

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

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