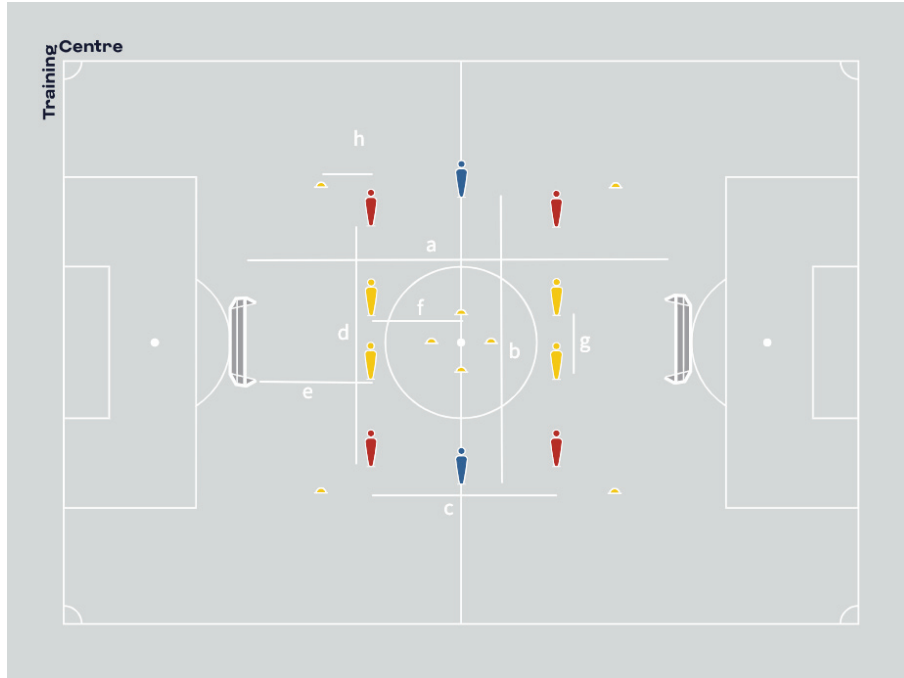


Speed technical coordination —●— Circuit 5

SET-UP FOR ALL DRILLS



Organisation

- Lay out a 55x30m grid using 2 goals and 2 mannequins (a and b).
- Mark out a 20x25m inner grid using 4 mannequins (c and d).
- The distance between the outer edge of the inner grid and the goals should be 17.5m (e).
- Create two 6-metre-wide gates (g) using mannequins, positioned 10m (f) either side from the midpoint of the grid.
- Set 4 flat discs/cones around the centre mark, as displayed in the graphic above, to form two 6 metre wide gates.
- Place a flat disc/cone beyond each corner of the inner grid (h), positioned 5m beyond the outer mannequins (d) and level with the widest mannequins (b).
- 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): 4-5 minutes ball rolling time
- 6 players (12 players with 2 balls): 5-6 minutes ball rolling time
- 7 players (14 players with 2 balls): 6-7 minutes ball rolling time
- 8 players (16 players with 2 balls): 7-8 minutes ball rolling time

Approximate workload intensity

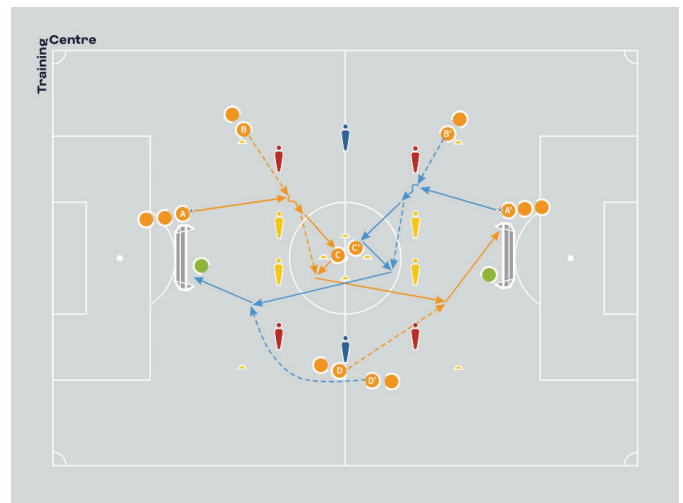
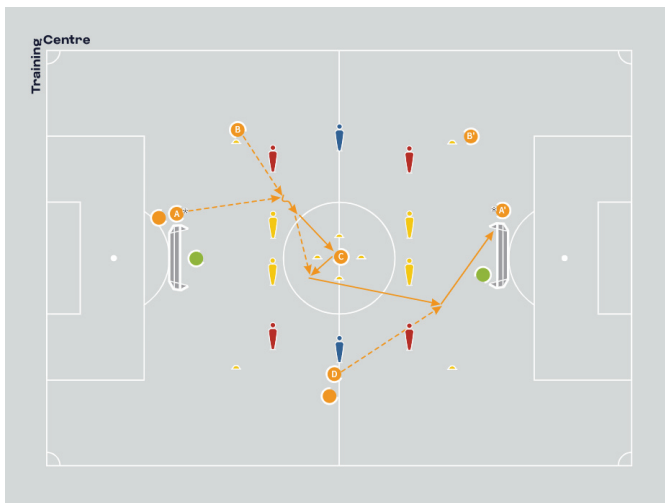
- 5 players (10 players with 2 balls): very high to high
- 6 players (12 players with 2 balls): high to medium
- 7 players (14 players with 2 balls): medium to low
- 8 players (16 players with 2 balls): low

