**Topic: Combination Play**

**Objective: To improve passing technique and introduce and train combination play (Wall Passes and take Overs)**

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Technical Warm up** |  |  | **Organization** |  |  | **Coaching Pts.** |  |  |
|  | **Combination Square:** |  | **General** |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |
|  | In a grid about 25x25 yards, place 2 to 3 |  Quality technique | while passing |  |
|  |  | and receiving |  |  |  |  |  |
|  | players in training vests. These players |  |  |  |  |  |  |
|  |  Be | patient | & | let | opportunities |  |
|  | will roam around grid and give support |  |
|  |  | develop |  |  |  |  |  |  |  |
|  | to players with balls. 2 to3 players with |  |  |  |  |  |  |  |  |
|  |  Encourage |  | finishing | off | of |  |
|  | balls dribble in grid looking to connect |  |  |
|  |  | combination opportunities |  |  |
|  | with support players to perform wall |  |  |  |
|  |  Positive |  | environment | to |  |
|  | passes. |  |  |  |  |
|  |  |  |  | encourage creative and instinctive |  |
|  |  |  |  |  |  |  |  |
|  | **Version 2:** Build to take-overs |  | play |  |  |  |  |  |  |  |
|  | **Version 3:** Wall passes and take-overs |  | Communication |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  | **Time: *15 minutes*** | **Wall Pass** |  |  |  |  |  |  |  |
|  |  |  |  |  | 1st | attacker | dribbles | at | 1st |  |
| **Small Sided Game** |  |  | **Organization** |  |
|  |  |  | defender |  |  |  |  |  |  |  |
|  | **3v3-1 (3v2):** |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  | 2nd attacker | is | slightly | ahead of |  |
|  | In a grid about 30X35 yards with two 5 |  | defender in good supporting angle |  |
|  | yard goals on each end line. Play 3v3-1, |  |  |
|  |  | turned sideways on |  |  |  |  |
|  | (2v2+GK). The -1 player is the |  |  |  |  |  |
|  |  | st |  |  |  |  |  |  |  |  |
|  |  1 | attacker | reads | defenders | and |  |
|  |  |  |  |  |  |  |
|  | Goalkeeper on defending team. When |  | supporting cues; decide to dribble |  |
|  | the defending team gets the ball they |  | or play a wall pass |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |
|  | regain their fourth player. Encourage |  Disguise, | deception of | pass | and |  |
|  |  |  |  |  |  |  |  |  |  |  |
|  | players to try to score after a wall pass |  | runs |  |  |  |  |  |  |  |
|  |  Accuracy and quality of pass |  |  |
|  | or take over. |  |  |  |  |
|  |  |  |  Look for | opportunities | to create |  |
|  | Wall pass goal= 5 pts. |  |  |
|  |  |  | numbers up situations (2v1, 3v1 |  |
|  | Take over goal= 3 pts. |  |  |  |
|  |  |  | etc.) |  |  |  |  |  |  |  |
|  | Wall pass & take over = 10pts |  |  |  |  |  |  |  |  |
|  | **Takeover** |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  | **Time: *15 minutes*** |  | nd |  |  |  |  |  |  | st |  |
|  |  |  |  |  2 | attacker runs directly at the 1 |  |
| **Exp. Small Sided Game** |  |  | **Organization** |  | attacker | from |  | the | opposite |  |
|  | **3v3 to Two Small Goals:** |  | direction |  |  |  |  |  |  |  |
|  |  1st |  |  |  |  |  |  |  |  |
|  | In | a | grid 30x35 | yards | with four goals | attacker protects the ball from |  |
|  |  | the 1st defender by keeping body |  |
|  | measuring 3 feet | across | in each corner, |  |  |
|  |  | between ball and defender |  |  |
|  | two teams attack two goals and defend |  |  |  |
|  |  1st attacker leaves the ball and 2nd |  |
|  | two | goals. To encourage combination |  | attacker takes the ball using same |  |
|  | play, | the attacking team will receive 5 |  |  |
|  |  | foot (right to right or left to left) |  |
|  |  |  |  |  |  |  |  |
|  | points if they combine with a wall pass or |  Simple communication: “take" or |  |
|  |  |  |  |  |  |  |
|  | takeover before they score. Otherwise, |  | “leave” |  |  |  |  |  |  |  |
|  | they receive 1 point for scoring. |  |  |  |  |  |  |  |  |  |  |
|  | **Variation 2:** Add a “plus” player who |  |  |  |  |  |  |  |  |  |  |
|  | always plays for the attacking team if |  |  |  |  |  |  |  |  |  |  |
|  | they cannot keep possession long enough |  |  |  |  |  |  |  |  |  |  |
|  | to create a combination. |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  | **Time: *20 minutes*** |  |  |  |  |  |  |  |  |  |  |
| **Game** |  |  | **Organization** |  |  | **Coaching Pts.** |  |  |
| 3v3 or 4v4 | 3v3 in your area or 4v4 against the team  |  All of the above |  |  |  |  |  |
| Next to you |  |  |  |  |  | **Time: *30 minutes*** |  |
|  |  |  |  |  |  |  |
| **COOL DOWN** |  | Activities to reduce heart rate**,** static stretching & review session **–** **Time 10 min.** |  |

