



Session: #5: Combination Play

Coach Name: Mike Smith

(Activities should be developmentally appropriate.)

<u>(WARM-UP)</u>	<u>ORGANIZATION</u>	<u>KEY COACHING POINTS</u>
Tunnel Tag	Start with a 20x15 area, each player inside with a ball Have 2 taggers (including coach) If player is tagged they are frozen. Can be thawed if free player crawls through their legs Advance game with ball. Tagger now must touch ball with foot. Thaw by passing ball through frozen players legs. Show some coerver moves	Good technique of turns Keep head up to avoid other players Speed dribble
<u>INDIVIDUAL ACTIVITIES</u>		
1v1 Get out of here!	Divide players into 2 teams, each start from opp. ends Play 1v1 to 2 small goals in 20x15 area Coach has all balls on half way and plays ball in If ball goes in goal or out of bounds, coach shouts 'get out of here' Play new ball in and next 1v1 commences	Good aggressive first touch Dribble at defenders front foot Use moves to get by opponent Accelerate into space behind opponent Only award goal if whole team claps when goal is scored! Whole team must watch and learn from each other
<u>SMALL GROUP ACTIVITIES</u>		
Combination Play	Divide team into groups of 3 Have 3 in own space pass ball in triangle (change directions, pass & receive with different parts of foot) Introduce wall pass, overlap and 3 rd man run One player initiates combination by dribbling at team mate. The player passively defends by moving backwards and 3 rd player sets up for wall pass Similar with overlap and 3 rd man run	Accurate passing and receiving Awareness of type of combination Disguise initial pass (maybe with outside of foot) Communication
<u>LARGE GROUP ACTIVITIES</u>		
2v2 Get out of here!	Divide players into 2 teams, each start from opp. ends Play 2v2 to 2 small goals in 20x30 area Coach has all balls on half way and plays ball in If ball goes in goal or out of bounds, coach shouts 'get out of here' Play new ball in and next 2v2 commences Advance game by having players on same team come from opposite corners of field	Appropriate use of combination Communication Taking opportunities to shoot
<u>THE GAME</u>		
6v6 Unrestricted Play w/keepers to 2 goals (play 1-3-1 formation)	Appropriate sized field and goals for league play Regularly switch goalkeeper and field positions	Stop and make relevant points for first few minutes, then... Let kids play uninterrupted!
<u>COOL DOWN</u>		