



COMPETITIVE PRO FAST BREAK SOCCER

BY TOM SAUDER

Print & Go Practice Plans and Drills

- score more goals - win more games
- an essential guide for all soccer coaches



SAMPLE

Table of Contents



Foreword	vi
Introduction	vii
Fast Break Soccer Practice # 1	1
Warm Up # 1: dribbling & passing	2
Transition Play # 1: 4 v 4 with 3 groups	3
Soccer Speed # 1: pass, reaction sprint & 1v1	4
Goal Scoring # 1: dribble & shoot - cross & head	5
Game Tactics # 1: 4 v 4 flank attack	6
 Fast Break Soccer Practice # 2	 7
Warm Up # 2: passing & leg strengthening	8
Transition Play # 2: 2 teams of 6 in a 6 v 4	9
Soccer Speed # 2: change of direction reaction sprints	10
Goal Scoring # 2: pass - overlap -2 v 1 - cross or finish	11
Game Tactics # 2: 7+1 v 7	12
 Fast Break Soccer Practice # 3	 13
Warm Up # 3: pass & dribble	14
Transition Play # 3: 4 v 2 in a 4 v 4	15
Soccer Speed # 3: timing & reaction sprints	16
Goal Scoring # 3: header - turn - shoot	17
Game Tactics # 3: 6 v 6 marking & transition	18
 Fast Break Soccer Practice # 4	 19
Warm Up # 4: circuit - passing & heading	20
Transition Play # 4: 2 v 2 in a 4 v 4	21
Soccer Speed # 4: sprint & speed dribble	22
Goal Scoring # 4: 3 v 1 with crossing	23
Game Tactics # 5: 8 v 8 switching play	24
 Fast Break Soccer Practice # 5	 25
Warm Up # 5: reaction run & 5 v 2 passing	26
Transition Play # 5: 7 v 7 on 5 goals	27
Soccer Speed # 5: short sprints after flexstarts	28
Goal Scoring # 5: dribble - shoot - 1 v 1	29
Game Tactics # 5: 4 v 4 on 4 goals	30

This is a **sample book**.

At Coach's Advantage, we know our products speak for themselves.

So we have given you the tools to run **one full practice**.

This sample includes:

- I Practice
- I Warm Up
- I Transition Drill
- I Speed Drill
- I Goal Scoring Drill
- I Game Tactics Drill

Table of Contents

Fast Break Soccer Practice # 6	31
Warm Up # 6: agility jog & anticipation passing	32
Transition Play # 6: two 1 v 1 across two fields	33
Soccer Speed # 6: reaction sprints & speed dribble	34
Goal Scoring # 6: 3 one touch passes & 1 v 1 on goal	35
Game Tactics # 6: 4 + 4N v 4 flank attack	36
Fast Break Soccer Practice # 7	37
Warm Up # 7: dribble, pass, 1 v 1 moves	38
Transition Play # 7: 3 v 3 with shot on goal	39
Soccer Speed # 7: high speed change of direction dribble	40
Goal Scoring # 7: crossing and finishing	41
Game Tactics # 7: 4 v 4 with shot after lay-off pass	42
Fast Break Soccer Practice # 8	43
Warm Up # 8: reaction jog - pass & follow	44
Transition Play # 8: 5 v 5 pass interception	45
Soccer Speed # 8: give & go - turn - sprint	46
Goal Scoring # 8: pass - hurdle sprint - 1v1 - shoot	47
Game Tactics # 8: 4 v 4 on 4 goals	48
Fast Break Soccer Practice # 9	49
Warm Up # 9: reaction dribble & headers	50
Transition Play # 9: 4 v 4 attacking both goals	51
Soccer Speed # 9: sprint - receive - turn - dribble	52
Goal Scoring # 9: crossing & 2 v 1	53
Game Tactics # 9: 4 v 4 and 3 v 2	54
Fast Break Soccer Practice # 10	55
Warm Up # 10: pursuit dribble	56
Transition Play # 10: 1 v 1 on two goals	57
Soccer Speed # 10: sprint and 1 v 1	58
Goal Scoring # 10: combination passing & shooting	59
Game Tactics # 10: combination play & flank attack	60

