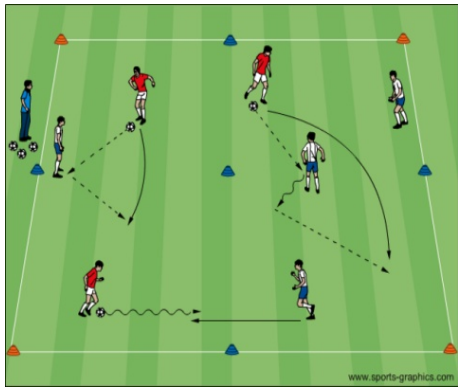
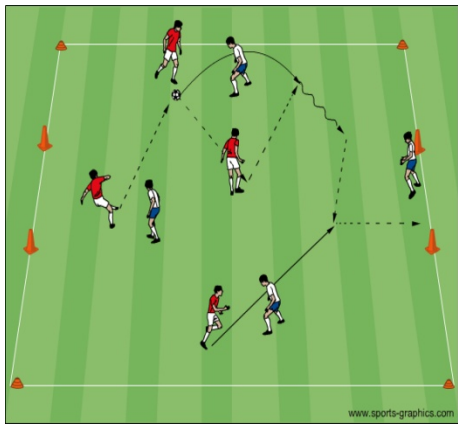
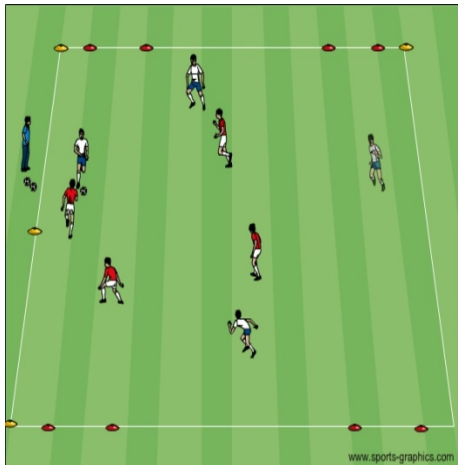


(10U) -- Week 8

Topic: Combination Play

Technical Warm up	Organization	Coaching Pts.
	<p>Combination Square: In a grid about 25x25 yards, place 4 to 5 players in training vests. These players will roam around grid and give support to players with balls. 4 to 5 players with balls dribble in grid looking to connect with support players to perform wall passes.</p> <p>Version 2: Build to take-overs Version 3: Wall passes and take-overs</p> <p style="text-align: right;">Time: 15 minutes</p>	<p>General</p> <ul style="list-style-type: none"> • Quality technique while passing and receiving • Be patient & let opportunities develop • Encourage finishing off of combination opportunities • Positive environment to encourage creative and instinctive play • Communication <p>Wall Pass</p> <ul style="list-style-type: none"> • 1st attacker dribbles at 1st defender • 2nd attacker is slightly ahead of defender in good supporting angle turned sideways on • 1st attacker reads defenders and supporting cues; decide to dribble or play a wall pass • Disguise, deception of pass and runs • Accuracy and quality of pass • Look for opportunities to create numbers up situations (2v1, 3v1 etc.) <p>Takeover</p> <ul style="list-style-type: none"> • 2nd attacker runs directly at the 1st attacker from the opposite direction • 1st attacker protects the ball from the 1st defender by keeping body between ball and defender • 1st attacker leaves the ball and 2nd attacker takes the ball using same foot (right to right or left to left) • Simple communication: "take" or "leave"
Small Sided Game	Organization	
	<p>4v4-1(4v3): In a grid about 30X35 yards with two 5 yard goals on each end line. Play 4v4-1, (4v3 +GK). The -1 player is the Goalkeeper on defending team. When the defending team gets the ball they regain their fourth player. Encourage players to try to score after a wall pass or take over.</p> <p>Wall pass goal= 5 pts. Take over goal= 3 pts. Wall pass & take over = 10pts</p> <p style="text-align: right;">Time: 15 minutes</p>	
Exp. Small Sided Game	Organization	
	<p>4v4 to Two Small Goals: In a grid 30x35 yards with four goals measuring 3 feet across in each corner, two teams attack two goals and defend two goals. To encourage combination play, the attacking team will receive 5 points if they combine with a wall pass or takeover before they score. Otherwise, they receive 1 point for scoring.</p> <p>Variation 2: Add a "plus" player who always plays for the attacking team if they cannot keep possession long enough to create a combination.</p> <p style="text-align: right;">Time: 20 minutes</p>	
Game	Organization	Coaching Pts.
7v7 Scrimmage	<p>Play with Goalkeepers in a 45-60 yard long by 35-45 yard wide field.</p>	<ul style="list-style-type: none"> • All of the above <p style="text-align: right;">Time: 30 minutes</p>
COOL DOWN	<p>Activities to reduce heart rate, static stretching & review session – Time 10 min.</p>	