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 4 minutes) during each drill to focus on high tempo, correct technique, technical balance (two footedness) and the reinforcement of awareness habits. Where a drill requires 2 sets, ensure that a total of at least 4 minutes are devoted to these elements.

- The drill duration relates to 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.
- Drill 1 (1 ball) involves full left and right movement rotations. However, a second set is required for technical balance, with all players occupying starting positions on the opposite side of the playing area to the first set.
- Place the emphasis on playing a quality pass into the path of the next player in the sequence.
- Players should play with their heads up, scanning the area they are receiving the pass from and the intended destination of their pass.
- When performing the drills with 5 players, a coach/server is required at the starting positions at both ends of the grid to play the first pass in each rotation. When 6 (7 or 8 for drills 3 and 4) players are involved, a coach/server is required to permanently occupy one of the starting positions.
- 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 metric outcome for all players.

DRILL 1: SHORT INFIELD ACCELERATION, ONE-TWO WITH CENTRAL PLAYER, BEFORE PLAYING THE INFIELD RUNNER IN BEHIND ON GOAL



Sequence

- A plays a vertical pass towards B's infield acceleration path.
- B makes a darting infield run to latch on to the ball before playing a short one-two with C and moving infield to receive the angled return pass. B then slots a vertical in-behind ball beyond the last line of yellow and red mannequins into D's running path.
- D accelerates from behind the wide blue mannequin, darting inside the red mannequin to connect with the ball to finish on goal.
- The sequence repeats from the opposite end.
- With 2 balls in rotation, the first passes are played simultaneously by A and A' at opposite ends of the grid.

Player rotation

- Every player follows their pass to ensure player rotation.
- A becomes B.
- B becomes C.
- C becomes D.

- D becomes A'.

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

- B should scan infield to time their acceleration to A's pass.
- To promote technical balance, when playing the left-angled vertical pass for D, B should be encouraged to use their left foot to slot the ball into D's accelerating path. The opposite applies for the vertical pass angled to the right, with the emphasis placed on right foot passing.

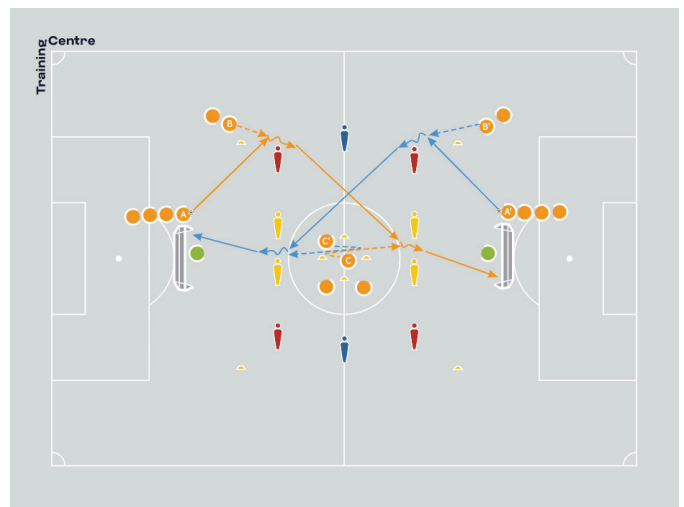
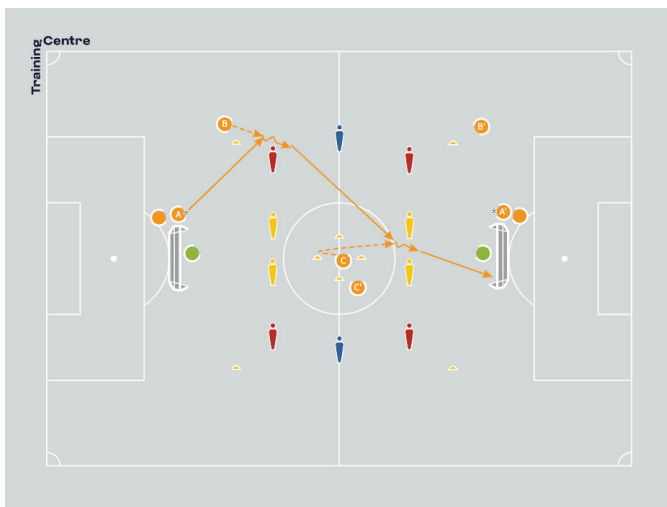
Functional coaching points: D

- To reinforce good footballing awareness habits, D should scan infield to time their high-speed acceleration to the movement and passing interaction between B and C.

