



Combinations u14

Category: Tactical: Combination play

Difficulty: Difficult

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Individual-Adult Member

Description

Combination play

Warm Up (10 mins)

Organization

10x10 squares 20 yards apart.

Split groups into 2 teams and have 2 per team in each square

one team passes clockwise and the other the opposite.

Players must receive the ball in the box and pass and follow to the next square.

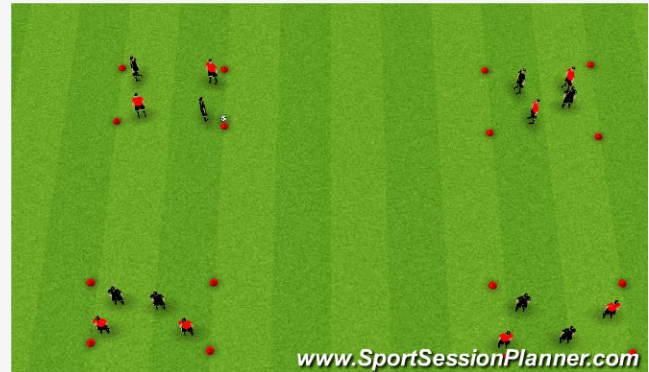
Add Dynamic stretches high knees, heel flicks, kick through, skipping, open the gate and windmills

Progression

Can we come to and receive

Coaching Points

1. Spatial awareness, check for space
2. Play pass into space
3. Close control



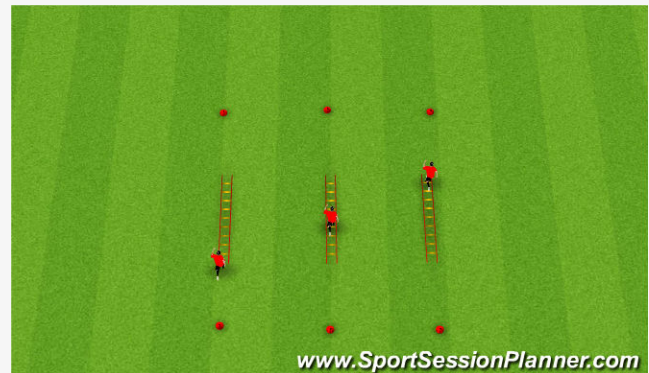
SAQ (15 mins)

SAQ

line 1 two feet in each

line 2 two forwards one back

line 3 hopscotch



Technical (15 mins)

Organization

30 x 30 split in to two.

2 players inside area

2 players on each cone

1 ball in play

Instructions

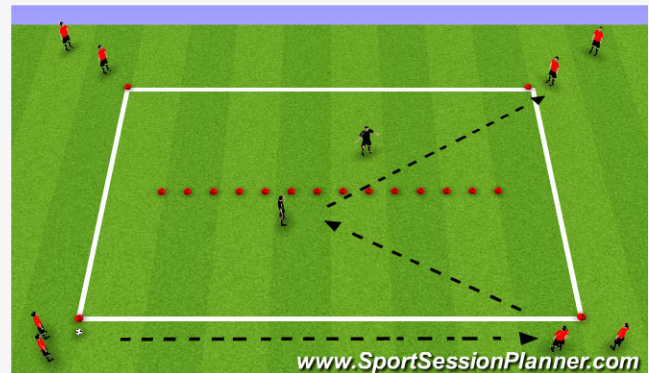
Ball must travel from corner to corner around pitch

outside players must pass and follow to the next corner, always in the same direction

players on the outside have an option to pass into the middle or not, if so center player can combine with the other center player or play straight to the corner.

Coaching Points

1. When to pass to the middle and when to stay on the outside
2. follow pass
3. Can the two center players support each other?



Prog 1 2v1 (15 mins)

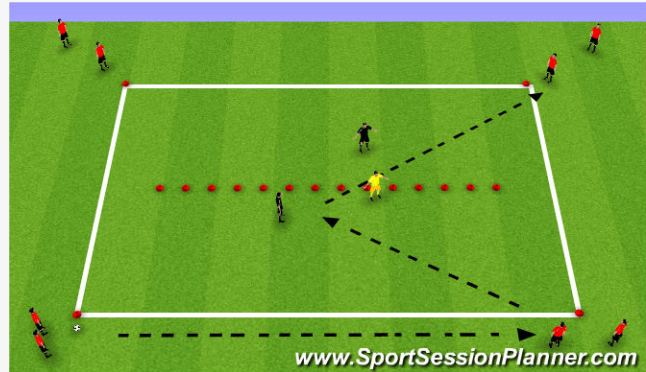
Organization

same as before

add a defender 2v1

Coaching Points

1. Encourage combination plays and good supporting movement
2. communication



Prog 2 3v2 (15 mins)

Organization

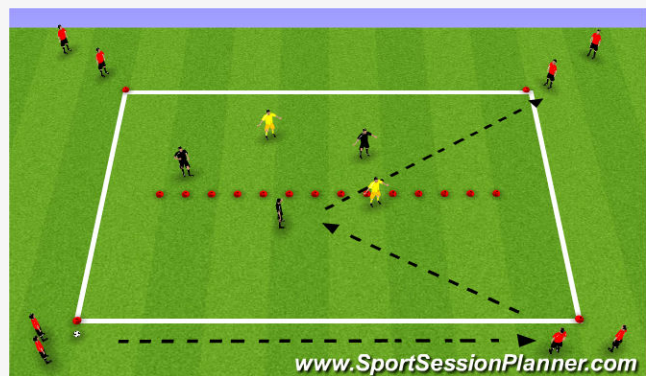
Same as before

3v2 in center

Coaching Points

Coaching Points

1. When to pass to the middle and when to stay on the outside
2. follow pass
3. Can the two center players support each other?



game (15 mins)

Organization 30x30 split

5v5

Instructions

players must make combination from there area, they can only score from in there also

player in opposition half is for pressure and rebounds only

Coaching Points

1. shooting from distance
2. attacker alert to rebounds and then movement.

Progressions

P1. we can dribble to across line to penetrate

P2 we can pass to penetrate - through balls

