

# **Oregon Youth Soccer Association**

## **Coaching Symposium**

### **Combining in Pairs – Teaching Attacking Principles Dave Cheslar (US Soccer National Staff)**

U14 ODP Girls.

Divide players into two teams, one set of players having a ball, the others not. The ones without balls become the first target players in the warm-up phase. Swap at regular intervals.

Players with balls execute various combination moves with targets, such as wall passes, take overs, playing ball into space behind. Player with ball must communicate with words or body language as to what is to happen.

In warm-up, the players receiving ball must turn and look at the coach before receiving, to get players used to being aware of what is going on around them.

Then add a dribble at speed away from the combination, or a trick, or both.

In pairs passing and moving. Develop exercise so that the player receiving the ball plays the ball deliberately to one side with their first touch, this is a cue for the player receiving the combination pass to move to the opposite side for the return pass. The idea being that the player executing the combination runs into the space that the teammate has created by pulling the imaginary defender away.

Progression. After the return pass, the player receiving has to sprint 4-5 yards with ball into the space behind the defender. This gets the idea of exploding into the space behind to take full advantage of the attacking situation. Pull the defending team out of shape / off balance.

To make this happen the support player (target) must always be in advance of the ball to be an attacking target. Their movement will eliminate the defending player / draw out of position.

Introduce some recovery time for this intense workout. 1-2 touch juggling in groups of 3.

Then introduce a combination with a curved run. Draw imaginary defender out of position, and curve run away from the side where you want the ball. Player executing the combination needs to play a soft, friendly pass, so teammate can play ball 1<sup>st</sup> time into space.

Then develop into 2v1 in a 20x30 yard grid. Have 3 players at each end and take turns as to who goes. Rotate attackers and defender each time.

As well as combination plays, show how to play ball down the line in behind the defender, and show partner that you are going to do that by some visual cues. Etc.

Get player with ball to set cues for other support player. Position of the defender often prompts cue.

Then go to 2v2.

Then go to 4v4(+1) to goals. Then just 6v6. In final game introduce the concept of the cross-over