Speed metrics

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

DRILL 2: BALL PLAYED FROM OUT WIDE INTO THE SPACE IN BEHIND FOR THE CENTRAL RUNNER TO BEAR DOWN ON THE KEEPER



Sequence

- A plays a diagonal pass out wide to B.
- B moves quickly wide of the red mannequin, shifting the ball into the forward space on their first touch to play a diagonal pass into C's central acceleration path.
- C drops 5m from the midline, then, in coordination with B's pass, bursts beyond it to connect with the ball and homes in on goal to finish within three touches.
- The sequence repeats from the opposite end.
- With 2 balls in rotation, the first passes are played simultaneously by A and A' at opposite ends of the grid.

Player rotation

- Every player follows their pass to ensure player rotation.
- A becomes B.
- B becomes C.
- C becomes A'.

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

- To reinforce good footballing awareness habits, B should scan across to C before playing the ball to them.
- To promote technical balance, when playing from the left side, B should be encouraged to let the ball run to their left foot, shift it beyond the mannequin and play a left-footed pass into the space behind the midline for C. The opposite applies when playing from the right side, with the emphasis placed on right footed passes.

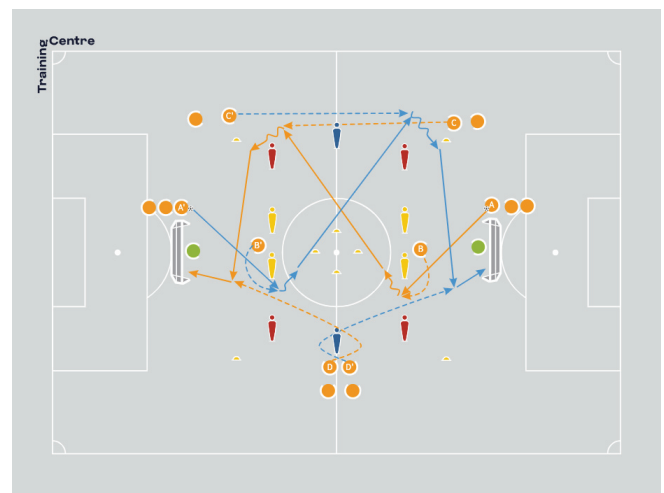
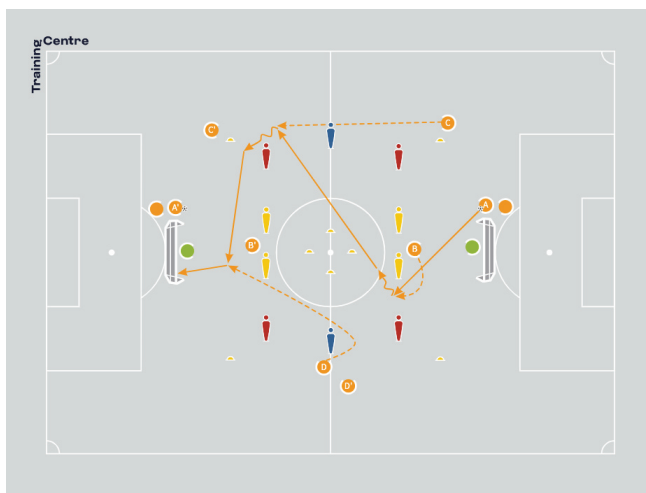
Functional coaching points: C

- C should scan infield to time their burst into space to B's movement and touch.

Speed metrics

- C: each individual acceleration should cover a distance of approximately 15m in the sprint/HSR zones.

DRILL 3: IN-BEHIND RUNNER PLAYS CROSS FIELD BALL TO PLAYER ARRIVING LATE ON GOAL AT SPEED



Sequence

- A plays a vertical pass angled to wide of the mannequin gate for B.
- B moves quickly wide of the gate to receive the ball, shifting it forward on their first touch to play a long diagonal pass angled into C's acceleration path.
- C makes a long, high-speed run from a deep position out wide in time with A and B's passing coordination. Latching on to the ball, C shifts it beyond the end line of mannequins and plays a cross field ball in to D.
- D accelerates infield from the opposite wide mannequin to connect with the ball and finish first time.
- The sequence repeats from the opposite end.
- With 2 balls in rotation, the first passes are played simultaneously by A and A' at opposite ends of the grid.

