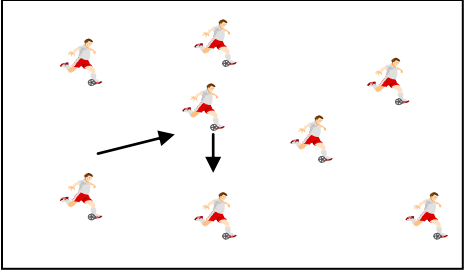
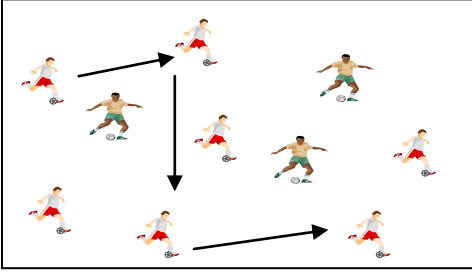
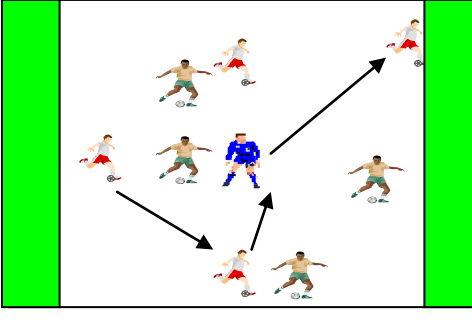
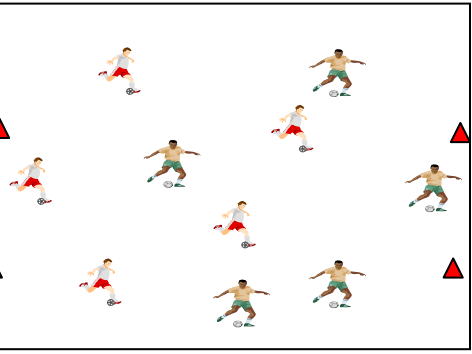


Fergie's Soccer Academy Development Program

Speed of Play

FSA Coach / Player Development

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

