

Central District ODP - Combination Play

Date : 5/Sep/2014

Duration : N/A

Time : N/A

Age/Level : U11 - 18+

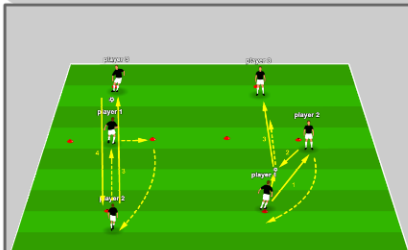
Session

Introduce The Basics of Combination

Objective:

Play

Diamond Passing Activity



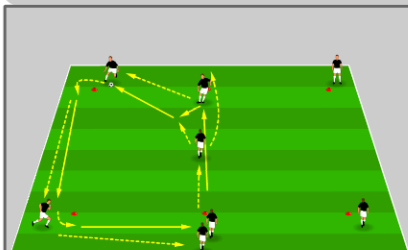
Description :

Player 1 plays the ball to player 2 who then lays the ball off for Player 1 to play it forward to Player 3. After laying the ball off Player 2 takes the place of Player 1. Player 1 plays the ball forward to Player 3 and follows his pass. When Player 2 gets close to Player 3 he stops and opens his legs for Player 3 to play a 1 or 2 touch pass through the legs and back to Player 2. Player 1 then takes the original position of Player 2 and the sequence starts again. Player 3 remains where they are through the duration.

Coaching Points :

- Proper weight on the lay and the pass.
- Lay off at an angle.
- Receive/Play the ball while in motion.
- How quickly can you play and then find the next pass?

Passing and Receiving (Y Alternative)



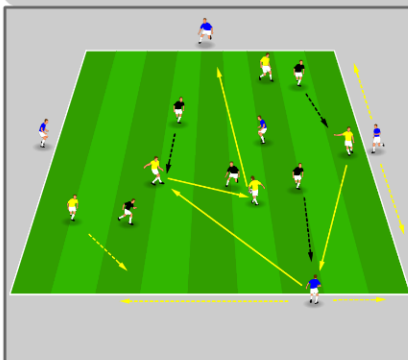
Description :

Player 1 Plays the ball to Player 2 and Follows his pass. Player 2 lays the ball off at an angle for Player 1. Depending on which side the lay off happens Player 2 then plays the ball to Player 3. Player 1 take the place of Player 2 and Player 2 takes the place of Player 3. Player 3 receives the ball behind the cones and plays the ball forward to Player 4 and follows his pass. Player 4 receives the ball behind the cone and plays the ball to the beginning of the line and then follows his pass.

Coaching Points :

- Proper weight on the ball.
- Receive the ball facing up field.
- Check away/to the ball to create space.
- How quickly can we combine?

5v5+3 To Multiple End Zones



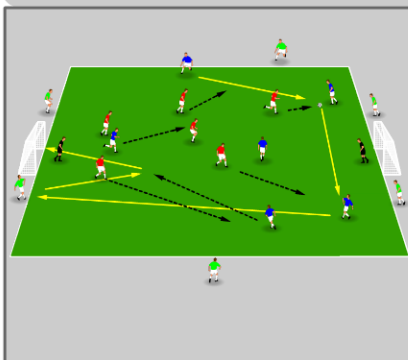
Description :

Two teams of 5 with one neutral in the middle. On the outside there is a target on each side line. Black team attacks north and south while the Yellow team attacks east and west. To score a point the team in possession must connect both end zone players without losing possession of the ball. If possession is lost they must start over. All end zone player and central neutral players are 2 touch.

Coaching Points :

- How quickly can we link the targets?
- Can we constantly play out of pressure?
- Can you receive the ball seeing the entire field?
- Limit the time between your touch and your strike.

6v6 Bumpers to Goal



Description :

Two teams of 6 with a GK are inside the field with 6 bumpers around the field. The Bumpers are two touch. The teams in the middle play a normal game to goal and at the end of the time the team with the most points wins. Goals can be scored through the normal run of play or by connect a pass to an endline bumper who plays the ball into the middle for a one time finish. The the scoring teams score off of a one time finish from the bumper the goal counts as two.

Coaching Points :

- Technique of striking a ball over distance.
- Proper runs into the box to score a one time finish.
- How to create passing lanes and space to allow a through ball.