

## Speed technical coordination —●— Circuit 2

### SET-UP FOR ALL DRILLS



#### Organisation

- Lay out a 70x40m grid using 2 goals and 2 mannequins or poles or flat discs (a and b).
- Mark out a 30x34m area inside the grid using 4 mannequins or poles (c and d).
- Place one of the goals 20m behind the line marked by d (e) and the other in the same position at the opposite end of the grid.
- Create a 7m gate at the midpoint of the grid (g) and place 2 gates 15m either side of it (f).
- If no mannequins are available, a mixture of poles, cones or flat discs may be used instead.

#### Drill duration

- 5 players (10 players with 2 balls): 2 x 5-6 minutes
- 6 players (12 players with 2 balls): 2 x 6-7 minutes
- 7 players (14 players with 2 balls): 2 x 7-8 minutes
- 8 players (16 players with 2 balls): 2 x 8-9 minutes

#### Approximate workload intensity

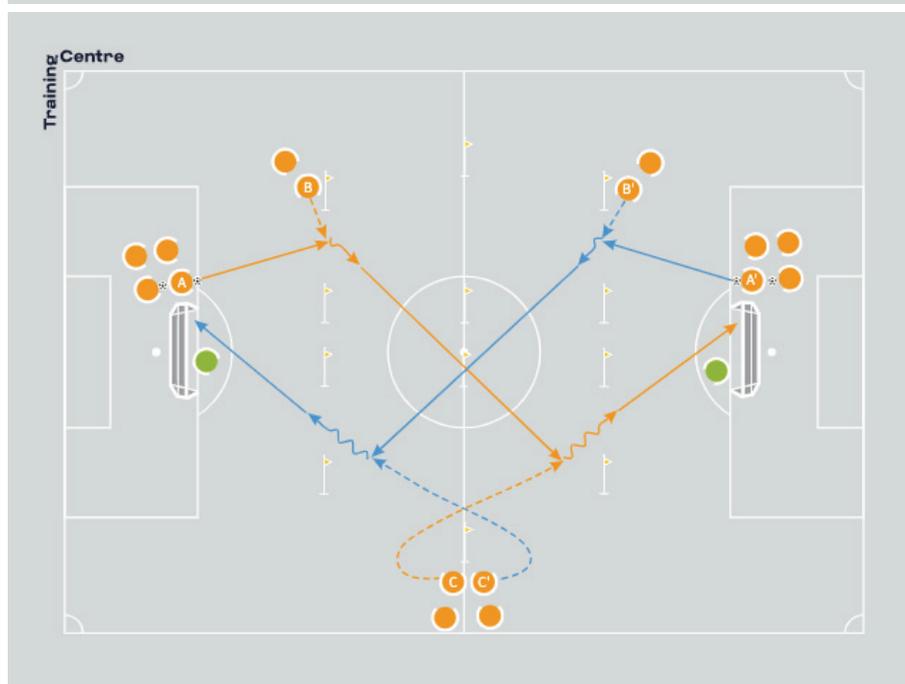
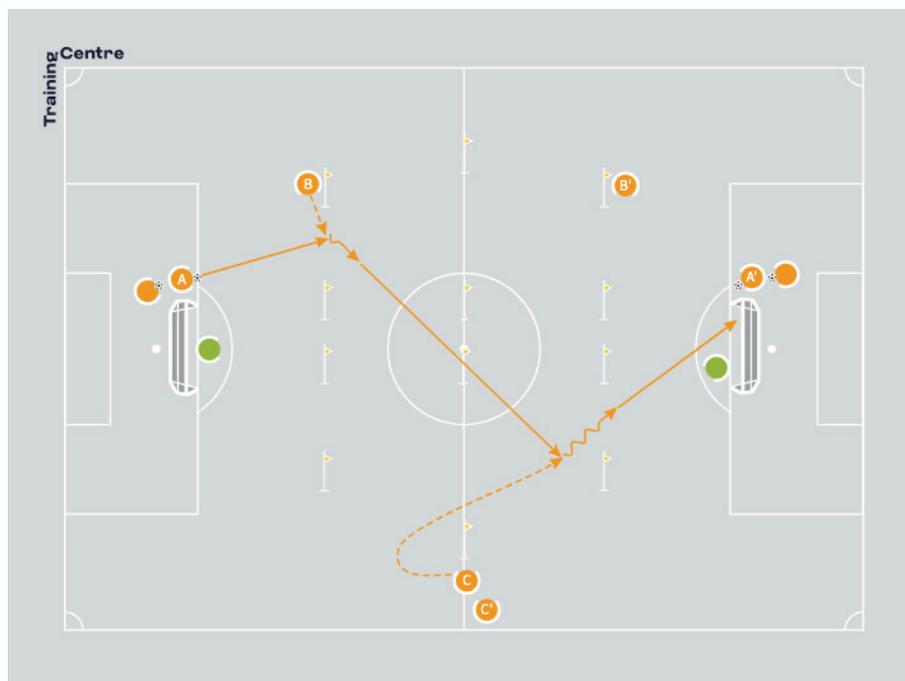
- 5 players (10 players with 2 balls): very high to high
- 6 players (12 players with 2 balls): high to medium
- 7 players (14 players with 2 balls): medium to low
- 8 players (16 players with 2 balls): low

