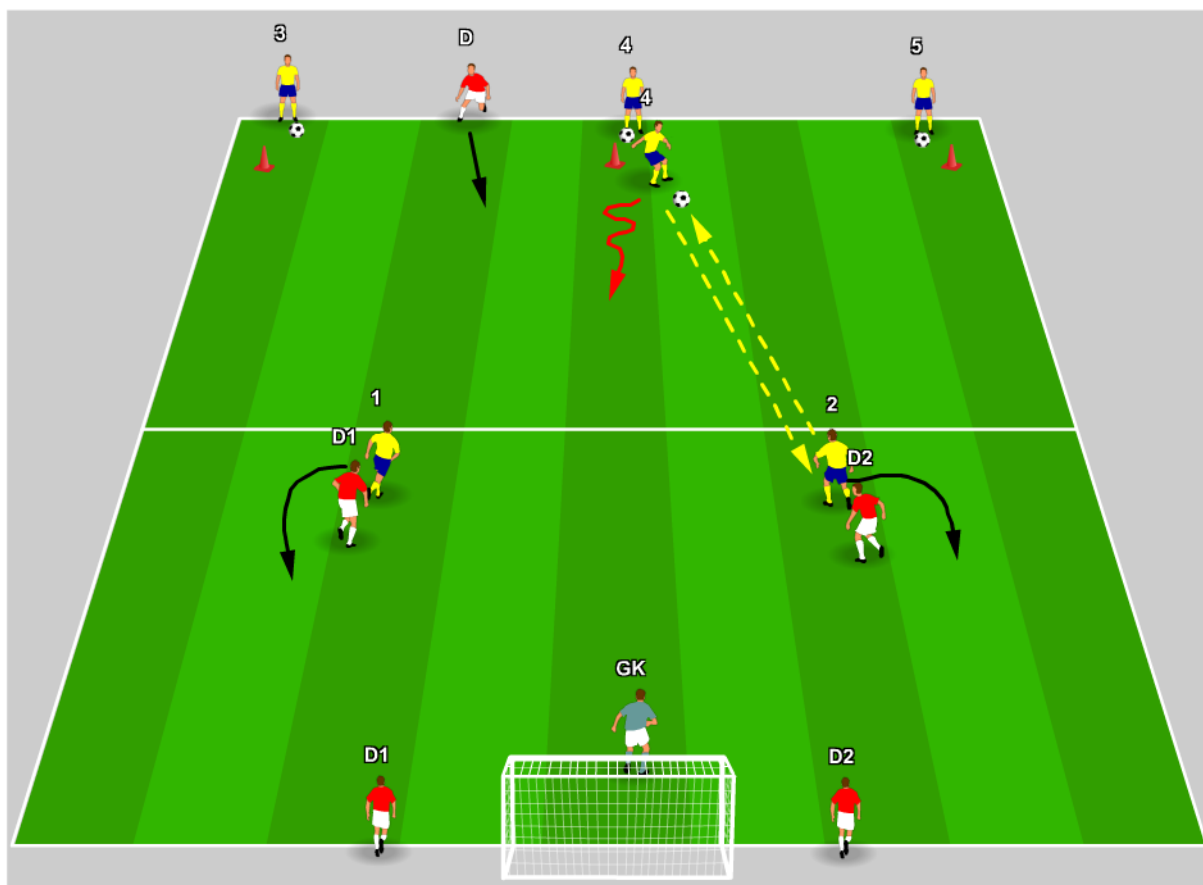


Improve Speed of Play - Liverpool Academy Drill



Date:	1 April 2010	Measurement:	20 x 30
Time:	.	Players:	12
Duration:	.	Level/Age Group:	10+

Description: Taken from WCC Magazine Mar-April 2010 issue - Sample of Liverpool Academy coach Phil Roscoe. Player 4 starts with the ball and passes to player 1 or 2 who each have a defender on their back. The ball is then passed back to player 4 and the attack begins. Attackers have to shoot within 7 seconds..

Objective: To improve attacking speed of play

Coaching Points: 1. Always ask your strikers the question - Can you turn and shoot yourself. 2. Can Player 1 use Player 2 to score. 3. Work on receiving and setting skills of the 2 strikers. 4. Work on movements of the strikers when the ball is set back to player 4.

Progression: 1. Play starts by running the ball onto the field or passing directly to the target player and defenders must start from the sidelines once ball is in motion

Notes:

Using **Tactics Manager Software** I've recreated one of the Speed of Play Practices for you by *Liverpool Academy Coach Phil Roscoe* - taken from the latest **WORLD CLASS COACHING Magazine** Mar/Apr 2010 Issue.



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Diagrams were created using [www.Soccertutor.com](http://www.soccertutor.com) Tactics Manager Software
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