

## 12+ Week #12 -

## PLAY - PRACTICE - PLAY

## "Speed of Play"

Dribbling move Ribery

PLAY 10 mins.	<b>Play-</b> as players arrive have them join in a small sided game.	<b>Set Up-</b> 3V3 or 4V4 small games. -20yrds X 20yrds fields -Set up multiple fields if needed	Let them play
	Activity Description	Set Up Diagram	Coaching Points
#1 15 mins	<b>3v3+3 or 4v4+4 Keep-Away:</b> Nine or twelve players are divided into three teams of three/four (Red, Yellow and Blue). Two of the teams combine for six attackers who attempt to keep possession of the soccer ball from the other team of three defenders. When a team loses pos- session of the ball, that team becomes the defending team. Progression: 3 touch play, restrict players from passing the ball back.		<ul> <li>Technique and Quality of pass (accuracy of pass-including particular foot or side of player; weight of pass)</li> <li>Dealing with touch limitations and speed of thought</li> <li>Body Position</li> <li>Prep touch</li> </ul>
#2 <sup>15</sup> mins	<b>5v5+Targets:</b> Two teams will try to move the ball as quickly as possible to connect passes and connect with the target player to score a point. <b>Coach</b> : Start without a touch re- striction then asks the player to play 2 touches.		<ul> <li>Body Position when receiving ball</li> <li>Emphasize quick play - efficiency of touches</li> <li>Team Shape</li> <li>Vision and Communication</li> <li>Support runs off the ball</li> </ul>
#3 <sup>15</sup> mins	<b>5v5 with 4 Targets and GK's:</b> Two groups of 5 players are trying to connect passes, playing as quickly as they can. If the players use the targets and score the goal, it is 2 points. If they do not use the targets, it is 3 points. <b>Coach:</b> The team that scores keeps the soccer ball and starts from their own goal. Add touch restriction.		<ul> <li>Keep emphasizing quick play</li> <li>Player with the ball should have options wide and long</li> <li>Team Shape</li> <li>Look to play the ball early and long if it is on</li> </ul>
PLAY 25 mins	Scrimmage 11V11 Scrimmage	Call out name of player vho scores a goal	Let them play



**Organized**-set up and ready to go **Game like**-activity must be game like **Repetitions**-repetition on what you are trying to achieve

Challenging-players need to be challenged Coaching-the right coaching based on the age/level of the players