



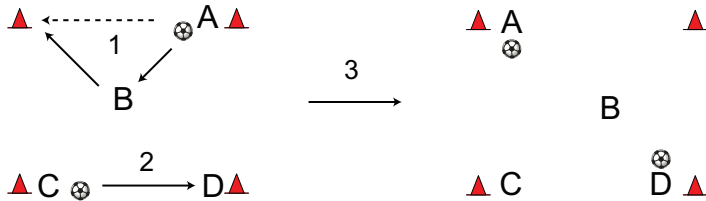
# COMPETITIVE SOCCER PRACTICE # 4

Practice Focus: Passing, Anticipation, Transition

Time: 2 hrs

## Warm-Up: Anticipation, Passing (30 min)

1. Groups of 5-7 players in a 20m x 20m grid. Players pass to each other and follow the pass. Players must call their name to receive the ball.
2. Runner's stretch (3 x 30 sec each leg).
3. Same groups, players are each given a number (1-7). Players must pass to each other in numerical sequence.
4. Quad stretch (3 x 30sec. each).
5. Give and Go in a 15m x 15m grid.

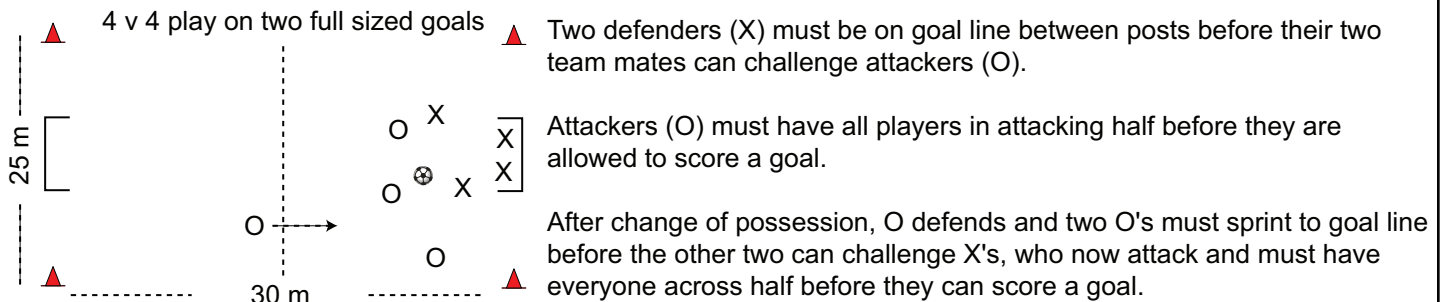


1. A plays give and go with B to open cone.
2. C passes ball to D at the same time.
3. This is what the positions are after these passes. D now plays give & go with B, A passes to C.

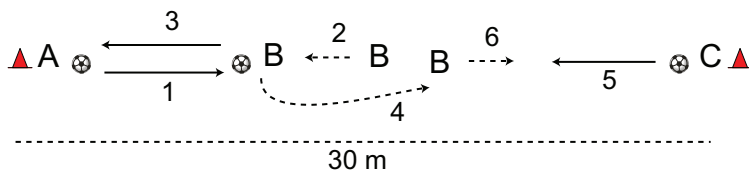
Rotate everyone through position B every 3 min.

6. Hamstring stretch (3 x 30 sec. each).
7. In pairs, players one-touch pass to each other across the field and back.
8. Heel stretch (3 x 30 sec. each).

## Technical Skill: Transition Play (20 min.)



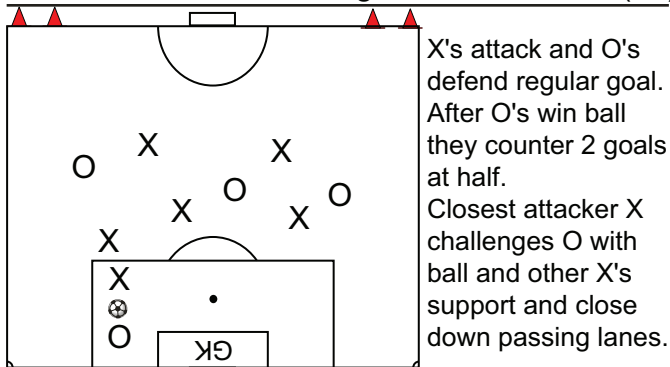
## Fitness Drill: Receive - Pass - Turn (10 min.)



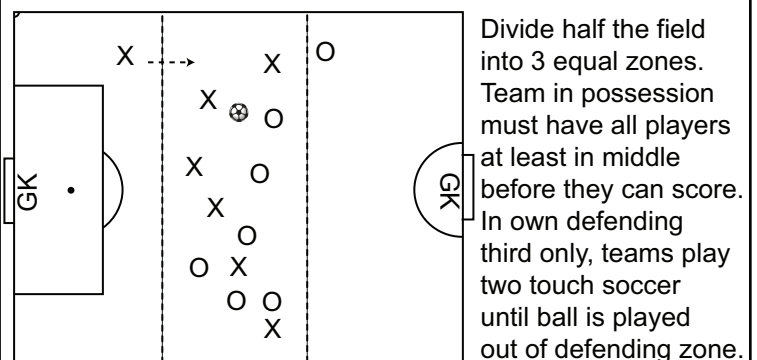
1. A passes ball towards B.
2. B attacks ball.
3. B plays one touch pass back to A.
4. After pass, B turns to face C.
5. C passes ball towards B.
6. B attacks ball.

Rotate each player for 3 minutes through position B

## Tactical Drill: 6v4 Pressing & Counterattack (25)



## Scrimmage: 7v7 with GK Transition Play (30 min.)



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