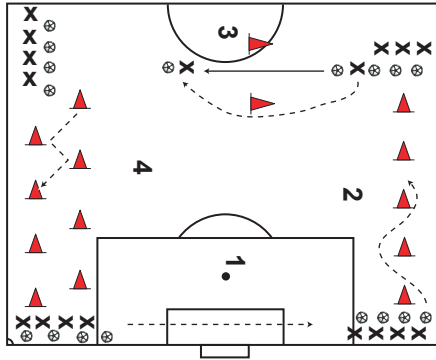


# FAST BREAK SOCCER PRACTICE # 1

## Warm Up (20 min)

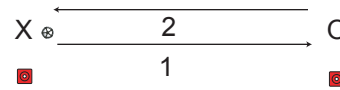
### A. Individual Circuit

1. Dribble ball across field.
  2. Dribble through cones.
  3. Pass to yourself through cones, run outside cones and receive ball while it is still moving.
  4. Dribble zig zag keeping the ball inside the cones.
- Do two trips around circuit



### B. Runner's & Hamstring Stretches

### C. Two Touch Passing



X and O pass to each other- two touch, first touch to receive and set up second touch pass. Go for 4 minutes.

### D. Quad & Personal Stretches

## Transition Play (30 min)

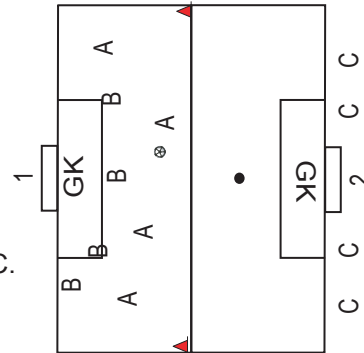
Field of play is an area twice the size of the penalty box.

A attacks goal 1 which B defends. If A scores, a save is made by GK, B wins ball, or ball goes out of bounds, B gets possession of ball and attacks goal 2.

Goal 2 will immediately be defended by team C coming off goal line.

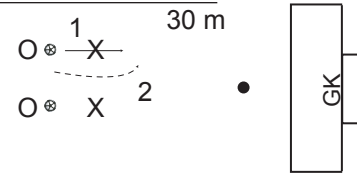
Team A immediately drops to goal line 1 and waits to defend attack by C.

Attacking team always drops to goal line as quickly as possible.



## Soccer Speed (10 min)

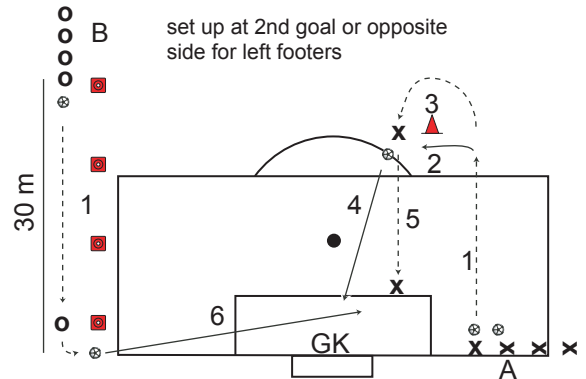
1. X stands with legs apart and O, with ball, is 1m behind X. O passes ball through X's legs.
2. O runs around X after ball and goes for goal. As soon as X sees ball, X sprints to play 1v1 on goal against O. Switch roles.



## Goal Scoring (30 min)

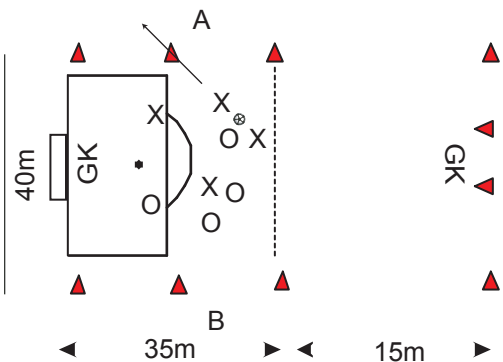
1. Player X from group A dribbles ball to cone.
2. X passes ball in front of cone.
3. X sprints around cone to go for a first touch shot on goal.
4. X strikes ball aiming at far post.
5. X now sprints to head a cross.
6. O plays a well timed cross from opposite side.

Timing of run, shot by X and dribble and cross by O must be such that the drill runs smoothly without anyone ever waiting for a ball.



## Game Tactics (30 min)

1. X play against O in a 40 by 35 grid.
  2. X attacks goal and O defends.
  3. X must pass ball to a player into zone A or B before they can score
  4. O's cannot enter areas A or B.
  5. Once X has possession in area A or B they can cross ball or play it back into grid.
  6. If O's win ball, they fast break on opposite goal while X's transition back to defend.
- Regular soccer rules except for off-side apply to restart game.



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