

Topic: Speed of Play

Presenter: John Ellinger, Technical Director, US Youth Soccer

Note: the following session was conducted by John Ellinger at last week's 2008 US Youth Adidas National Workshops in Pittsburgh, PA

Activity Name	Description	Diagram	Coaching Points
1			
Technical Warm-up	<ul style="list-style-type: none">• Two teams of 8 (w/GK's) with 3 balls per team.• Inter-passing, combinations, and serving. (40 yds x 50 yds)		<ul style="list-style-type: none">• Stoppages to allow for stretching exercises
2			
7 v 7 Possession in Four Grids	<ul style="list-style-type: none">• Divide space into four grids (40 x 50)• Once a team plays into a grid, it is allowed two passes within that grid before it must leave that grid		<ul style="list-style-type: none">• Change restriction to allow one pass within the grid
3			
7 v 7 Possession in Three Grids	<ul style="list-style-type: none">• Three grids (20-30-20)• Teams start by playing one touch in central grid and two touch in wide grids• Players may enter and re-enter all three grids• Competitive element is winning team must connect one pass in wide grids and two passes in central grid while in possession of the ball		<ul style="list-style-type: none">• Change restriction to Two touch in central grid and one touch in the wide grids

<p>7 v 7 w/ GK's 5-ball game (50 x 70)</p>	<ul style="list-style-type: none"> • One team plays to goal, if they score it is worth 2 points • The other team can score a point by scoring a goal or making six consecutive passes • Each team plays 5 balls under each condition 		<ul style="list-style-type: none"> • New ball enters playing area from the GK • Each ball needs to receive points
5			
<p>Cool Down</p>			