



Week 8- Combination Play and Crossing

Category: Technical: Shooting

Difficulty: Moderate

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

Description

Guiding Questions:

- How do you know when to place or strike with power?
- When do you strike the ball?
- Where should you look before you strike the ball?

Common Language:

- Strike
- Placement
- power

Technical Warm Up (10 mins)

Set Up

In partners

One ball per two

Instructions

Players show on one side of the cone, perform the shooting technique then backpedal around to the other side of the cone and perform the shooting technique on the other side. Players go back and forth 10 times each side before switching and they each go two times per technique.

Techniques:

- 1) Inside of the foot technique- 2 touch
- 2) Inside of the foot technique- 1 touch
- 3) Inside the foot volley out of the air
- 4) Laces volley
- 5) Laces volley outside of hips



Crossing and Framing the Goal

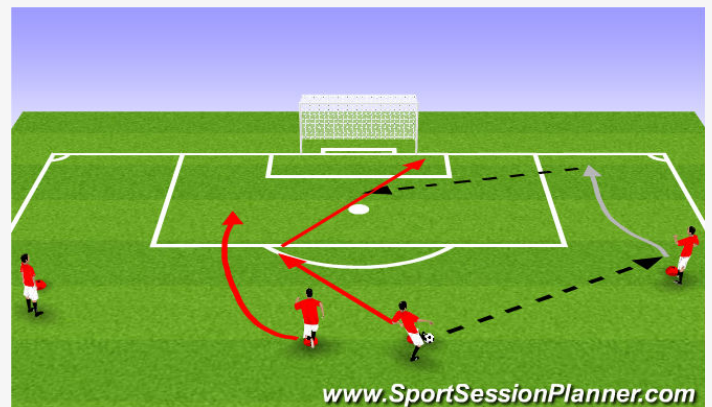
Set Up

This is to introduce the run and the timing of the run that needs to be made in the box.

Set up a cone about 1 yard from the sideline of the regulation field and about 15 yards from the endline on both sides. Then about 20 yards out place two cones about 5 yards apart in the middle.

Instructions

Central player will play a ball wide. The wide player will dribble to the endline and cross the ball for the two central players to finish. Central players need to communicate so they know who is going near post and who is going far post. Near post player should make a run toward the far post then sprint toward the near post as the ball is getting crossed. Back post player can make a curved run toward the back post but needs to stay outside of the backpost and further away so they can get to any ball that gets through the box. The cross from the outside should be played on the ground. Switch sides each time



Pattern 1- Up, back, through (15 mins)

Passing Pattern to cross

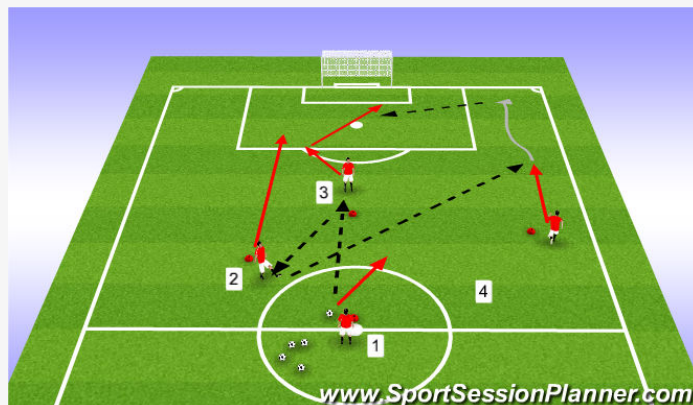
1 passes to 3, 3 then plays in to 2. 2 plays out to 4 who dribbles to the endline and crosses the ball into player 2 and 3 making a run in the box.

Coaching Points:

- Accurate passes
- Receive on back foot
- Come off the cone
- Power vs Placement
- Striking Technique

Making a Run in the Box Coaching Points:

- 1) Communicate who is near post and who is far post. (Near post is usually the highest player forward because they can get there)
- 2) Timing of your run
- 3) Near post getting to the near post as the ball is crossed
- 4) Far post not creeping in too close to where the ball goes behind them



Learning Objectives

	Technical Player will understand how to strike a ball for power or how to place a ball
	Tactical Player will understand when and how quickly the need to shoot.

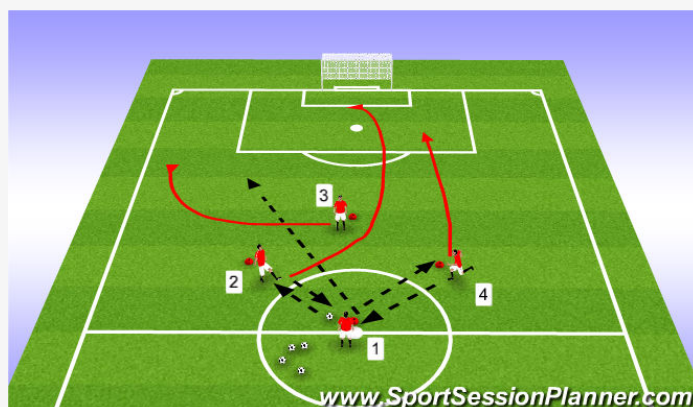
Pattern 2- Run out of the middle (15 mins)

Pattern 2

1 Passes to 2 and has a pass returned. 1 plays 4 while 3 makes a run wide to open up space for 1 to then play the ball through. When that happens 2 and 4 then make a run to the near and far post of the goal to finish off the cross from 3.

Coaching Points:

- Accurate passes
- Timing of Run
- Framing the goal with players 2 and 4
- Finishing with the inside of the foot



3v2 (20 mins)

Set Up

35x30

Defending group is in two lines off each post

Attacking group is in three lines on the opposite end.

One player should be on the outside of the penalty box with a couple soccer balls. One player should be on each side, so really you need 2 players typically ones that play an outside position.

Instructions

Defenders play a ball out to the attacking group and it's a 3v2 to goal. The three players combine to try and score. Once the ball is scored, goes out of bounds, or the defense wins it the play is done. At that point players should recycle and get ready for a cross coming in from the left side player on the wing. With three runners in the box the players should be forming a triangle to cover the near post, mid-goal, and back post areas. The flags indicate approximately where those three players should be ending up when they make a run. Note they should be starting their run outside the box.

After that attacking group gets one ball served in that group is done and the next group will get a service from the right side. For the outside players, have them dribble to the endline like it's a game to serve the ball. This will also help the attackers time their run.

Coaching Points:



Comination play against the 2 defenders

Changing speed when making a run

Can we take the defender away before making a run to our spot?

Finish with the inside of the foot

Progression:

1) Allow the attacking group to play the outside players, but they must have a combination (up back through) to play them and they must stay outside of the penalty box.