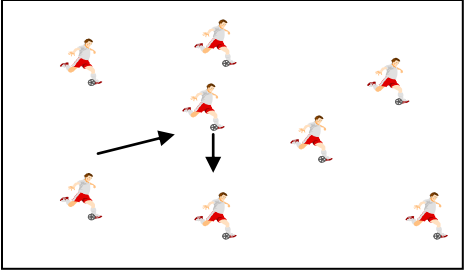
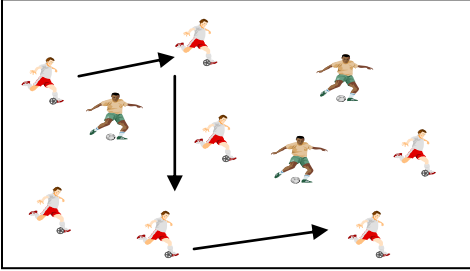
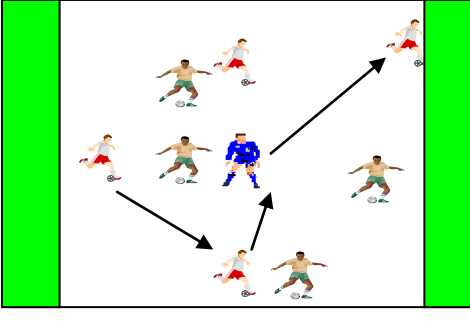
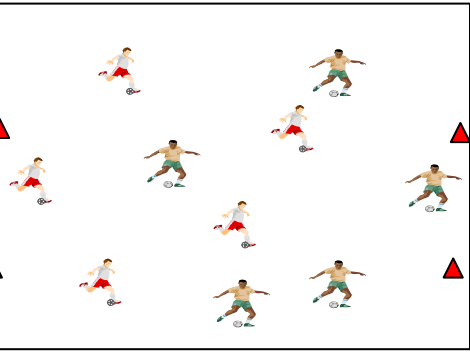


# Fergie's Soccer Academy Development Program

## Speed of Play

### FSA Coach / Player Development

Warm up	Organization	Coaching Points to observe	Ages
	<ul style="list-style-type: none"> <li>• Cones , Pinnies , Balls , Full Field</li> <li>• 9 players 2 balls then 3 balls</li> <li>• Unrestricted movement, Pass and Move</li> <li>• Sequence passing 1 – 11 with no standing</li> <li>• Short - long combinations</li> <li>• Limit of number of touches</li> <li>• Stretch</li> </ul>	<ul style="list-style-type: none"> <li>• Players have a good attitude and focused on exercise</li> <li>• Players are Passing with various surfaces of the feet.</li> <li>• Inside / Outside / laces</li> <li>• Left / Right Foot</li> <li>• Make eye contact</li> <li>• Communication between Players</li> </ul>	<p><b>14 +</b></p> <p>15 Min</p>
<p><b>1<sup>st</sup> Activity</b></p> 	<ul style="list-style-type: none"> <li>• Area 30 x 20</li> <li>• Red Team 6 v 3 White Team</li> <li>• Keep Away Unlimited</li> <li>• Keep Away 2 touch</li> <li>• Keep Away Unlimited</li> <li>• Rotate 3 defenders</li> <li>• Path of Ball →</li> </ul>	<ul style="list-style-type: none"> <li>• Players have correct attitude and are Mentally Focused.</li> <li>• Quality of the 1<sup>st</sup> touch</li> <li>• Correct Weight and Pace of the pass.</li> <li>• Open Body shape to improve Vision</li> <li>• Movement to support player on ball</li> <li>• Good shape - Length ,Width ,</li> <li>• Communication between Players</li> </ul>	<p>15 min</p>
<p><b>2<sup>nd</sup> Activity</b></p> 	<ul style="list-style-type: none"> <li>• Area 40 x 30</li> <li>• 4 v 4 + 1 all time attacking</li> <li>• Unlimited Soccer</li> <li>• Score by passing to player in end zone</li> <li>• Progress to 2 touch / 3 touch</li> <li>• Path of Ball →</li> </ul>	<ul style="list-style-type: none"> <li>• Players have correct attitude and are Mentally Focused on exercise</li> <li>• Quality of Passing</li> <li>• Quality of players 1<sup>st</sup> touch</li> <li>• Shape – Length Width</li> <li>• Changing point of attack</li> <li>• Movement off the ball</li> <li>• Retain possession if you cant penetrate</li> </ul>	<p>15 min</p>
<p><b>3<sup>rd</sup> Activity</b></p> 	<ul style="list-style-type: none"> <li>• 9 v 9 with Goalkeepers</li> <li>• Half Field</li> <li>• Unlimited touches</li> </ul>	<ul style="list-style-type: none"> <li>• Players Attitude and Mental approach</li> <li>• Shape organization</li> <li>• 2 / 3 player combination</li> <li>• Rhythm</li> <li>• Retention of possession</li> <li>• Transition - Counter Attack</li> </ul>	<p>30 min</p>

