



Speed of Play- ODP State Team Training
Rob Herringer

Note: This session was done with an Olympic Development player pool of approximately 24 field players and 4 goalkeepers. Coaches will need to modify the space and number of players used in each activity to fit their needs. Goalkeepers received separate training with a GK Specialist Coach until the final game.

Activity, Description, and Progression	Diagram	Coaching Points
<p>Warm-up- 3-Color Passing</p> <ul style="list-style-type: none"> - ~8 per team - 3 teams in different colors - Receive from one color, pass to another. <p>Progression</p> <ol style="list-style-type: none"> 1. Vary service and runs off the ball. 		<ol style="list-style-type: none"> 1. Clean first touch. 2. Pace, accuracy and timing of pass. 3. Early support 4. Communication- verbal and visual.
<p>4 v 4 + 4</p> <ul style="list-style-type: none"> - 30 x 25 yard grids - 5 passes= 1 point - Combination= 2 points <p>Progression</p> <ol style="list-style-type: none"> 1. Neutrals on the outside 2. Neutrals on the inside <ul style="list-style-type: none"> - Touch restrictions such as 2-touch max for field players and 1-touch max for all neutral players. 		<ol style="list-style-type: none"> 1. Early support. 2. Establish an attack through possession. 3. Switch point of attack when on. 4. Deception in passing and receiving. 5. Body shape when receiving- typically side-on.

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6 v 6 Possession

- 55 x 35 grids
- 5 passes = 1 point
- Touch restrictions

Progression

1. Pass and follow pass
2. Pass and move in any direction
3. To Two Goals



1. Keep the ball moving!
Find a rhythm of play as well.

8 v 8 + 8 to Big Goals

- Two-touch in “final third”
- Neutral attackers have one touch.



All of the Above

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Game- 9 v 9
(8 and goalkeeper)

- 1-3-3-2 Shape



Coach in the Game
(all of the above)

Use Offside/Restraining
Lines.