

U-13 Week 3 Speed of Play Practice

Objective/Purpose: This session will help players to recognize their own shape and the shape of the team as it relates to speed of play (playing the game faster). This takes into account field awareness and vision, as well as physical speed, technical speed and tactical speed.

Warm Up: 5min.

Juggling – Everyone should begin to juggle upon arrival.

Skill Work: 20min.

1. Inside/Outside, Zig Zag – With one foot zig zag dribble the ball forward from the inside of the foot, one touch, to the outside of the foot, one touch continuously. (Distance 25 to 30 yards.) Then repeat with the other foot.
2. Inside/Outside Dribbling With Both Feet – Dribble with the inside of your right foot across your body. The next touch is with the outside of your left foot, then the inside of your left foot across your body. The next touch is with the outside of your right foot. (Repeat sequence, do this 2 or 3 times)
3. Inside rolls (Stationary) – with ball in front, roll ball with sole of right foot to inside (across body) and back to center; repeat with left foot; 10 times alternating with each foot.
4. V-Cut – You will need to perform this move from a stationary position. Start with the ball in front of your left foot with your right foot on top of it. Pull the ball back so that it is right underneath your right hip. Quickly pivot your hips and push the ball with the inside of your right foot towards 2 o'clock. The ball should follow a V like path.
This move is most effective if your defender lunges or stabs at the ball right before you perform your pull back.
5. Scissors (Stationary) - plant your right foot to the outside of the ball and swing your left leg around the front of the ball in a counterclockwise direction. Your foot will go from the right side of the ball to the outside (left) side of the ball. Plant your left foot and then repeat same motion the other direction with your right foot. Then repeat the move over and over making a scissor motion around the ball. Do this 2 times 20 to 30 seconds.
6. Scissors - The objective of this move is to simulate a change of direction to the outside. Start by dribbling forward, plant your right foot to the outside of the ball and swing your left leg around the front of the ball in a counterclockwise direction. Your foot will go from the right side of the ball to the outside (left) side of the ball. Plant your left foot and use the outside of your right foot to accelerate away from the defender.

Be sure to use your upper body to sell the fake. Let your shoulder drop to get the defender leaning the wrong way. You can perform multiple quick "Scissors" while going right at your opponent to try to throw him off balance.

7. Step Over (Stationary)- With one foot, step over the ball from outside to inside. Take two steps on that side of the ball to regain your balance and repeat. Do this for 20 to 30 seconds, 2 or 3 times.
8. Step Over – dribble with the ball in front of you. With one foot, step over the ball from outside to inside. Touch the ball with the outside of the same foot at 45 degree angle forward.
9. "Step Over 180 turn" - Start with the ball between your feet, as it is during your "inside inside". Put your weight on your left foot as you swing your right foot up and over the ball (**turning counter-clockwise** towards the left). Plant the right foot down on the left side of the ball and step down. (This is the "step over" part of the move and will be used in lots of fakes and feints). Now using that right foot as a pivot, spin (**turning clockwise this time**) around with your left foot, back towards the ball. Once you have turned a 180 degrees, take the ball with your left foot and begin to move in the other direction.

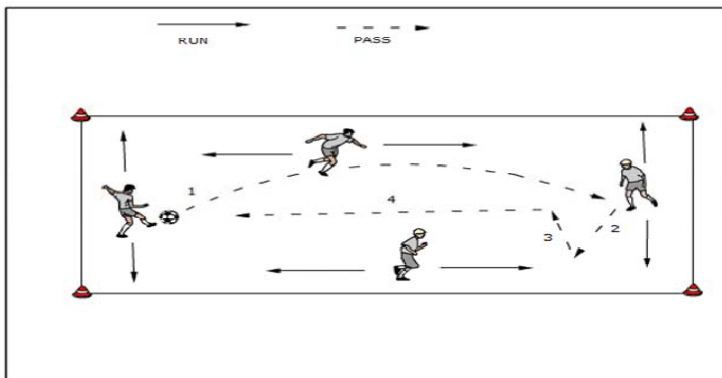
Set Up: Cones 8 to 10 yards away for each pair.

