field is divided into 3rds (defensive, middle, attacking). Players can have unlimited touches in their defensive 3rd, are restricted to a maximum of 3 touches in the midfield 3rd, and are restricted to 2 touches in their attacking 3rd.

- *Progress to taking the 3^{rds} of the field away, and allowing the players to play normal 8 vs. 8 with no restrictions.*

Coaching Points

- *Do the players realize how the speed of play should be relative to the part of the field in which they are playing?*
- *Can they make the connection that the back and middle 3rds are effective areas of the field to begin the build-up of play (hence the unlimited and 3 touch restrictions respectively) and that the attacking 3rd 2 touch restriction reflects the idea that speed of play must be increased in this area of the field and when near goal?*