



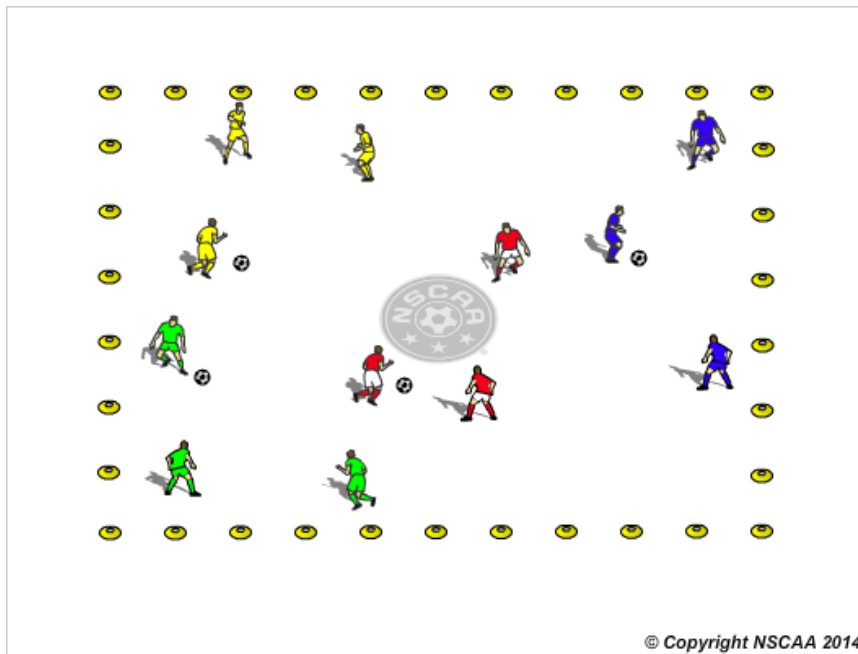
Lakeville Soccer Club
Model Training Session
Support (Combination Play)
Chad Moore (1.9.2015)



The focus of the Progressive Session will be on the supporting players. Typically, there should be support in front, behind and on both sides of the player in possession of the ball. Additionally, the session will identify how the attacking team can utilize combination play (i.e. wall pass) to break down the defending team.

Coaching Points:

- Technique of passing and receiving
- Distance and angle of support (starting position)
- Individual body shape
- Team shape



Warmup (42 yards x 30 yards)

- Groups of 3 or 4 players
- Pass and move in the area
- Review combination play



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4v1 Possession (15 yards x 10 yards)

Team of 4 (red) keeps possession of the ball

Team of 1 (blue) dribbles out of the grid

Make it competitive

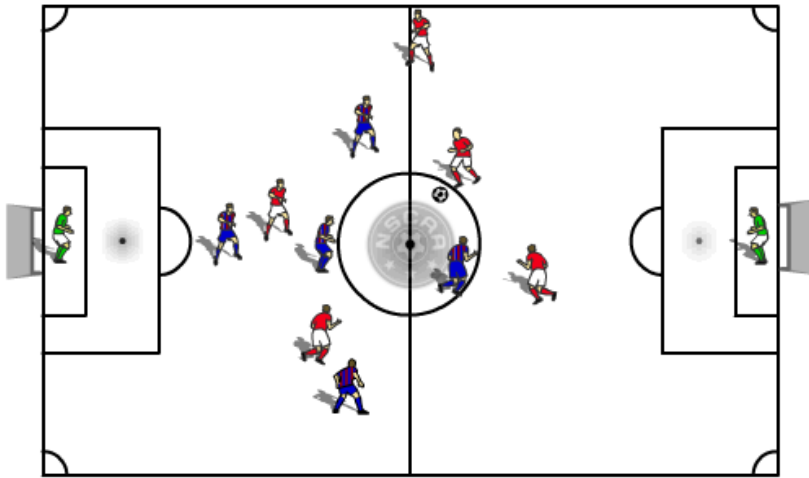


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3v3 to endzones (30 yards x 20 yards)

Each team attempts to dribble or pass ball into endzone

Attack one endzone; defend one endzone



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6v6 (50 yards x 40 yards)
Each team will play 1-3-1
All match rules apply (including offside)