Table of Contents

Fast Break Soccer Practice # 11	61
Warm Up # 11: reaction & sequence passing	62
Transition Play # 11: 8 v 8 with defenders breaking fast	63
Soccer Speed # 11: pass - sprint - overlap	64
Goal Scoring # 11: receive pass - turn - dribble - pass - shoot	65
Game Tactics # 11: 8 v 8 on two goals with flank attack	66
Fast Break Soccer Practice # 12	67
Warm Up # 12: dribble & pass with change of direction	68
Transition Play # 12: 7 v 7 on movable goal	69
Soccer Speed # 12: receive - pass - turn - sprint - receive	70
Goal Scoring # 12: sprint to pass - turn - 1 v 1 - shoot	71
Game Tactics # 12: 7 v 7 flank attack	72
Fast Break Soccer Practice # 13	73
Warm Up # 13: agility dribble, pass & sprint follow	74
Transition Play # 13: (3 + 3) v 3	75
Soccer Speed # 13: give & go passing	76
Goal Scoring # 13: reaction sprint & 1 v 1 on goal	77
Game Tactics # 13: 5 v 4 flank attack	78
Fast Break Soccer Practice # 14	79
Warm Up # 14: body fake dribble & follow target pass	80
Transition Play # 14: 2 v 2 in diamond	81
Soccer Speed # 14: give & go with short passes	82
Goal Scoring # 14: 2 v 1 - shoot & convert cross	83
Game Tactics # 14: 6 v 6 + 1 v 1 with shot	84
Fast Break Soccer Practice # 15	85
Warm Up # 15: dribble + one touch pass back of high toss	86
Transition Play # 15: 6 v 4 pressing & counterattack	87
Soccer Speed # 15: overlap sprints	88
Goal Scoring # 15: reaction & control - 1 v 1 - shoot	89
Game Tactics # 15: 4 v 4 & 2 neutrals flank attack	90

Table of Contents

Fast Break Soccer Practice # 16	91
Warm Up # 16: take - over dribble	92
Transition Play # 16: 4 v 3 with target player	93
Soccer Speed # 16: sprint - pass back - turn -sprint	94
Goal Scoring # 16: 2 v 2 give & go with overlap	95
Game Tactics # 16: 7 v 7 with free cross	96
Fast Break Soccer Practice # 17	97
Warm Up # 17: stop & go dribble; 1 v 1 moves	98
Transition Play # 17: two teams play through 6 goals	99
Soccer Speed # 17: 3 v 1 in grid	100
Goal Scoring # 17: change of direction dribble & shot	101
Game Tactics # 17: quick transition team attack	102
Fast Break Soccer Practice # 18	103
Warm Up # 18: passing & "man on" pass back or turn	104
Transition Play # 18: dribble - cross - finish - react - repeat	105
Soccer Speed # 18: sprint dribble with turns	106
Goal Scoring # 18: pass - lay off - shoot	107
Game Tactics # 18: 3 v 2 with shot on goal	108
Fast Break Soccer Practice # 19	109
Warm Up # 19: out - in passing & 3 v 2 on 5 goals	110
Transition Play # 19: 6 v 6 with counterattack	111
Soccer Speed # 19: defend two goals	112
Goal Scoring # 19: passing & reaction 2 v 1 on goal	113
Game Tactics # 19: 8 v 8 into four corners	114
Fast Break Soccer Practice # 20	115
Warm Up # 20: head or catch	116
Transition Play # 20: passing through traffic	117
Soccer Speed # 20: backward jog - sprint - 1 v 1	118
Goal Scoring # 20: wall pass - 1 v 1 - shot - cross - finish	119
Game Tactics # 20: 4 v 4 on either goal	120

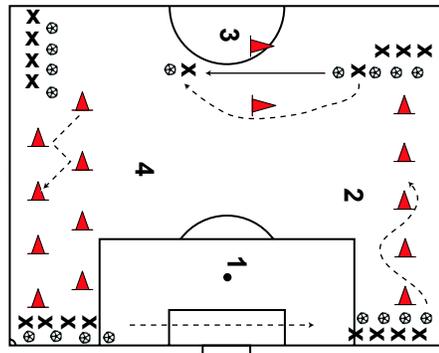
FAST BREAK SOCCER PRACTICE # 1

Warm Up (20 min)

A. Individual Circuit

1. Dribble ball across field.
2. Dribble through cones.
3. Pass to yourself through cones, run outside cones and receive ball while it is still moving.
4. Dribble zig zag keeping the ball inside the cones.

