

Session Topic: Combination Play

Age Group: ODP U-16's



<u>DIAGRAMS</u>	ACTIVITY & ORGANIZATION	KEY COACHING POINTS
<u>WARM-UP</u>	<p>3 to 4 per group and 1 ball per group 3 passes and then initiate give and go, etc Passing and moving in 1/2 field or smaller Combine within groups (give and go, overlaps, spin and go, 3rd player runs Stretching in between</p>	<p>Spacing – stay tight and together Visual and Verbal communication Change of pace and direction</p>
<u>PHASE 1</u>	<p><u>5 v 5 in grid with 2-3 yard gates (vary size depending on skill)</u> Combinations thru gates are 3 points or 4 consecutive passes equals 1 point Cannot go thru same gate back to back Touch limit may be added 2-3 rounds with 3 – 5 minutes per round</p>	<p>Weight and deception of passes Runs off the ball (timing and type ---bent) Fakes and feints (with and without ball) Speed of play --- up or down to maintain possession and get combos Recognize combining option Surveying/Vision</p>
<u>PHASE 2</u>	<p><u>8 v 8 + 2 neutrals</u> Organize shape of 8 based on numbers Active neutral players (playmakers) Goals and/or assists with neutral players equals 3 points Touch limit for neutrals 2 X 10 minutes or 1 X 15 minutes</p>	<p>Offsides awareness (use lines persons) Early support to get numbers up Combo options to get behind defense 1 v 2 touch awareness Changing point of attack Rewards – finishing chances</p>
<u>PHASE 3: THE GAME</u>	<p><u>11 v 11 full field</u> No restrictions 1 x 45 minutes/ 2 X 20 minutes</p>	<p>Any of above points High QUALITY chances (vs. quantity) Combining chances in attacking 3rd #'s up in attacking 3rd</p>
<u>COOL DOWN</u>	<p>Captain's choice</p>	<p>Review and emphasize areas of success and areas to improve</p>