



**Lakeville Soccer Club**  
**Model Training Session**  
**Speed-of-Play**  
**Chad Moore – Director of Coaching**



The focus of the progressive session will be on helping players increase their speed-of-play. The coaching points will touch upon technique (i.e. shape of foot when receiving the ball), but the majority of coaching points will be tactical (decisions) in nature. The idea is to get the players to make quicker and more effective decisions with the ball. The space will be kept tight to require quick decisions; may need to be adjusted to find the right level of difficulty while allowing for success.

**Coaching Points:**

- Penetration (player in possession of the ball)

  - Make decision prior to receiving the ball

  - First-touch sets up shot/pass/dribble

- Support

  - Distance and angle of support; runs off the ball

  - Body shape/vision (face the way you want to play)

- Combination play (keep the ball moving)

- Team shape – length and width

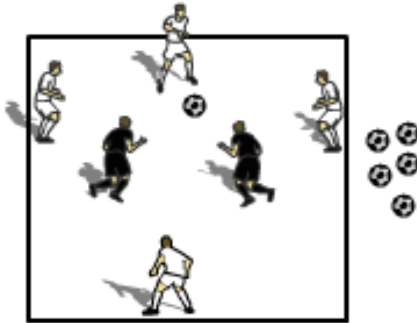


**Windows Warmup (30 yards x 30 yards)**

Half of players on outside of grid with a ball

Half of players on inside of grid without a ball

Perform various passing, receiving and dribbling exchanges



#### 4v2 Keepaway (10 yards x 10 yards)

Team of 5 starts always starts with the ball

Team of 5 attempts to complete as many passes as possible; 1 pass = 1 point

Team of 2 attempts to dribble out of the area; 1 dribble out = 5 points

Extra players keep balls near the grid (rotate)



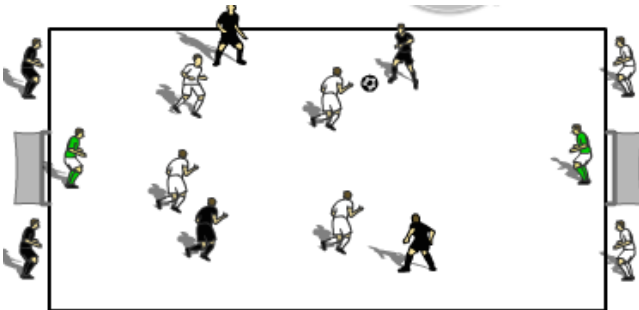
#### 2v2 to Targets (15 yards x 10 yards)

Players inside of grid compete 2v2 with the objective of playing the ball to a target player

Target player returns the ball to the team that passed it to him

Vary the requirements for scoring a point (i.e. find the third player)

Extra players keep balls near the grid (rotate)



#### 5v5 plus bumpers (40 yards x 30 yards)

Each team will play 1-2-1

All match rules apply (including offside)