Do two trips around circuit



B. Runner's & Hamstring Stretches

C. Two Touch Passing



X and O pass to each other- two touch, first touch to receive and set up second touch pass. Go for 4 minutes.

D. Quad & Personal Stretches

Transition Play (30 min)

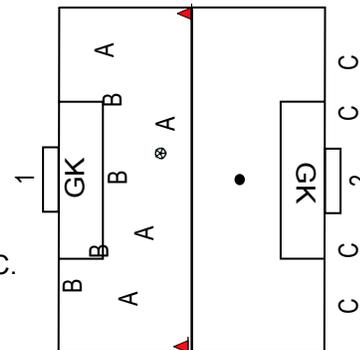
Field of play is an area twice the size of the penalty box.

A attacks goal 1 which B defends. If A scores, a save is made by GK, B wins ball, or ball goes out of bounds, B gets possession of ball and attacks goal 2.

Goal 2 will immediately be defended by team C coming off goal line.

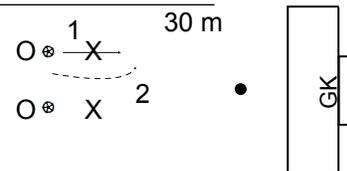
Team A immediately drops to goal line 1 and waits to defend attack by C.

Attacking team always drops to goal line as quickly as possible.



Soccer Speed (10 min)

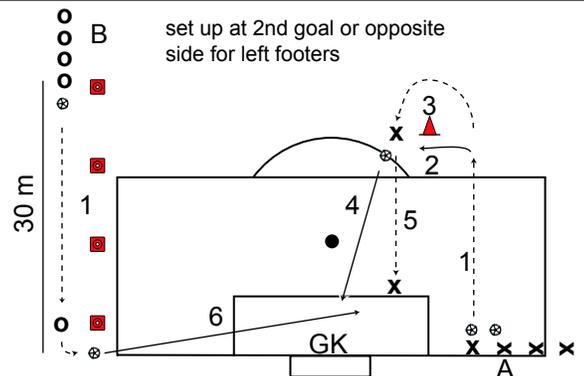
1. X stands with legs apart and O, with ball, is 1m behind X. O passes ball through X's legs.
2. O runs around X after ball and goes for goal. As soon as X sees ball, X sprints to play 1v1 on goal against O. Switch roles.



Goal Scoring (30 min)

1. Player X from group A dribbles ball to cone.
- At the same time O from group B dribbles down line for a cross.
2. X passes ball in front of cone.
3. X sprints around cone to go for a first touch shot on goal.
4. X strikes ball aiming at far post.
5. X now sprints to head a cross.
6. O plays a well timed cross from opposite side.

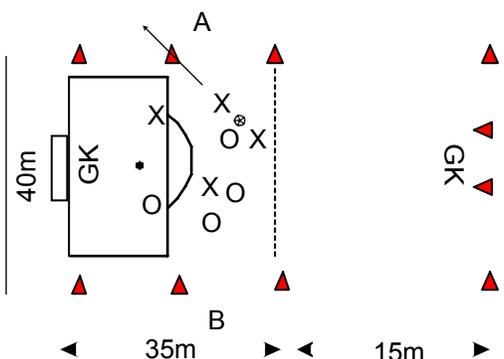
Timing of run, shot by X and dribble and cross by O must be such that the drill runs smoothly without anyone ever waiting for a ball.