Player rotation

- Every player follows their pass to ensure player rotation.
- A becomes B.
- B becomes C.
- C becomes D.
- D becomes A'.

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

- To reinforce good footballing awareness habits, B should scan towards C before receiving the ball from A.

- B should receive the ball half turned forward while simultaneously lifting their head up before playing the long diagonal pass to C.
- To promote technical balance, from either end of the circuit, B should be encouraged to use both their left and right foot to play the long diagonal pass. B should use the appropriate foot at all times to increase the efficiency of the sequence.

Functional coaching points: C

- To reinforce good footballing awareness habits, C should scan back towards B to coordinate their run with B's pass.
- To promote technical balance, when playing the left-to-right cross-field pass, C should be encouraged to use their left foot. The opposite applies for the right-to-left cross-field pass to D, with the emphasis placed on right foot passing.

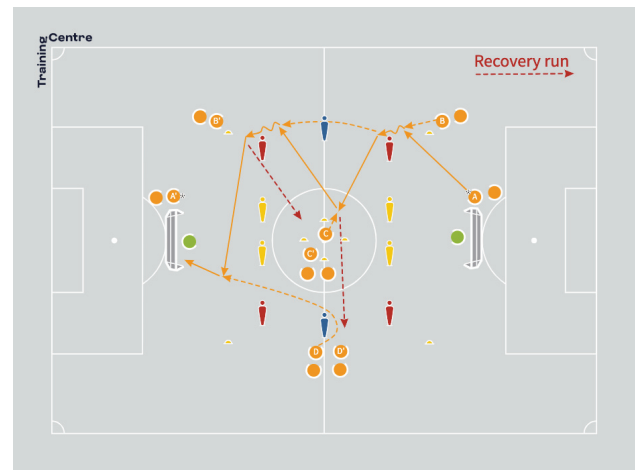
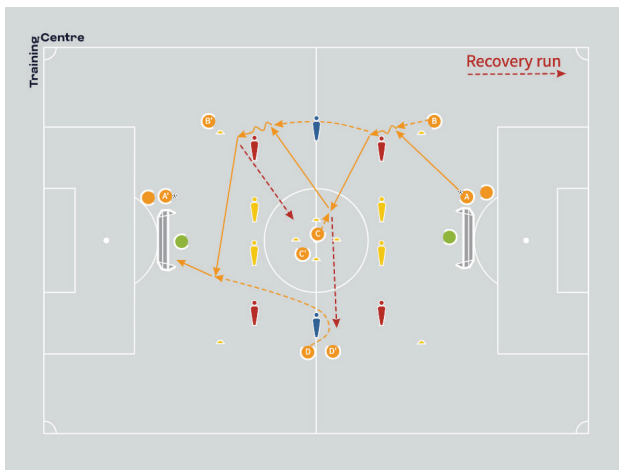
Functional coaching points: D

- To reinforce good footballing awareness habits, D should scan across to C to time their infield acceleration to meet C's pass with a view to meeting the ball late.
- To promote technical balance, D should be encouraged to use both their left and right foot to finish on goal.

Speed metrics

- C and D: should cover a combined distance of approximately 40m in the sprint/HSR zones.

DRILL 4: FOUR-PLAYER COMBINATION FEATURING A GIVE INSIDE AND GO BEHIND BEFORE CROSSING THE BALL TO THE FAR POST



Sequence

- A plays a diagonal pass out wide into B's forward movement.
- Meeting the ball beyond the corner mannequin, B plays a give-and-go with C consisting of a diagonal pass infield, followed by a high-speed run to chase down the return ball.
- Latching on to the ball, B plays a cross field pass to meet D's run from the opposite side of the pitch.
- After making a diagonal run inside, D connects with the ball to finish first time on goal.
- The sequence repeats from the opposite end.
- With 2 balls in rotation, the first passes are played simultaneously by A and A' at opposite ends of the grid.

Player rotation

- Every player follows their pass to ensure player rotation.
- A becomes B.
- B becomes C.
- C becomes D.
- D becomes A'.
- When 7 or 8 players are involved in the drill with one ball or 12 or 13 players with two balls, coaches/servers are required to permanently occupy either one or both of the A/A' starting positions.

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

- B should scan across towards A to time their forward movement in coordination with A's pass.
- To promote technical balance, when playing the left-to-right cross-field pass, B should be encouraged to use their left foot. The opposite applies for the right-to-left cross-field pass to D, with the emphasis placed on right-foot passing.

Speed metrics

- B and D should cover a combined distance of approximately 45m in the sprint/HSR zones.