#### Coaching points that apply to all drills

- Give players 1-2 minutes to find their tempo and familiarise themselves with the scenario, before gradually raising the tempo and intensity.
- Devote a period of time (minimum of 3-4 minutes) during each drill to focus on high tempo, correct technique, technical balance (two-footedness) and the reinforcement of awareness habits.
- The drill duration relates to the ball rolling time. Stop the watch if the drill is interrupted for more than a few seconds.
- Encourage players to move quickly between positions. This is particularly relevant when there are few players involved in the drill, e.g. 5-6 players with 1

- ball or 10-12 players with 2 balls.
- When performing the drills with 6 players, a coach/server is required to permanently occupy one of the starting positions and play the first pass in each rotation. Where 5 players are involved, a coach/server is required at the starting positions at both ends of the grid.
- To ensure continuous, uninterrupted ball rotation, a minimum of 20 balls is required (10 at each starting position).
- Where a session involves a particular focus on player positioning, the drills offer the flexibility to allow players to remain in the same position, i.e. defenders and midfielders can play passes 2 and 3, with attacking midfielders and forwards making the runs that offer them exposure to the sprint/HSR zones. However, this will result in large disparities in speed metrics and intensity levels between individual players. In addition, it will also pose a challenge for the coach in terms of ensuring that the sprint/HSR workloads are well distributed amongst the players. Rotating players between positions represents the most effective means to achieving a high volume speed metrics outcome for all players.

## DRILL 1: DIAGONAL PASS TO MEET A DIAGONAL RUN IN BEHIND



## Sequence

- A plays the ball towards the wide positioned pole for B.
- B moves the ball inside for approximately 5 m, and plays a long diagonal pass into C's acceleration path.
- C should drop back 5-10m from the pole position, before timing their run to meet B's pass.
- C should try to finish on goal with minimal touches.
- The sequence continues from the opposite starting position.
- When the rotation features 2 balls: the sequence begins with a pass played simultaneously from A and A'.

## Player rotation

- Every player follows their pass to ensure player rotation.
- A becomes B.
- B becomes C.
- C becomes A'.
- When 5 or 6 players are involved in the drill, coaches/servers are required to occupy the A/A' starting positions. Where the coaches/servers occupy both starting positions, the players rotate between positions B and C.

## General coaching points

- Place the emphasis on playing a quality pass into the path of the next player in the sequence.
- This drill promotes technical balance, requiring the use of the left and right foot in equal measure.

## Functional coaching points: B

- On receiving the ball, B should turn infield, lifting their head up, before playing a long diagonal pass.
- To promote technical balance, when turning infield to play the long, right-to-left diagonal pass, the emphasis for B is on the left foot. The opposite applies for the left-to-right diagonal pass, where the emphasis should be on the right foot.

