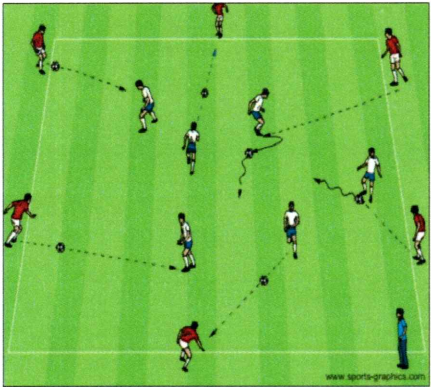
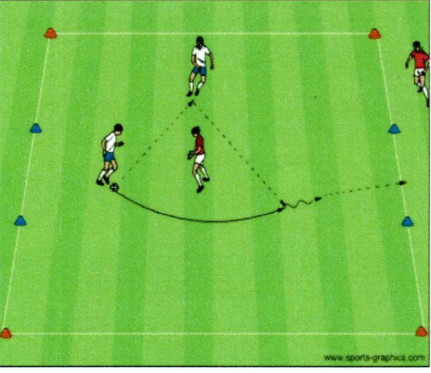
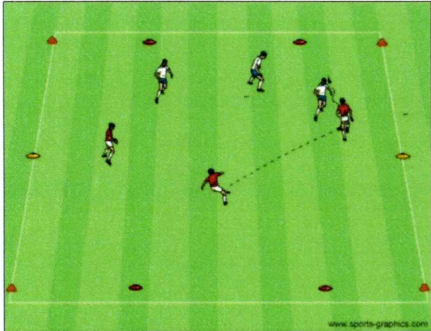




# (10U) -- Week 20

## Topic: Combination Play (Wall Passes and Take-overs)

<p><b>Technical Warm up</b></p> 	<p><b>Organization</b></p> <p><b>Dutch Square:</b> Half the players create a square in a defined space with a ball. Players without balls are in the middle and check to receive a pass from outside players. Once they are inside, players have the ball and they look to connect a pass with another outside player.</p> <ul style="list-style-type: none"> <li>➤ Review technique of passing &amp; receiving</li> <li>➤ Introduce wall passing</li> <li>➤ Introduce take-overs</li> </ul> <p style="text-align: right;"><b>Time: 15 minutes</b></p>	<p><b>Coaching Pts.</b></p> <p><b>General</b></p> <ul style="list-style-type: none"> <li>• Quality technique while passing and receiving</li> <li>• Be patient &amp; let opportunities develop</li> <li>• Encourage finishing off of combination opportunities</li> <li>• Positive environment to encourage creative and instinctive play</li> <li>• Communication</li> </ul> <p><b>Wall Pass</b></p> <ul style="list-style-type: none"> <li>• 1<sup>st</sup> attacker dribbles at 1<sup>st</sup> defender</li> <li>• 2<sup>nd</sup> attacker is slightly ahead of defender in good supporting angle turned sideways on</li> <li>• 1<sup>st</sup> attacker reads defenders and supporting cues; decide to dribble or play a wall pass</li> <li>• Disguise, deception of pass and runs</li> <li>• Accuracy and quality of pass</li> <li>• Look for opportunities to create numbers up situations (2v1, 3v1 etc.)</li> </ul>
<p><b>Small Sided Game</b></p> 	<p><b>Organization</b></p> <p><b>2v1 to Small Goals:</b> In a 15x 20 yard grid, two players are trying to score after they have combined and put the ball through the small goals. The exercise starts with the defender passing the ball to any of the attackers at the opposite end. If the ball goes out of bounds or the attackers score, re-start a new game and change the defender. If the defender scores, he and his partner become the attackers.</p> <p style="text-align: right;"><b>Time: 15 minutes</b></p>	<p><b>Takeover</b></p> <ul style="list-style-type: none"> <li>• 2<sup>nd</sup> attacker runs directly at the 1<sup>st</sup> attacker from the opposite direction</li> <li>• 1<sup>st</sup> attacker protects the ball from the 1<sup>st</sup> defender by keeping body between ball and defender</li> <li>• 1<sup>st</sup> attacker leaves the ball and 2<sup>nd</sup> attacker takes the ball using same foot (right to right or left to left)</li> <li>• Simple communication: "take" or "leave"</li> </ul>
<p><b>Exp. Small Sided Game</b></p> 	<p><b>Organization</b></p> <p><b>3v3 or 4v4 to End Zones:</b> Two teams play in a defined space with each team attacking an end-zone defended by the opponent. Teams score 5 points when a team penetrates the End Zone by performing a wall pass or take over. One point if just pass or dribble into the End-Zone</p> <p><b>Coach:</b> Encourage players to recognize opportunities to combine to penetrate.</p> <p style="text-align: right;"><b>Time: 20 minutes</b></p>	<p><b>Coaching Pts.</b></p> <ul style="list-style-type: none"> <li>• All of the above</li> </ul> <p style="text-align: right;"><b>Time: 30 minutes</b></p>
<p><b>Game</b></p>	<p><b>Organization</b></p>	<p><b>Coaching Pts.</b></p>
<p><b>7v7 Scrimmage</b></p>	<p>Play with Goalkeepers in a 45-60 yard long by 35-45 yard wide field.</p>	<p style="text-align: right;"><b>Time: 30 minutes</b></p>
<p><b>COOL DOWN</b></p>	<p>Activities to reduce heart rate, static stretching &amp; review session – <b>Time 10 min.</b></p>	