



**Model Training Session**  
**Speed of Play in the Final Third**  
**Presented by Chad Moore**  
**February 2017**

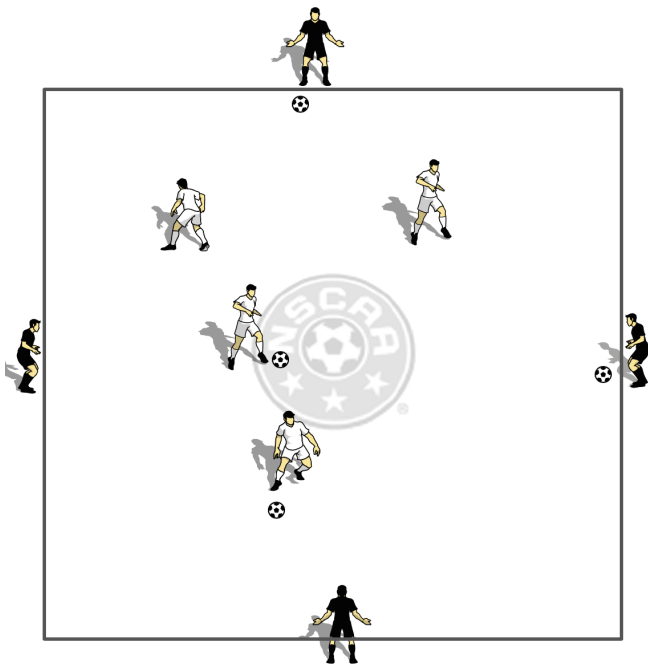
The focus of this progressive session will be on improving the speed-of-play in the final third (particularly in front of goal). Coaching points will revolve around technique and principles of play. Dependent upon players in attendance and ability to grasp concepts, the session may become functional by the third activity.

**Technical Coaching Points:**

- Vision – body shape (1/2 turn); head on a swivel
- Get in line behind ball (do not reach)
- Prepare surface early – variety of turns (fakes/feints)
- First-touch into space/away from pressure (penetrate vs possess)

**Principles of Attack:**

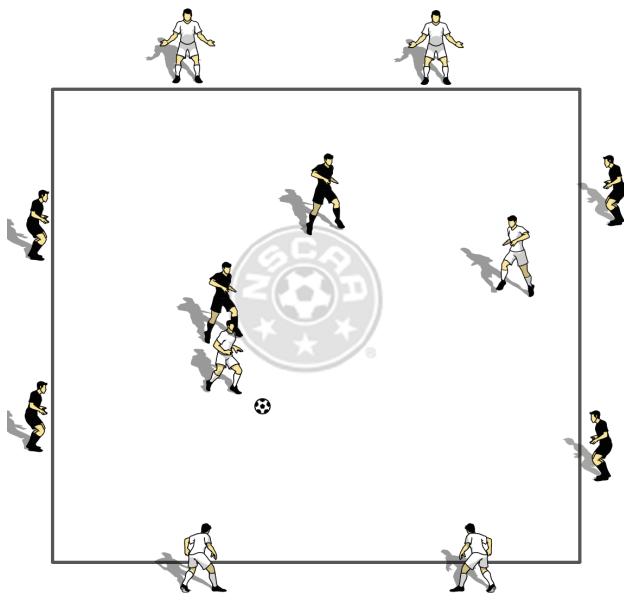
- Penetration (decision to shoot, pass, dribble)
- Support
- Create space (for self and others)
- Combination play



Warmup 30 yds x 30 yds)

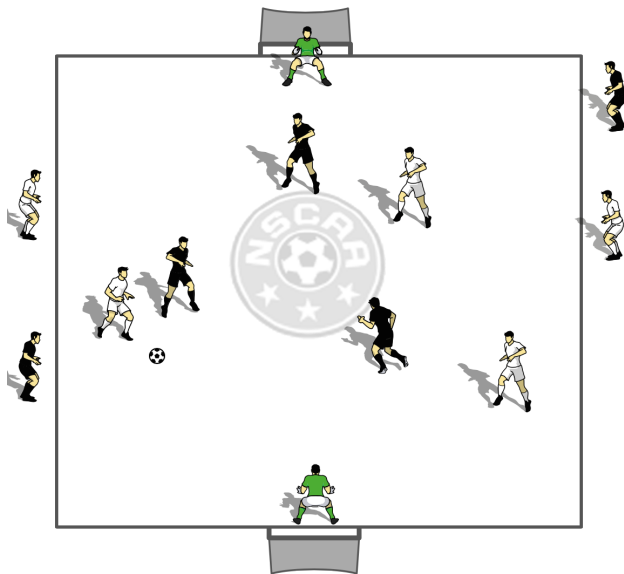
FIFA 11+

Windows



2v2 to targets (30 yds x 30 yds)

Introduce a variety of requirements/scoring options (i.e. two-touch)



3v3 + GKs to goal w Bumpers (40 yds x 44 yds)

Activity always restarts with a GK

Introduce a variety of requirements/scoring options (i.e. two-touch)

6v6 Scrimmage (50 x 40 yards)

No restrictions