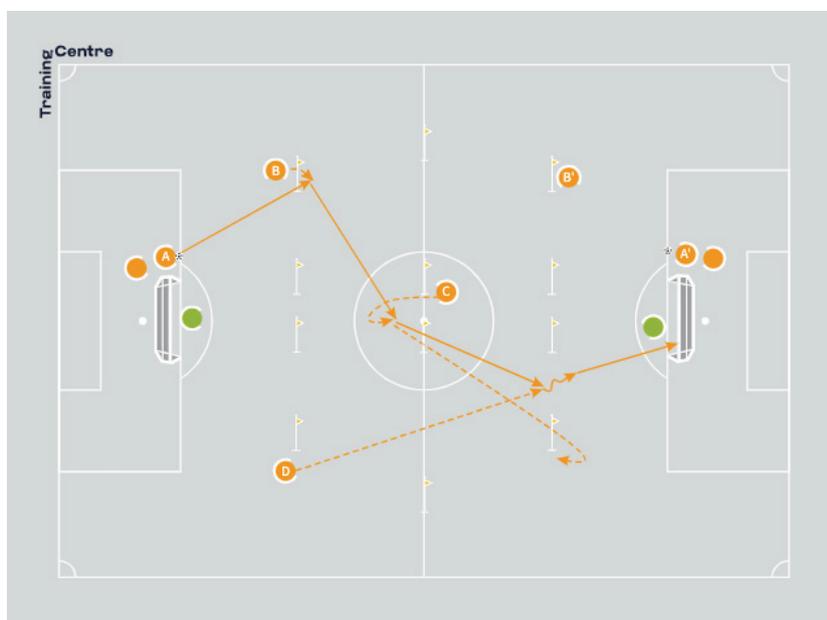
## Functional coaching points: C

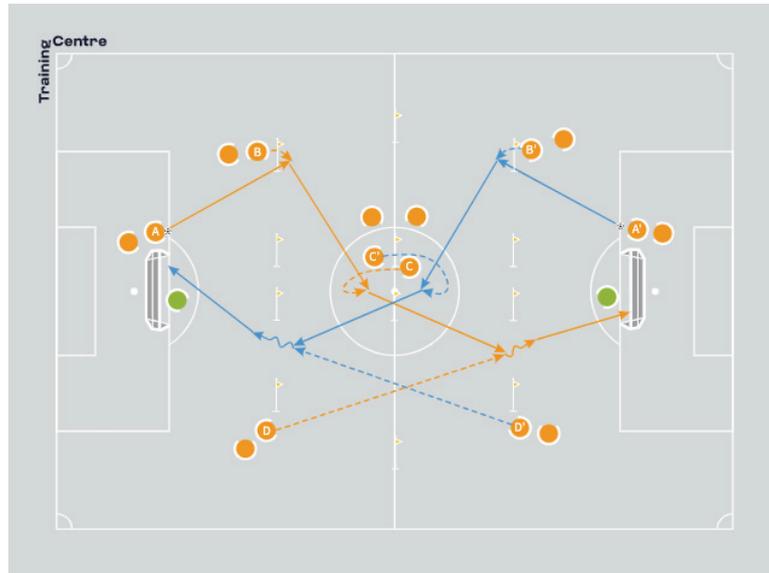
- To reinforce good footballing habits, C should drop back 5-10m from the pole position, while scanning towards B to time their acceleration to meet B's pass.

## Speed metrics

- C: each individual acceleration should cover a distance of approximately 20-25m in the sprint/high-speed running (HSR) zones.

## DRILL 2: A VERTICAL PASS PLAYED TO MEET A DEEP IN-BEHIND RUN





### Sequence

- A plays a pass towards B at the wide positioned pole.
- B allows the ball to run wide of the pole before playing an infield pass to C.
- C moves infield to receive the ball and turns out to play a vertical pass to meet D's deep run in behind.
- After accelerating on to the ball, D finishes the move with a shot on goal.
- The sequence continues from the opposite starting position.
- When the rotation features 2 balls: the sequence starts with passes played simultaneously from A and A'.

### Player rotation

- Every player follows their pass to ensure player rotation.
- A becomes B.
- B becomes C.
- C becomes D' at the opposite pole.
- D becomes A'.
- When 5 or 6 players are involved in the drill, coaches/servers are required to occupy the A/A' starting positions. Where the coaches/servers occupy both starting positions, the players rotate between positions B and C.

