

State Select Training

Combination Play (Players working together)

WARM-UP

Jog & Stretch. Give half team balls, others play combinations (& communicate). Wall passes, check-in and spin off, take-overs. Make sure players react at speed after combination 4-5 yard bursts to pull imaginary defending team off balance.

In pairs, passing and moving. Player receiving deliberately takes to one side, other player runs to opposite side into the space created.

1-2 touch juggling in groups of 3.

MATCH RELATED

Put players in groups of 2-3 (try to group players that play next to each other on the field).

2v1 to targets in a 20x30 grid. Defender plays ball in. 2 attackers try to combine to get behind and penetrate end line. Show role of 1st attacker. If defender wins it plays to target at other end.

Coach wall pass, overlap, take-over in 2v1 situation.

Go to 2v2 and coach in game. Try to isolate 1v1 or 2v1 situations.

PHASE 3

Develop to 4v4 with keepers, 2v2 in each half. Restrict initially to own half.

GAME

Then develop to a 6v6 game.