Game Tactics (30 min)

1. X play against O in a 40 by 35 grid.
2. X attacks goal and O defends.
3. X must pass ball to a player into zone A or B before they can score
4. O's cannot enter areas A or B.
5. Once X has possession in area A or B they can cross ball or play it back into grid.
6. If O's win ball, they fast break on opposite goal while X's transition back to defend.

Regular soccer rules except for off-side apply to restart game.



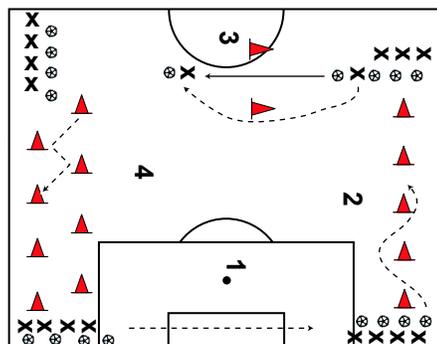
Players should be busy at all times. If drills keep players inactive, break team into smaller groups and run parallel drills.

FAST BREAK SOCCER WARM UP # 1

Dribbling & Passing

A. Individual Circuit

1. dribble ball across field.
 2. dribble through cones.
 3. pass to yourself through cones, run outside cones and receive ball while it is still moving.
 4. dribble zig zag keeping the ball inside the cones.
- Do two trips around circuit



B. Runner's & Hamstring Stretches

C. Two Touch Passing



X and O pass to each other- two touch, first touch to receive and set up second touch pass. Go for 4 minutes.

D. Quad & Personal Stretches

Coaching Points

1. Circuits

station 1: Keep ball close to feet, emphasize control over speed, increase speed as control improves

station 2: Place as many cones as you can. Challenge players not to knock down cones.

station 3: Timing of the pass and run is critical. Players must pass, sprint around cone and arrive at other side of little goal at the same time as the ball - no waiting, no loss of control.

station 4: It is important to stay within cones. As players change direction, they can (don't have to) also switch from touching ball with outside (moving to right) to inside (moving to left) foot.

2. Two Touch Passing:

It is important to control the weight of the pass such that the receiver can control the ball with the first touch and follow through immediately with the second touch pass. The first touch has to be at an angle to the outside and away from the foot to set up the second touch. While waiting, players must jog on their toes - do not let them stand flat-footed. Passes that are too hard will force errors and loss of control from the receiver. Players need to determine how hard a pass their partner can handle comfortably and then serve at that pace (weight).

Favour accuracy and smooth, flowing execution over pace.

Game Application

This warm up is all about ball control - dribbling straight and varying directions, proper passing weight and receiving.

Players on your team need to understand their capability so that the team maintains control during the game. This sounds easier than it is.

Two touch soccer is very critical to any team's success. The first (receiving) touch needs to be away from the body and in the direction of the next intended play by the player for either a dribble or a pass.

It is important that players learn each other's abilities, preferences and moves. These drills are vital building blocks.

FAST BREAK SOCCER TRANSITION PLAY # 1

4 v 4 With 3 Groups

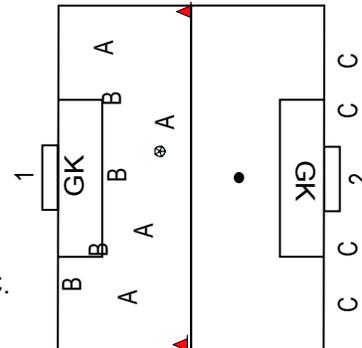
Field of play is an area twice the size of the penalty box.

A attacks goal 1 which B defends. If A scores, a save is made by GK, B wins ball, or ball goes out of bounds, B gets possession of ball and attacks goal 2.

Goal 2 will immediately be defended by team C coming off goal line.

Team A immediately drops to goal line 1 and waits to defend attack by C.

Attacking team always drops to goal line as quickly as possible.



