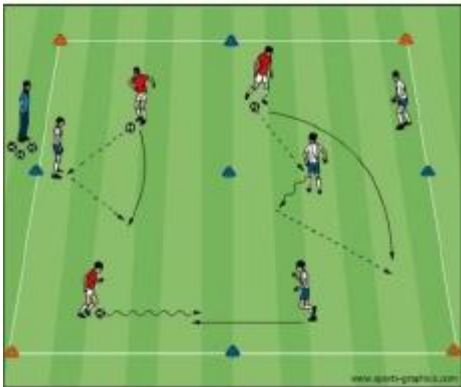




U10 MLU Youth Development Week 8

Topic: Combination Play

Objective: To improve passing technique and introduce and train combination play

Technical Warm up	Organization	Coaching Pts.
	<p><u>Combination Square</u></p> <p>In a grid about 25x25 yards, place 4 to 5 players in training vests. These players will roam around grid and give support to players with balls. 4 to 5 players with balls dribble in grid looking to connect with support players to perform wall passes</p> <p>Version 2: Build to take-overs</p> <p>Version 3: Wall passes and take-overs</p> <p>Time: 15 minutes</p>	<p>General</p> <p>Quality technique while passing and receiving</p> <p>Be patient & let opportunities develop</p> <p>Encourage finishing off of combination opportunities</p> <p>Positive environment to encourage creative and instinctive play</p> <p>Communication</p> <p>Wall Pass</p> <p>1st attacker dribbles at 1st defender</p> <p>2nd attacker is slightly ahead of defender in good supporting angle turned sideways on</p> <p>1st attacker reads defenders and supporting cues; decide to dribble or play a wall pass</p> <p>Disguise, deception of pass and runs</p> <p>Accuracy and quality of pass</p> <p>Look for opportunities to create numbers up situations (2v1, 3v1 etc.)</p>
Small Sided Game	Organization	
	<p><u>4v4-1(4v3)</u></p> <p>In a grid about 30X35 yards with two 5 yard goals on each end line. Play 4v4-1, (4v3 +GK). The # 1 player is the Goalkeeper on defending team. When the defending team gets the ball they regain their fourth player. Encourage players to try to score after a wall pass or take over.</p> <p>Wall pass goal = 5 pts.</p> <p>Take over goal = 3 pts.</p> <p>Wall pass & take over = 10pts</p> <p>Time: 15 minutes</p>	<p>Takeover</p> <p>2nd attacker runs directly at the 1st attacker from the opposite direction</p> <p>1st attacker protects the ball from the 1st defender by keeping his body between ball and defender</p> <p>1st attacker leaves the ball and 2nd attacker takes the ball using same foot (right to right or left to left)</p> <p>Simple communication: “take” or “leave”</p>
Exp. Small Sided Game	Organization	
	<p><u>4v4 to Two Small Goals</u></p> <p>In a grid 30x35 yards with four goals measuring 3 feet across in each corner, two teams attack two goals and defend two goals. To encourage combination play, the attacking team will receive 5 points if they combine with a wall pass or takeover before they score. Otherwise, they receive 1 point for scoring.</p> <p>Variation 2: Add a “plus” player who always plays for the attacking team if they cannot keep possession long enough to create a combination.</p> <p>Time: 20 minutes</p>	
Game	Organization	Coaching Pts.
6v6 Scrimmage	Play with Goalkeepers in a 45-60 yard long by 35-45 yard wide field.	<ul style="list-style-type: none"> All of the above <p>Time: 30 minutes</p>
COOL DOWN	Activities to reduce heart rate, static stretching & review session – Time 10 min.	