



Passing and Combination Play

Category: Technical: Passing & Receiving

Difficulty: Beginner

Wakefield Soccer, Wakefield, United States of America
Individual-Adult Member

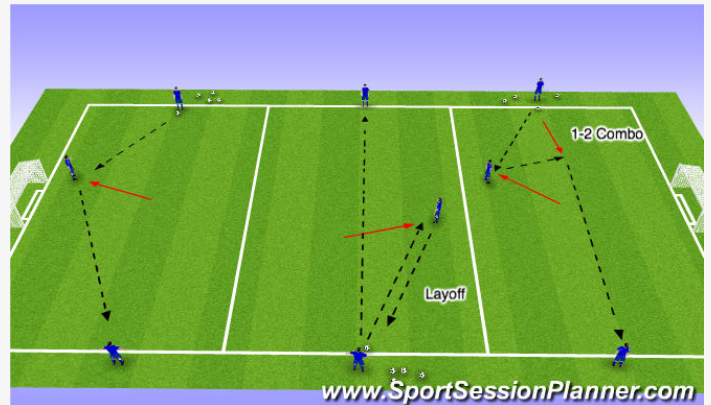
Technical - Receiving (15 mins)

Organization - Players work in groups of 3. 2 players work on the outside & the other in the middle. Player in the middle looks to receive the ball from one of the players on the outside and play to the other. They must play to the middle player each time. Teams win by getting all their balls across then back to the start all by playing through the central player.

- Body Shape to receive- Hips opened up so middle player can see both players
- Controlling foot
- Checking to the ball
- Awareness - Taking a look over their shoulder before receiving the ball

Progression

1. Can the central player play first time
2. Play in to central player, central player drops the ball back and a long ball on the ground is played to the other side.
2. Combine with a 1-2 combination. Players 1 and 2 should naturally switch positions each time they complete the combination.



Receiving to play a target (20 mins)

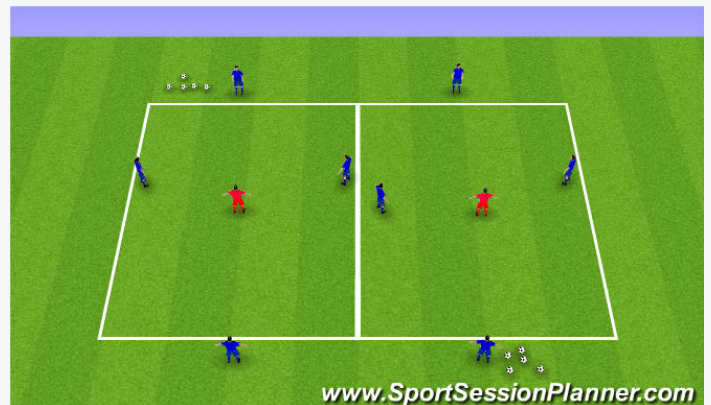
Organization - Game is to transfer the balls from one target player to the other as quickly as possible. Rotate defending player after two minutes or when all the ball have been transferred.

Coaching Points

1. Open body to receive - Should always look for three options. Target, supporting midfielder, back
2. Distance apart and angle for two middle players. Reading each others movement to be an option
3. Can the two middle players use combinations previously worked on to find the target.

Progression

1. 3 touch
2. 2 touch



4v2 to Targets (25 mins)

Set Up

15x20

Instructions

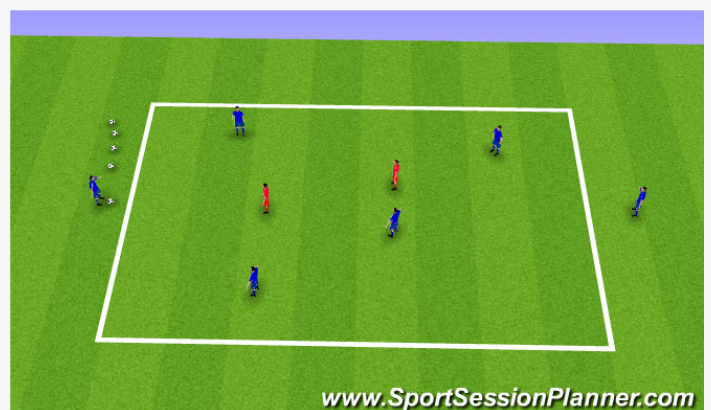
Make 4 teams of 2. One pair will act as the targets. One pair starts as defenders. Two pairs start as an attacking group of 4. When a team loses the ball the defending pair tries to keep the ball as long as possible. The attacking 4 score a point by getting the ball to the opposite target and back. Play 2 minute games then switch targets and defending teams.

Coaching Points

1. Movement off the ball
2. Body positioning when receiving the ball
3. Finding the target on the ground
4. Combinations to find the target

Progression

1. 3 touch
2. 2 touch



4v4 to Endzones (25 mins)

Set Up

15x25

Instructions

4v4

A team scores by playing a teammate into the endzone. First team to 5 wins

Coaching Points

1. Having depth and width

2. Combination play

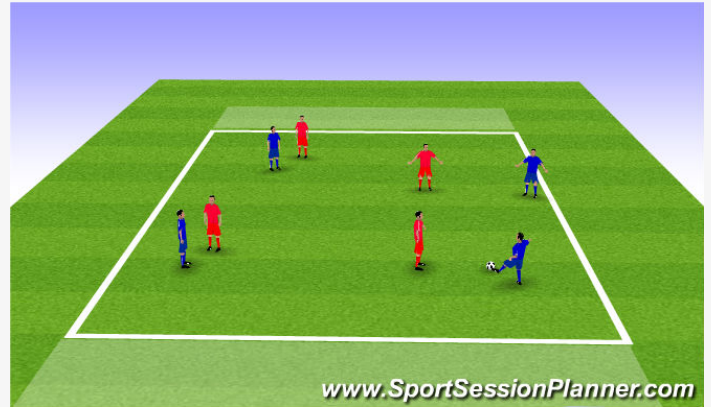
3. Making a run to clear space

Regression

1. One defender needs to take a knee so the attacking team has a 4v3 advantage

Progression

1. Need 3 passes before scoring



8v8 to Endzone (25 mins)

Set Up

30x45

Instructions

8v8

Score by playing a teammate into the endzone.

Coaching Points

1. Getting width and depth

2. Not being bunched up around the ball

3. Taking a defender away to open up space for someone else

