

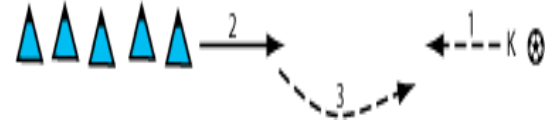
# Five Favorite Practices: AC Milan (Part 1)

The following is the first of three parts of practices from AC Milan. This article deals with five warm up activities, the second article will offer five possession games and the final installment will deal with tactical exercises. These were first presented in an NSCAA special topics course by former NSCAA Board member Steve Locker.

## PRACTICE #1

### 5 Players + Goalkeeper

Players stand approximately 15-20 yards away from the goalkeeper and run towards the keeper (GK). The GK rolls the ball and the player plays it back. This is repeated so that each player gets two touches on the ball. Use different parts of the foot and then have the GK serve the ball for volleys. After the second touch, the player sprints for 5 yards.

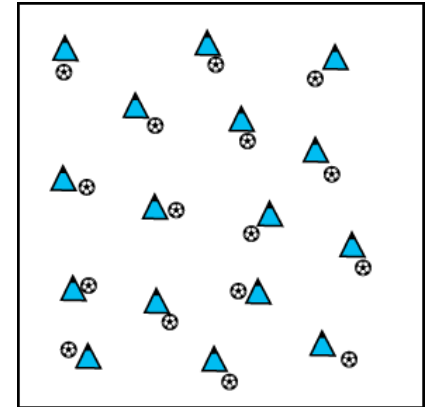


## PRACTICE #2

### Dribbling, Juggling, Passing

In a confined area (25 x 25 yards), every player has a ball.

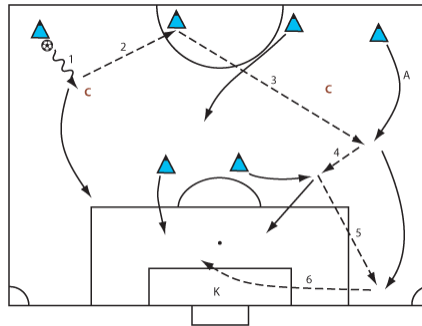
- Dribble around the area using ball fakes.
- Juggle ball 4-5 touches, pop it up in the air, take ball with in-step in different direction.
- Same thing, use outside of foot.
- While dribbling, make eye or verbal contact with another player, and pass balls off to each other.
- Same thing, have partner stop your pass, then each player retrieves his/her own ball.
- Same thing, try to hit each other's ball when passing.
- One player in the group with no ball, all others dribble around, on the whistle, every player must find a new ball. See who hasn't found a new ball.



## PRACTICE #3

### Patterns of Play

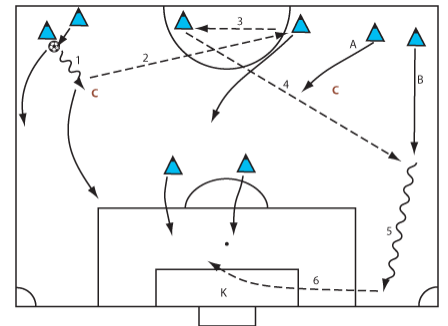
Two coaches (C) position themselves as shown. The player with the ball begins by dribbling at coach, and then passing back to center midfielder. Passing sequence is followed as diagrammed.



Important: Both attacking players, opposite midfielder and at least one (1) central midfielder should get into the box to attack the goal.

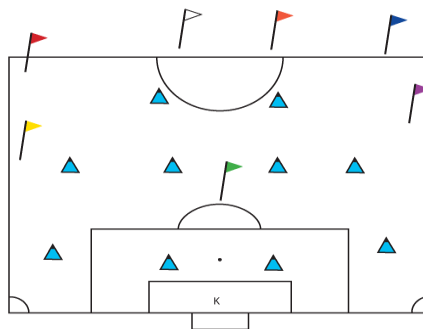
**Variation:** Same as above, except additional flank players are added. Follow pattern of play as diagrammed.

**Note:** Very effective promoting forward movement by outside defenders.



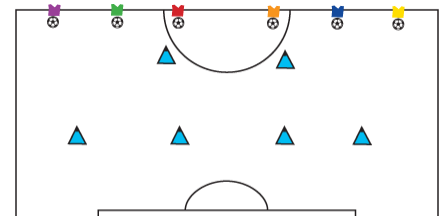
### Patterns of Play – Defense – Part I

Seven (7) flags of different colors are positioned as shown. Players are positioned in their formation (4-4-2). Coach calls out a color and players jog into defensive positions. This continues for approximately 10 minutes with the pace increasing as players get comfortable with their roles.



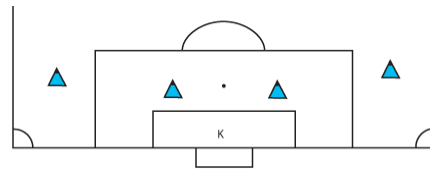
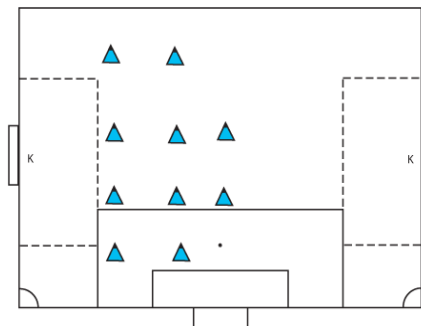
### Variation: Patterns of Play – Defense – Part II

Six (6) balls are placed across the midfield line with a different colored bib behind each ball. Coach calls out a color and the entire team moves into the proper defensive positions. After several movements, the coach will say "play", and the players will work the ball from its position towards goal and finish with a shot. (approximately 15 minutes)



**PRACTICE #4**

**11.1 Half Field.** Playing across the field, players operate without opposition (except an opposing GK), but game speed is required. (For initial use, walking through patterns of play is highly recommended).



**PRACTICE #5**

**Six (6) Goal Soccer**

Two teams play between 18 yard line and midfield line, place three (3) goals on each touch line. Goals are one (1) yard wide.

- Play 10 minutes, walking only.
- Play 10 minutes running. All touches limited to one (1) touch.

