

TECHNICAL SPEED SHORT 4'S

STAGES COVERED BY ACTIVITY

Stages 3, 4 & 5 - 9-18 year old players

THEMES & COMPETENCIES

Theme:

- + Advanced technical training and fitness.

Competencies:

- + Receiving - foot, thigh, chest and head.
- + Short passing - speed of play.
- + Anaerobic endurance training.
- + Individual receiving and passing technique.

WHY USE IT

This is an advanced exercise that provides both physical and technical pressure and also has many useful variations.

SET UP

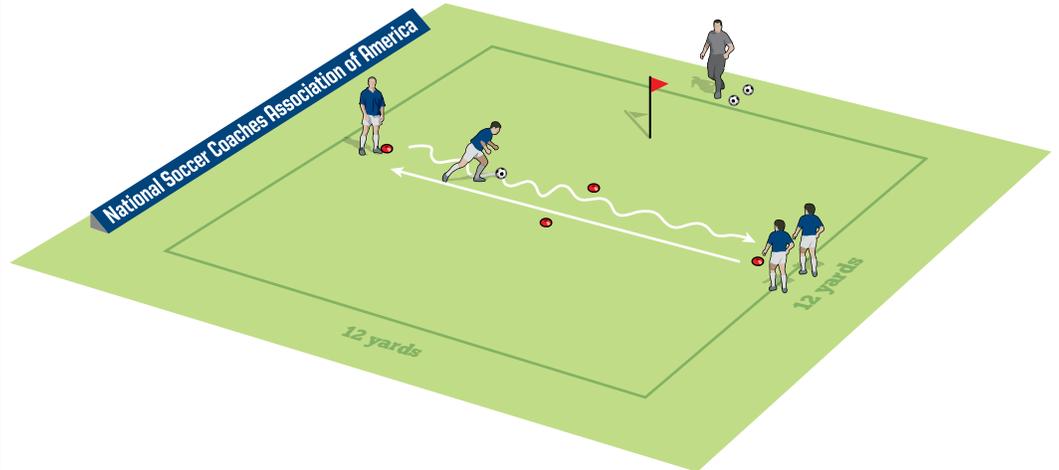
12x12 yard area with a 3 yard cone gate and flag as shown.

HOW TO PLAY

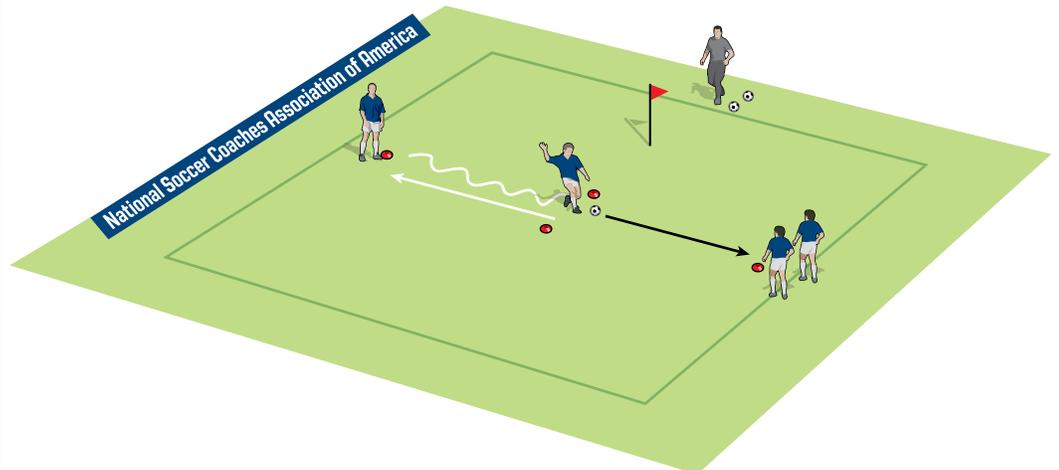
In the base exercise, players dribble at speed through the center gate and leave the ball for the first player in the opposing line. Players must sprint off the ball. Subsequent variations vary - dribbling and add back-peddalling and/or a run around the flag. Another great variation: With a ball supply at one line, serve balls in the air for a player from the other line to pass, volley or head back before running around the flag. The server then sprints to the other line. Note the coach in the foreground with a ball supply in case the ball leaves the area. Play for one minute and then rest before trying variations.

COACHING NOTES

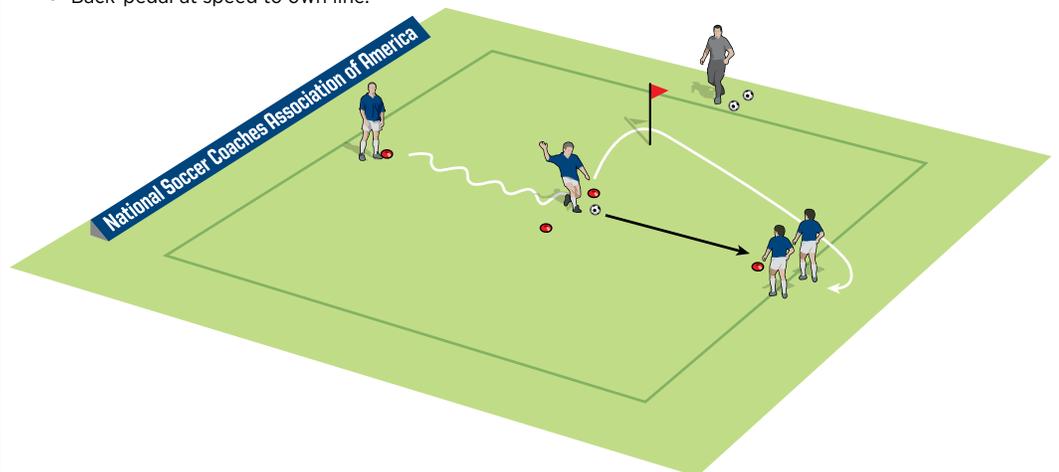
- + Objectives: Can the players work at speed while still being sharp on the ball even as fatigue starts to set in?
- + Tip Think of alternatives to the flag. Hurdles, agility ladders, a medicine ball to throw, all give great extra physical training.
- + Adaptations There are many additional useful variations. For instance, vary the type of dribbling (laces, one touch for every step, specific dribbling patterns).



- + In the base exercise, the player with the ball dribbles at speed to the opposite line.
- + Leave the ball for the next player
- + Then attempt to sprint back before the next dribbler can get there.



- + Dribble at speed to the gate
- + Pass to the first player in the opposite line
- + Back-pedal at speed to own line.



- + Dribbler goes at speed to the gate.
- + Pass and sprint around the flag and join the other line.