Coaching Points

1. It is critical that the team waiting on the goal line perceives change of possession in the other half and comes out to challenge the attacking team as quickly as possible.
2. All regular soccer rules apply: challenging player with ball, covering other players, closing passing lanes for defenders, two touch passing, give and gos, overlaps, crosses, finishing, for attackers.
3. To keep the game flowing, the attacking team has to get off the field as fast as possible once their play is over. They need to be watching the game on the field and get ready to come back off the line and defend.
4. Communication is very important so that all teams are organized all the time.
5. Create the groups of four based on how they play together in a game. For example, have four defenders on team A, four midfielders on team B and four attackers on team C. Then mix it up based on how your team transitions in a game. Team A could be 2 defenders, one midfielder, one forward; team B could be 2 defenders, 2 midfielders; team C could be one defender, one midfielder and 2 forwards.
6. Substitute extra players in freely.

It is recommended to plan out the compositions of each group and variations before practice.

Game Application

In fast break soccer, teams need to transition from defense to offense and from offense to defense very fast.

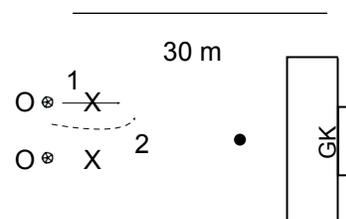
Closing down and pressuring the opponents quickly to gain possession and then transitioning to be in a goal scoring position as fast as possible is vital.

Perception of passing lanes by opponents and closing them down while maintaining team shape is important.

FAST BREAK SOCCER SPEED # 1

Pass, Reaction Sprint & 1 v 1

1. X stands with legs apart and O, with ball, is 1m behind X.
O passes ball through X's legs.
2. O runs around X after ball and goes for goal. As soon as X sees ball, X sprints to play 1v1 on goal against O. Switch roles.



Coaching Points

1. The weight of the pass through the legs is critical. The ball should be played far enough to give O a head start on the 1v1, but close enough to avoid being in a simple sprint against X.
2. O needs to maintain the element of surprise and advantage in the play.

This drill is mostly for players in the X role to develop reaction speed.

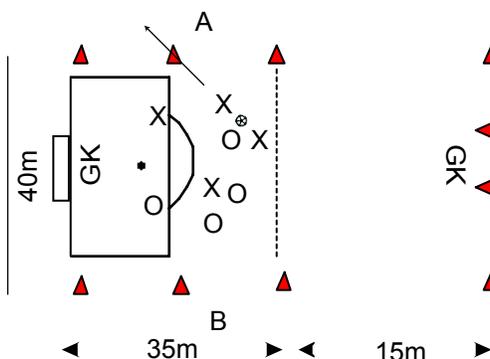
Game Application

One of the key game skills is reaction speed. Player X has to react to new information (seeing ball) and then decide whether or not to sprint to the ball, or sprint goal side to defend against O.

FAST BREAK SOCCER GAME TACTICS # 1

4 v 4 Flank Attack

1. X play against O in a 40 x 35 grid.
2. X attacks goal and O defends.
3. X must pass ball to a player into zone A or B before they can score
4. O's cannot enter areas A or B.
5. Once X has possession in area A or B they can cross ball or play it back into grid.
6. If O's win ball, they fast break on opposite goal while X's transition back to defend.



Regular soccer rules, except for off-side, apply to restart the game.

Coaching Points

1. See the opportunity to play ball wide into areas A or B, don't be afraid to play a long ball across to switch sides.
2. Players must make the runs into areas A and B and communicate to players with ball.
3. Use attacking midfielders and forwards to attack and defenders to defend.
4. Set up two drills if you have enough players, otherwise rotate them in on the fly.
5. Expand the drill to 6v6 or 8v8 and make field larger if you do so.
6. If you expand to 6v6 make sure to play the right combination of players together to match your system of play. For example, if you play 4-4-2 with overlapping defenders, you may want to attack with the outside defenders, the outside midfielders and the strikers and defend with 4 defenders and two inside midfielders.

If the drill runs well quickly, you can allow defenders into areas A and B .

Plan your combinations before practice.

Game Application

A lot of goals are scored from crosses and playing different players wide adds elements of surprise to the attack.

Have strikers go wide to cross into on-rushing central midfielders or outside midfielders who have cut inside to lose their defenders.