

# Session Topic: Combination Play

Age Group: ODP U-16's



<b><u>DIAGRAMS</u></b>	<b>ACTIVITY &amp; ORGANIZATION</b>	<b>KEY COACHING POINTS</b>
<b><u>WARM-UP</u></b>	<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, 3<sup>rd</sup> player runs            Stretching in between</p>	<p>Spacing – stay tight and together            Visual and Verbal communication            Change of pace and direction</p>
<b><u>PHASE 1</u></b>	<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>
<b><u>PHASE 2</u></b>	<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>
<b><u>PHASE 3: THE GAME</u></b>	<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 3<sup>rd</sup>            #'s up in attacking 3<sup>rd</sup></p>
<b><u>COOL DOWN</u></b>	<p>Captain's choice</p>	<p>Review and emphasize areas of success and areas to improve</p>