



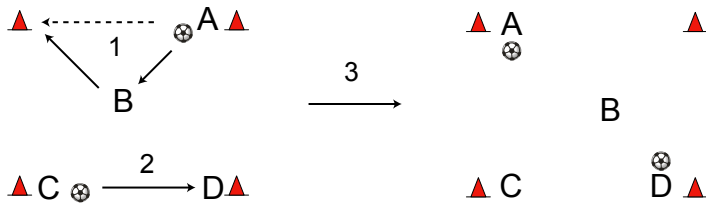
COMPETITIVE SOCCER PRACTICE # 4

Practice Focus: Passing, Anticipation, Transition

Time: 2 hrs

Warm-Up: Anticipation, Passing (30 min)

1. Groups of 5-7 players in a 20m x 20m grid. Players pass to each other and follow the pass. Players must call their name to receive the ball.
2. Runner's stretch (3 x 30 sec each leg).
3. Same groups, players are each given a number (1-7). Players must pass to each other in numerical sequence.
4. Quad stretch (3 x 30sec. each).
5. Give and Go in a 15m x 15m grid.

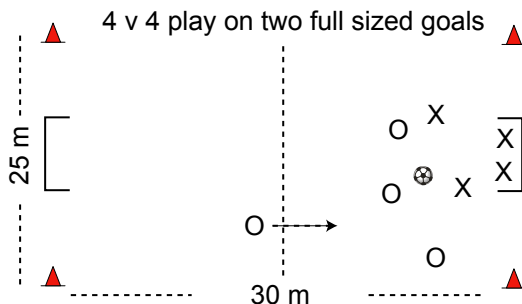


1. A plays give and go with B to open cone.
2. C passes ball to D at the same time.
3. This is what the positions are after these passes. D now plays give & go with B, A passes to C.

Rotate everyone through position B every 3 min.

6. Hamstring stretch (3 x 30 sec. each).
7. In pairs, players one-touch pass to each other across the field and back.
8. Heel stretch (3 x 30 sec. each).

Technical Skill: Transition Play (20 min.)

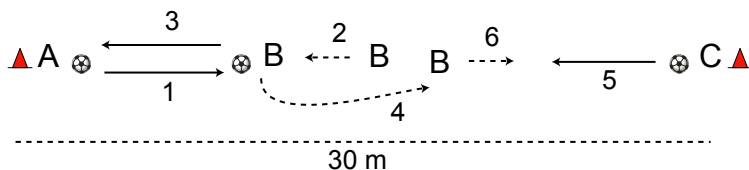


4 v 4 play on two full sized goals Two defenders (X) must be on goal line between posts before their two team mates can challenge attackers (O).

Attackers (O) must have all players in attacking half before they are allowed to score a goal.

After change of possession, O defends and two O's must sprint to goal line before the other two can challenge X's, who now attack and must have everyone across half before they can score a goal.

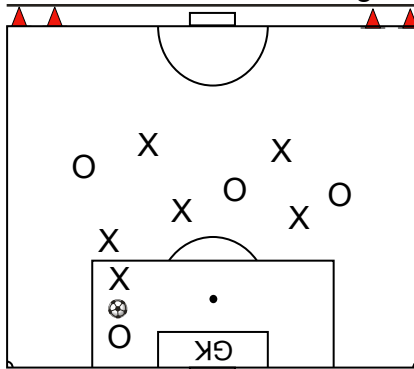
Fitness Drill: Receive - Pass - Turn (10 min.)



1. A passes ball towards B.
2. B attacks ball.
3. B plays one touch pass back to A.
4. After pass, B turns to face C.
5. C passes ball towards B.
6. B attacks ball.

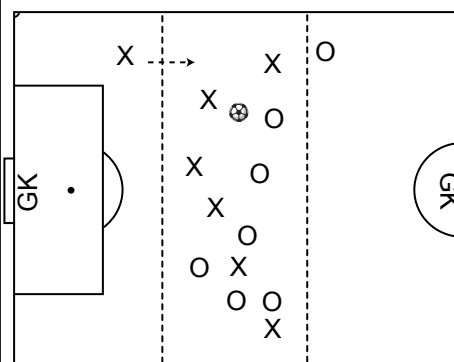
Rotate each player for 3 minutes through position B

Tactical Drill: 6v4 Pressing & Counterattack (25)



X's attack and O's defend regular goal. After O's win ball they counter 2 goals at half. Closest attacker X challenges O with ball and other X's support and close down passing lanes.

Scrimmage: 7v7 with GK Transition Play (30 min.)



Divide half the field into 3 equal zones. Team in possession must have all players at least in middle before they can score. In own defending third only, teams play two touch soccer until ball is played out of defending zone.

Players should be busy at all times. If drills keep players inactive, break team into smaller groups and run parallel drills