### General coaching points

- Place the emphasis on playing a quality pass into the path of the next player in the sequence.
- This drill promotes technical balance, requiring the use of the left and right foot in equal measure.

### Functional coaching points: C

- As B allows the ball to run beyond the pole/mannequin, C should quickly drop back 5m to receive the ball on the half-turn, before nudging it forward and getting their head up to assess the placement of the pass to D.

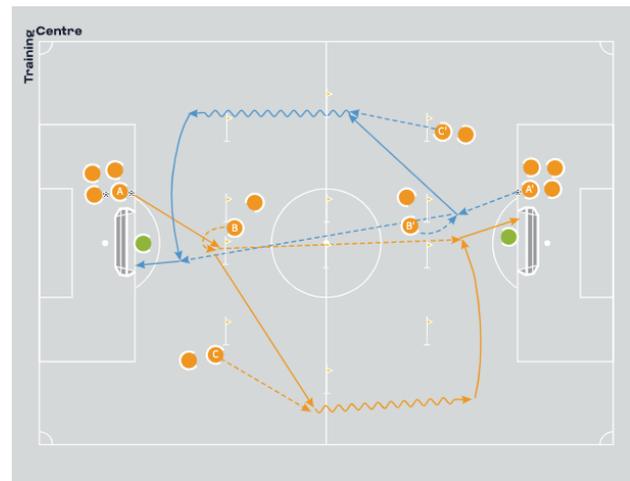
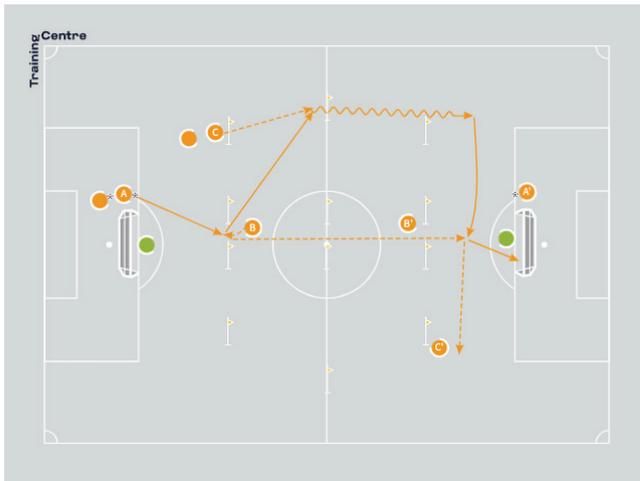
### Functional coaching points: D

- To reinforce good footballing habits, while building speed from a deeper position, D should scan infield to time their full power sprint with the forward touch from C.

### Speed metrics

- D: each individual acceleration should cover a distance of approximately 20-30m in the sprint/HSR zones.

## DRILL 3: GIVE-AND-GO, SPRINT INTO THE BOX AND FINISH



### Sequence

- A plays the ball infield to B.
- B advances between the poles/mannequins to receive the ball on the half-turn forward.
- B then plays a give-and-go, stroking the ball out wide towards the middle pole/mannequin and into C's forward path, before racing forwards at pace to latch on to C's return ball before finishing on goal.
- When the rotation features 2 balls: the sequence starts with a pass played simultaneously from A and A'.

### Player rotation

- Every player follows their pass to ensure player rotation.
- A becomes B.
- B becomes C'.
- C becomes A'.
- When 6 or 7 players are involved in the drill, coaches/servers are required to occupy one or both of the A/A' starting positions. Where the coaches/servers occupy both starting positions, the players rotate between positions B and C.

### General coaching points

- Place the emphasis on playing a quality pass into the path of the next player in the sequence.
- To promote complete technical balance, two sets of this drill are required: set one should be a clockwise rotation and set two an anticlockwise rotation.

