

Session Topic: Combination Play – Penetrating Final Third

Coach Name: Nate Shotts

Age Group: 1987 Girls



(Activities should be developmentally appropriate to age group.)

<u>DIAGRAMS</u>	<u>ACTIVITY & ORGANIZATION</u>	<u>KEY COACHING POINTS</u>
<u>WARM-UP</u>	Groups of three – open dribbling introducing take over, wall pass, overlap and long service to switch points of attack. Include stretching periodically.	Proper ways to prepare a player for game condition with proper warm-up.
<u>PHASE 1</u>	3:3 w/targets at each end in box area Can use target as extra player or pass in to score / team that scores maintains possession.	Understanding combination play. Decisions of players Timing of runs – checking in – pace and style of a proper pass.
<u>PHASE 2</u>	3:3 + 2 neutrals - larger field with more width. Play small wide goals and finish with 4:4 w/keepers to two large goals.	Concentration on switching points of attack with use of width. Timing of runs – proper runs away from the ball (3 rd man runs)
<u>PHASE 3: THE GAME</u>	6:6 or 7:7 w/keepers utilizing the whole half of the field	Must find the same coaching points that have been listed above and reemphasize them.
<u>COOL DOWN</u>	Jogging/stretching Juggling/stretching	