



## Combinations

**Category:** Technical: Passing & Receiving  
**Difficulty:** Moderate

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### Description

Combination plays

#### Warm Up (10 mins)

Organization 40 x 30

Split teams into 4 groups and then have two teams in each half. Have players start by playing simple pass and move limit touches to 2 only.

Increase tempo as the warm up progresses.

Add Dynamic stretches High Knees, Heel flicks, Open the gate, skipping, kick through and windmills



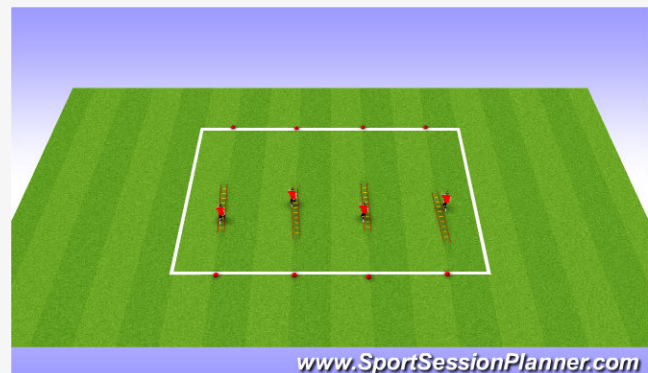
#### SAQ (10 mins)

Line 1 fast feet

line 2 two forwards one back

line 3 hopscotch

line 4 bunny hops



#### Overlap (15 mins)

Organization the overlap

40 x 30 square split into 2 channels

place a cone in the middle of each square and add 2 lines at the bottom of the square with one line 5 yards behind

Line 1 attacks the cone

Line 2 has to sprint up and make an overlapping run

Coaching Points

1. can line 1 run at the defender and get close to draw him in, then release the ball at the last moment use the outside of the left foot to pass in this case.

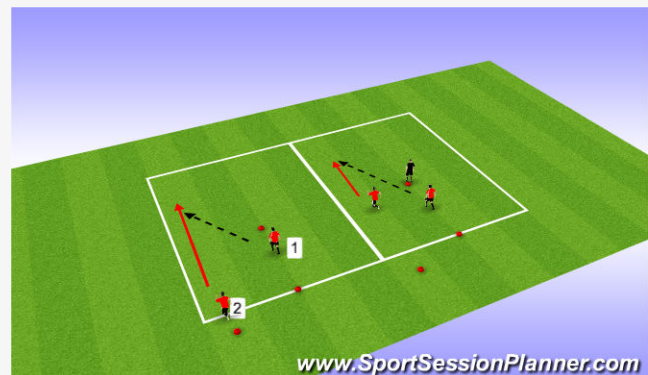
2. player 2 has to sprint and be behind or level when pass is made.

Progression - add defender in to make realistic

Coaching Point

1. if he attacks the ball release to the overlapping run

2. if he bites and runs with the overrapper, then accelerate and take the space. get across the line.



## 1-2 (15 mins)

Same set up as before, adjust line 2 so that it is level with the defending cone on the side.  
 player attack the cone, as if to draw in the defender. then releases the ball to player 2 who 1st time release the ball back quickly for him to run onto.

coaching points

1. Draw in defender similar to the overlap.

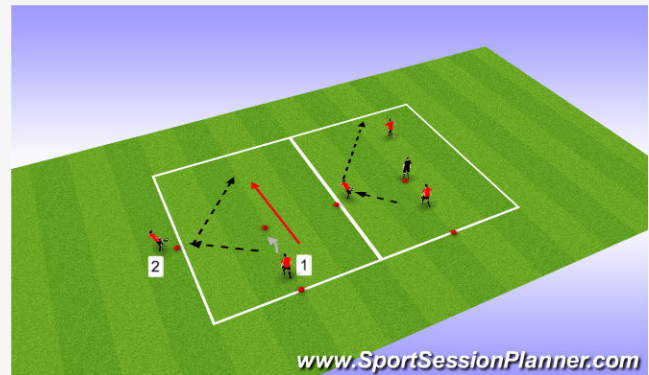
2. good return ball

Progression

Add defender

1. decision has he jumped the pass? if so keep dribbling. if not draw him in and release

2. quick movement if he follows player 1 player 2 can dribble it up.



## 3rd man run (15 mins)

3v2 line game

same as before, this time add a 5 yard channel that runs all the way up the side, only an attacking player may enter this area.

To start players 1 and 2 play a 1-2 with each other, as this is being played player 3 is making a run on the side (3rd man run)

player should look to play the ball into his path for him to run onto.

after player 3 first touch defenders can move into the channel

Coaching Points.

1. Timing of the run

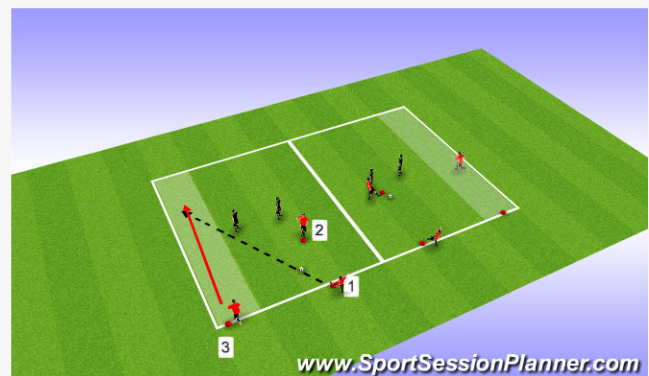
2. quality of the pass - weight? accuracy?

progression defenders can move anywhere

Coaching Points

1. width can we spread out the defenders by staying wide

decision when to pass? when to dribble?



## Game (10 mins)

Game Formation 2-4-1

Encourage players to get forward, can we use overlaps in different positions?

width? can we see any penetrating runs?

be creative