1. Pullback Turn – Dribble the ball forward. With the sole of the foot, pull the ball behind you turning in the same direction, following the ball with your eyes.
2. Inside of Foot Turn – Dribble ball forward, move past the ball and turn toward the ball and take it with the inside of the foot in the opposite direction.
3. Outside of the Foot Turn – Dribble the ball forward, move past the ball and turn toward the ball while taking it with the outside of the foot with the toe up in the opposite direction.
4. Pull and Roll Behind – Dribble the ball forward and pull the ball back with the sole of the foot. Rolling the ball underneath you with the sole of the foot past the inside of your standing leg. Control the ball with the other foot and dribble the other direction.
5. Cruyff Turn – Dribble the ball forward and pull the ball with the sole/toe of the foot, passing the ball behind the standing leg. The easiest way to teach players this move for the first time is to (instead of using the sole/toe) is to use the inside of the foot to pass the ball back past the standing leg. Control the ball and dribble away with the opposite foot.

Drill Using Practice Topic: 10 to 15min.

Inter-passing in 4's: Players pass the ball within their group. Three of the players position themselves about 10-15 yards apart, forming a triangle shape (one central player and two outside players). They pass the ball back and forth to each other (short passes), while the fourth player (long player) positions himself/herself centrally about 25-30 yards away. After 4-5 short passes, the long player calls for the ball. The ball is played to the long player. The two outside players move quickly to support the long player, forming the triangle shape at the other end of the grid. The deepest central player stays home. The same passing sequence continues at the opposite end of the grid. The activity continues in this manner for 3-4 minutes to develop a smooth rhythm in the passing sequence. Players consistently keep themselves and the ball moving. **Version 2:** Only 2-3 passes prior to the long pass.

Coaching Points: Clean up technique of passing and receiving. Intelligent movement, head up, preparing to receive the ball, surveying the area, looking for their target early, anticipation, passing accuracy and pace, keeping appropriate individual and group shape, playing in the direction that you are facing.



Another Drill: 10 to 15min.

4v0 and 4v0: Same activity as in #1 above, but with two groups of 4 playing on the same field and playing through each other (red and yellow groups). Each group has its own ball and only concentrates on moving up and down the grid possessing their ball **only**. No defending. **Variation:** Add 1 or 2 bandits (in blue) to try to steal the balls.

Coaching Points:

Reinforce coaching points above as they play in traffic. When bandits are added, players must make better and **faster decisions** to eliminate pressure and successfully possess the ball. Proper individual and group shape is crucial for success.

Game Emphasizing Speed of Play: 15min.

6v6 End Zone Game: Play a 6v6 game on a field 40 yards wide x 60 yards long. Create zones with cones at each end approximately 10 yards deep and the full

width of the field. Each team defends the zone behind them and attacks the zone opposite them. A team **cannot enter** the zone it is defending. A team **can enter** the zone it is attacking. A point is awarded to a team that successfully dribbles the ball into the zone or makes a well-timed pass into the zone as a teammate arrives to receive it.

Version 2: Describe a scenario and put time limits on the game to speed up play...i.e. It is a tie game with 2 minutes remaining. The red team must win the game to advance into the play-offs.

Coaching Points:

Maintain the integrity of individual/group/team attacking shape while playing under the pressure of even numbers. Talk about the tactical speed of the attacking players...speed of the 1st attacker to find forward options, if they are on; speed of the 2nd attackers to provide supporting options to the 1st attacker; overall speed of play of the group. Reinforce coaching points made throughout the session.



Game: 15min.

6v6, 7v7 or 8v8 Match (25-30 minutes): Field size appropriate to age and numbers. Play the game with goalkeepers. As in Version 2 of Activity 3 above, describe a scenario that will put the pressure of time on one of the teams...i.e. With 5 minutes remaining in the game, the red team is winning by a goal; the yellow team needs a draw to advance into the championship round of the tournament.

Coaching Points:

Maintain the integrity of individual/group/team attacking shape while playing under the pressure of the Game. Coach their attacking shape as it relates to the thirds or halves of the field. Teach the goalkeeper to coach the team shape from his/her vantage point.