

**Variables affecting speed of play:**

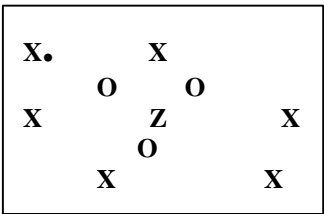
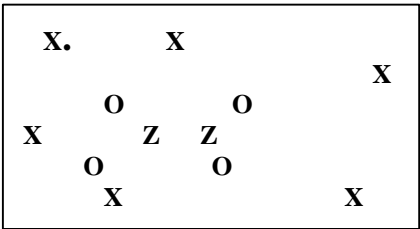
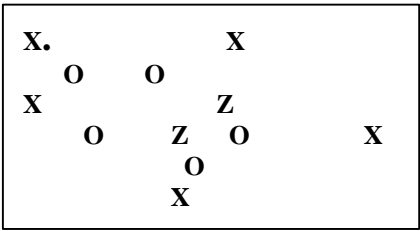
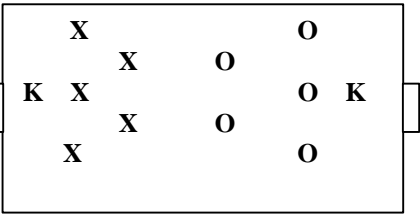
- A. Technique
- B. Vision
- C. Pressure from opponent
- D. Options to play (choices)

# TOPIC: Increasing Your Speed of Play

**Concerns:**

- A. Improve technique
- B. Improve vision
- C. Improving tactical decision

Coach Name: \_\_\_\_\_

	<u><b>ACTIVITY 1</b></u>	<u><b>ORGANIZATION</b></u>		<u><b>KEY COACHING POINTS</b></u>
(30x20)		6v3+1 <ul style="list-style-type: none"> <li>• X's keep away from the O's. (7v3)</li> <li>• X's don't defend, O's play high pressure</li> <li>• O's upon gaining possession play keep away from Z (3v1). O's only have 1 touch.</li> <li>• X's receive a point when playing into Z</li> <li>• O's receive a point upon gaining possession.</li> </ul>	<ul style="list-style-type: none"> <li>✓ Keep ball moving</li> <li>✓ Play front foot</li> <li>✓ Support on the left and right</li> <li>✓ Keep shape</li> </ul>	
(40x20)		6v4+2 Same as above adding players <ul style="list-style-type: none"> <li>• X's 2 touch (8v4)</li> <li>• O's 1 touch (4v2)</li> <li>• Z's unlimited</li> </ul>	<ul style="list-style-type: none"> <li>✓ Keep ball moving</li> <li>✓ Always moving and adjusting</li> <li>✓ Weight of Pass</li> <li>✓ Z's dictate play</li> </ul>	
(40x20)		7 v 5 <ul style="list-style-type: none"> <li>• Keep away</li> <li>• Receive a point for every 1 touch pass otherwise play unlimited.</li> <li>• Z unlimited touches and still counts points.</li> <li>• Play first team to 40 one touch passes.</li> </ul>	<ul style="list-style-type: none"> <li>✓ Keep shape</li> <li>✓ Stay alert</li> <li>✓ Play heads up and aware of surroundings</li> <li>✓ Play away from pressure</li> </ul>	
(60x40)		6 v 6 including keepers <ul style="list-style-type: none"> <li>• Remove restrictions and observe</li> <li>• Maybe give the teams different scenarios</li> <li>• How do we play when:                             <ul style="list-style-type: none"> <li>• Up or down by a goal</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>✓ Keep shape</li> <li>✓ Move ball quickly</li> <li>✓ Transition</li> </ul>	