

Topic: Passing – Combination play Date:

FUNDAMENTAL – WARM UP	ORGANIZATION  Ball between three players – moving and passing Emphasis on creative combinations Progressions: Specify what surface must be used to pass the ball. Limit touches. Have them do different combinations (wall pass, overlap, take over, double pass).	<ul> <li>KEY COACHING POINTS</li> <li>Ankle locked</li> <li>Plant foot pointed at target</li> <li>Kick with inside of foot</li> <li>Wide surface=accuracy</li> <li>Follow through in direction of target</li> <li>Push pass=less than 25 yards</li> </ul>
MATCH RELATED ACTIVITY   A  O  D  A	<ul> <li>Play 2v2 in a 20-x-15 yard grid with four neutral players</li> <li>Teams try to score points by reaching a predetermined number of passes</li> <li>Whichever team scores more points in a minute wins</li> <li>Active players and neutrals switch roles after a minute</li> <li>Progressions: Teams get a point for completing a wall pass.</li> </ul>	<ul> <li>Good technique</li> <li>Good pace</li> <li>Accurate passes</li> <li>Run initiates the pass</li> </ul>
MATCH RELATED ACTIVITY	<ul> <li>Play 5v5 (four field players and a GK) in a 36-x-44 yard area</li> <li>Both teams have four extra players on their offensive third of the field</li> <li>Every five minutes the outside and inside players switch positions</li> <li>Goals count double when they are scored after a combination with one of the outside players</li> <li>Progressions: Have the outside people leave and play 4v4. The inside people should continue to play 4v4.</li> </ul>	<ul> <li>Good technique</li> <li>Proper accuracy</li> <li>Proper pace</li> <li>Timing of run – only when 1<sup>st</sup> attacker has ball under control and is ready to pass</li> <li>Timing of pass – played when teammate is ready to receive it</li> <li>Disguise of pass – no telegraphing</li> <li>Angled passes – not easily intercepted</li> </ul>
MATCH CONDITION GAME  4v4	<ul> <li>Play 4v4 with no restrictions on players</li> <li>Teams score by shooting into goals</li> </ul>	Observe to see if session has improved passing ability