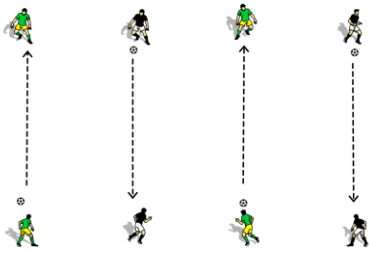
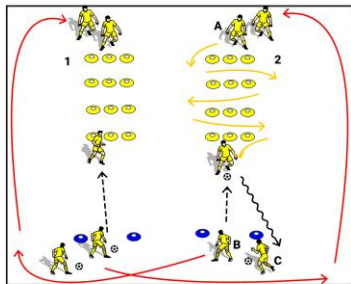


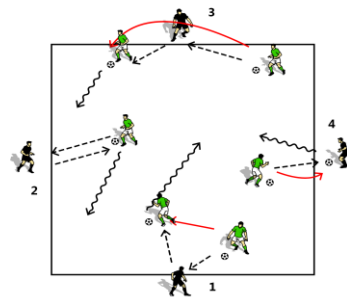
OBJECTIVES- Combination Play



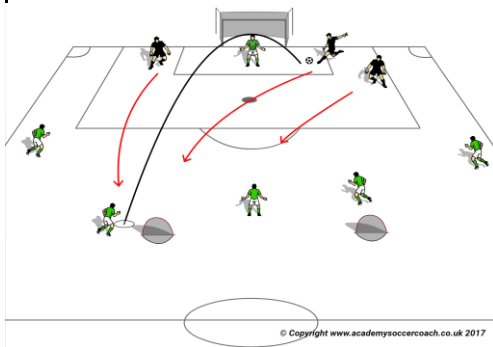
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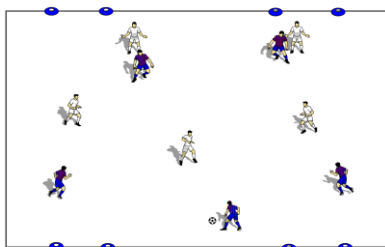
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TECHNICAL WARM-UP **Grid Size:** **Duration:** 5 Mins

Passing and Receiving
 2 players 10-15 yards apart
 Simple passing- 2 touch only inside of feet
 3 touch- inside outside inside pass
 3 touch- inside settle, scissor left/right outside touch then inside pass
 4 touch - inside settle, roll with same foot across body touch forward then pass. Coaches can add other moves to the progression

COACHING POINTS / KEY CONCEPTS
 Toe up ankle locked, follow thru to target
 Go slow perform the moves correctly

Speed and Agility with Ball **Grid Size:** **Duration:** 15 Mins

Set 2 groups of cones up 2yds in width and 4yds long
 The players perform different agility steps as they go in an out of the yellow cones. As they get out of the last row of cones, the player at the end with the ball passes them an easy pass with the inside of the foot and that player dribbles behind the next waiting player. The player who just passed then jogs behind to the other line.

1. forward shuffle, sideways shuffle, 2 foot bunny hops, high knees

COACHING POINTS / KEY CONCEPTS
 It's not a race! Go slow and do the movements correctly
 Knees bent and feet always shoulder width apart, run on balls of feet
 Make good passes. Toe up ankle locked, follow thru to target

ACTIVITY 1 **Grid Size:** 30x30 **Duration:** 15 Mins

Half the players are inside the square with the ball and other half outside without the ball.
 Players in the middle are to perform the following:
 1-Give and Go 2- Wall Pass
 3- Overlapping run 4- Switch

COACHING POINTS / KEY CONCEPTS
 Good quality of Passes - Toe up and ankle locked. Body shape of players.
 Pass to the correct foot. Visual ques and communication

ACTIVITY 2 **Grid Size:** 40x50 **Duration:** 15 Mins

5v3 / 6v4 to goal
 Defenders strike a ball out to the attackers. The attackers should look for 2v1 situations to get around the defenders.

If the defenders win the ball they can score on the counter goals

COACHING POINTS / KEY CONCEPTS
 Speed of play- move the ball quickly (2-3 touch max)
 Pass to the correct foot

ACTIVITY 3 **Grid Size:** 40x50 **Duration:** 15 Mins

Small Sided games 5v5/6v6 to 4 goals
 Challenge the players with less touches so the ball moves quicker
 If combinations are performed before a goal it counts as 2

COACHING POINTS / KEY CONCEPTS
 Pass to the correct foot. Visual ques and communication
 Speed of play- move the ball quickly (2-3 touch max)