**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.** | | | | | | | | | | | | |  |

