

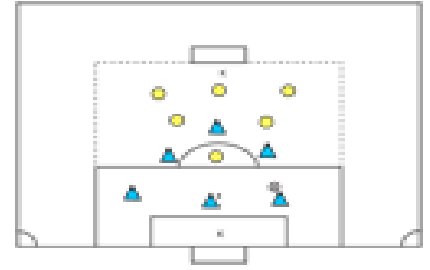
Five Favorite Practices: AC Milan (Part 3)

The following is the last of three parts of practices from AC Milan. Thanks to NSCAA Member Steve Locker for this contribution.

Large Group Tactics

Practice 1

6 v. 6 with goalkeepers, 44 x 50 grid. Emphasis is on speed of play. Games are 8 minutes with one touch limit in the first game. Second game is unlimited touches.



Practice 2

7 v. 6 with goalkeepers, full field. This game is limited to situational play. For example, long punts by goalkeepers and/or long balls out of the defense.



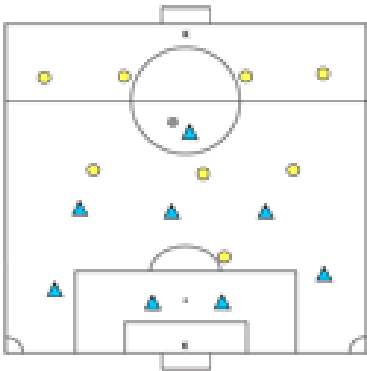
Practice 3

7 v. 7 with goalkeepers, 44 x 50 grid. Same as 6:6 game, but we are making the play tighter by adding two players into the same space. Games are 2 x 10 minutes. Game 2 is unlimited touches.



Practice 4

8 v. 8 with goalkeepers. Field is set up as shown. Play one touch. Three games of five minutes.



Practice 5

11 v. 7, full field. Emphasis is on patterns of play with some resistance. Play one game for 15 minutes.

