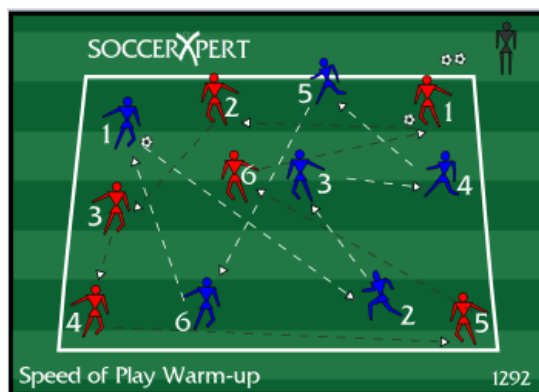




Drill Quick Glance

Age: 9+	Field: 30X40
Players: 12	Time: 20 MINS.
Difficulty: MEDIUM	Focus: SPEED OF PLAY
Keeper: NO	Type: Team
Author: Chris Johnson	

Equipment

Disc Cones/Markers | Scrimmage Vests | Soccer Balls

Speed of Play Warm-up

Objective:

This soccer drill is a great warm-up to sessions relating to the speed of play in a soccer game. Players must have a good grasp of necessary passing and receiving skills to execute this soccer drill successfully.

Setup

1. Create a 30X40 grid.
2. Divide the team into even groups of 6 players per group (each group in different color pennies).
3. Number the players 1 through 6.
4. The ball starts with players 1 and 4 to start the warm-up.

Instructions

Follow the progression below after working on a step for 5-7 minutes. You can spend more or less time on an area depending on the players and players might not be able to complete all of the warm-ups. With the players spread out inside the grid randomly and intermingled, perform the following progression:

1. Players should pass to the next highest number upon receiving the ball. Player #1 passes to #2; #2 passes to #3; #3 passes to #4; finally #6 passes to #1 and the warm-up continues.
2. Next, reverse the pattern where #6 plays to #5, #5 passes to #4; etc.
3. Next, players play to odd players if they are odd numbers and even players play to even numbers. For Example, #1 passes to #3, #3 passes to #5, etc. and #2 passes to #4, #4 passes to #6, etc.
4. Decrease the number of touches to make the speed of play faster by demanding quicker thought process.
5. Limit the verbal communication by limiting the number of words the players can speak. For example, only let them say one word. So player #1 might ask for player #2 by saying "TWO."
6. Lastly, only allow non-verbal communication such as hand clapping, pointing, eye contact, etc.

Coaching Points

- Encourage players to think a step ahead and know who the ball is coming from and who the ball is going to at all times.
- Encourage proper passing and receiving skills.
- Movement without the ball is crucial as players attempt to get in triangular shapes.

Variations

- N/A