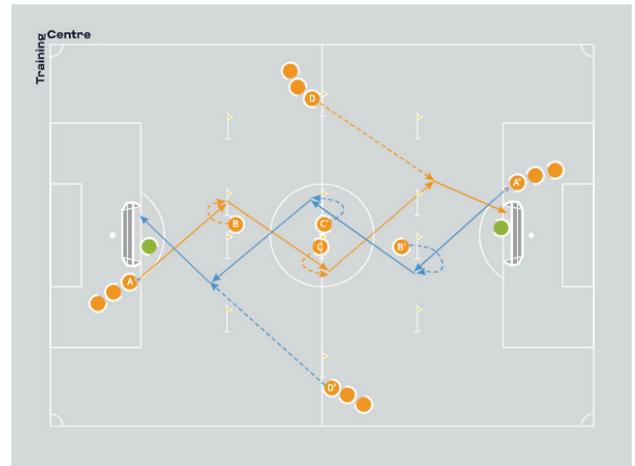
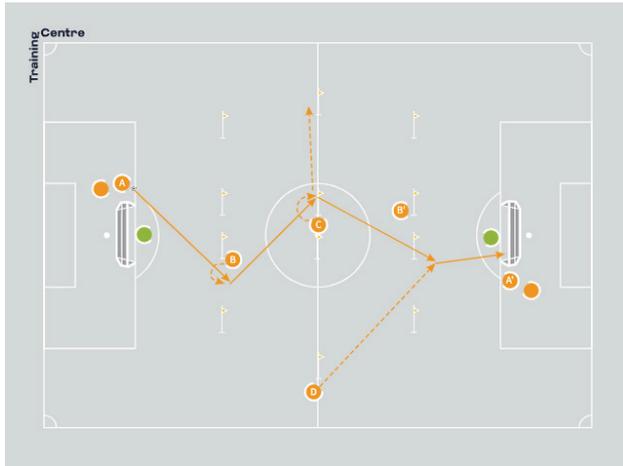
### Functional coaching points: C

- As B turns to play wide, C should scan across to time their forward movement with B's pass. On receiving the ball, C should take a forward touch into the movement path, setting up a diagonal pass into B.
- To promote technical balance, when playing the long right-to-left diagonal pass, C should play the ball in with their right foot. The opposite applies when playing the left-to-right diagonal pass, with the emphasis on a left-footed pass.

### Speed metrics

- C: each individual acceleration (both on and off the ball) should cover a distance of approximately 30-35m in the sprint/HSR zones

## DRILL 4: VERTICAL COMBINATION MOVE COORDINATED WITH A DIAGONAL, INFIELD RUN



### Sequence

- A plays an infield pass to B.
- Turning forward with their first touch, B plays an angled pass into C's forward run.
- C slots the ball through to meet D's run in behind.
- D meets the ball with a finish on goal.
- The sequence continues from the opposite starting position.
- When the rotation features 2 balls: the sequence begins with a pass played simultaneously from A and A'.

### Player rotation

- Every player follows their pass to ensure player rotation.
- A becomes B.
- B becomes C.
- C becomes D' at the opposite pole.
- D becomes A'.
- When 5 or 6 players are involved in the drill, coaches/servers are required to occupy the A/A' starting positions. Where the coaches/servers occupy both starting positions, the players rotate between positions B and C.

### General coaching points

- Place the emphasis on playing a quality pass into the path of the next player in the sequence.
- NB: to promote complete technical balance, two sets of this drill are required: set one should be a clockwise rotation and set two an anticlockwise rotation.

### Functional coaching points: B

- As A is about to pass, B creates space to receive the ball half-turned forward.
- To promote technical balance, when A starts the sequence with a diagonal right-footed pass played in from beyond the left side of the goal, B should shift the ball forward with their right foot before playing a right-footed pass to C. The opposite applies when receiving the ball from beyond the right side of the goal, where B and C should focus on using their left foot.

### Functional coaching points: C

- As B prepares to play a pass, C should move to receive on the half-turn, nudging the ball forward with their first touch, while scanning over to D to gauge the timing and weight of the pass to be played to D.
- To promote technical balance, when playing the diagonal right pass in for D, C should focus on playing a left-footed pass. The opposite applies when playing the left diagonal pass, with greater emphasis to be placed on playing a right-footed pass.

### Functional coaching points: D

- While C scans over to D, D should in turn scan infield to time their acceleration to meet C's pass.

### Speed metrics

- D: each individual acceleration on the ball should cover a distance of approximately 20m in the sprint or HSR zones.