

U-10 Week 6 Combination Play Practice

OBJECTIVE: Improve passing technique. Introduce and train combination plays (double pass and overlap/run around). Recognize the visual cues, correct timing and options to combine.

The double- pass combination.

A double pass is an UP, BACK and THROUGH ball.

Player B (back to opponent's goal) checks on an angle to Player A (facing opponent's goal); this is the visual cue that the double-pass is **ON**.

Player A passes the ball to the feet of Player B;

Player B one-touches it back to Player A and spins past the defender into the space behind the defender created by his original checking run;

Player A one-touches the ball into the space, ahead of and leading Player B.

Players perform this combination when one Player (Player B) is tightly marked from behind and is trying to make space live (open) behind the defender.

The Overlap/run-around combination.

The first attacker dribbles the ball on an inward angle directly at the 1st defender and in the direction of his 2nd attacker (supporting attacker); this is a visual cue to the 2nd attacker to run around behind the 1st attacker into the space being created by the 1st attacker's dribbling action.

If the defender stays in position to block the first attacker's path to the goal, the ball can be played into the space, created by the 1st attacker's dribbling action, to the overlapping player.

Some general points:

Double pass and overlap are most effective in the attacking half of the field

Attackers should try to increase the momentum and the speed of the attack. A delay or slowing down favors the defense.

Warm Up: 5 min.

Juggling – Everyone should begin to juggle upon arrival. Hand – thigh – catch, a couple of times. Hand – foot – catch a couple of times. Hand – bounce – foot – bounce -... Hand – feet – (no bounce) - ... "The ultimate goal is to start with the ball on the ground and juggle."

Skill Work: 15 to 20min.

Laces Dribbling Every Step – Every time the player's one foot comes off the ground they try to touch the ball keeping it close. (Let them use both feet equally, do this 2 or 3 times each foot.)

Inside/Outside, Zig Zag – With one foot zig zag dribble the ball forward from the inside of the foot, one touch, to the outside of the foot, one touch, continuously. (Distance 25 to 30 yards.)

Inside/Outside Dribbling With Both Feet – Dribble with the inside of your right foot across your body. The next touch is with the outside of your left foot, then the inside of your left foot across your body. The next touch is with the outside of your right foot. (Repeat sequence, do this 2 or 3 times)

Inside - Inside– with ball between feet, pass the ball back and forth between feet rapidly; Try to keep the ball back by your ankle bone. 30 second intervals.

Step Over (Stationary)- With one foot, step over the ball from outside to inside. Take two steps on that side of the ball to regain your balance and repeat. Do this for 20 to 30 seconds, 2 or 3 times.

Step Over – dribble with the ball in front of you. With one foot, step over the ball from outside to inside. Touch the ball with the outside of the same foot at 45 degree angle forward.

Scissors (Stationary) - plant your right foot to the outside of the ball and swing your left leg around the front of the ball in a counterclockwise direction. Your foot will go from the right side of the ball to the outside (left) side of the ball. Plant your left foot and then repeat same motion the other direction with your right foot. Then repeat the move over and over making a scissor motion around the ball. Do this 2 times 20 to 30 seconds.

Scissors - The objective of this move is to simulate a change of direction to the outside. Start by dribbling forward, plant your right foot to the outside of the ball and swing your left leg around the front of the ball in a counterclockwise direction. Your foot will go from the right side of the ball to the outside (left) side of the ball. Plant your left foot and use the outside of your right foot to accelerate away from the defender.

Teaching the Overlap

Set up a 20 by 12 yard channel. Have two lines on the 12 yard side at either side. Have one line with the balls. That line passes the ball to the other line a little in front of them. When they pass it they say "hold overlap". The person that has received the ball has their first touch toward the middle at a forward angle opening up more space on the outside for the runner. The passer takes off on a sprint around the outside and behind the person they just passed the ball to. The person who received the pass waits until that person has made it all the way around them before passing the ball back to them, thus completing the overlap.

The Double Pass Combination

This can be taught in the same grid, but now in groups of 3, rotating positions every time. Position 1 with the ball at the top of the grid, position 2 the other attacking player in the middle and position 3 the defender on the back of the attacker in the middle. To start off with the defender should be playing passive. Player 1 passes to player 2 who settles the ball and gives the ball back, then turns quickly and runs behind the defender continuing to curve the run to come out on the opposite side behind the defender. This then creates a lane to pass the ball back into their feet which player 1 does. Go through this a few time so that understands how this works.

Game Using Skill: 15min.

Colors Passing – Divide the players into 2 teams, half of the players on each team need a ball. Have half of the players in red pennies, half in blue. Teams playing together in the same space combine passing. Ball can never stop, players can never stop moving, and ball cannot leave area of play. Use entire space, Pass and move variations: 1-pass and move by passing to anyone, 2-pass and move by only passing to same team, 3-pass and move practicing the double pass combination, 4-pass and move practicing the overlap combination.

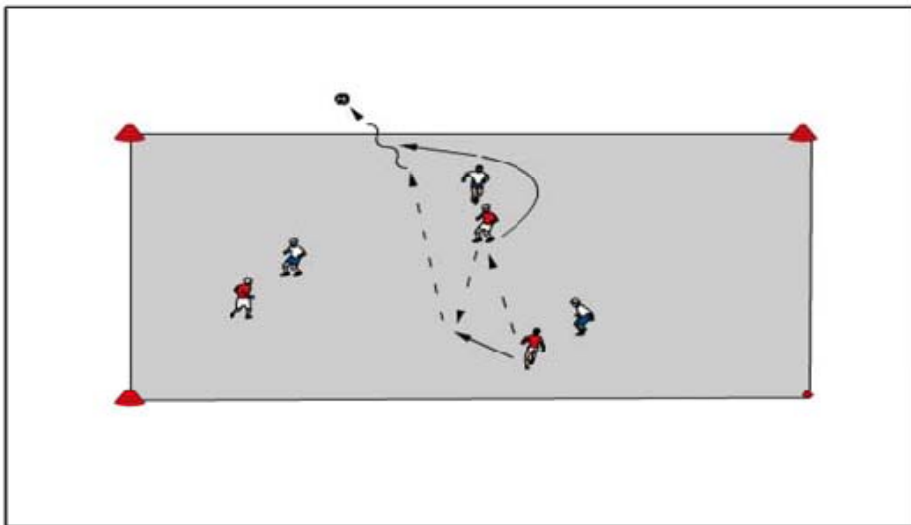
Coaching Points:

- Stress passing and receiving techniques...use of the inside and outside of the foot, and the toe when passing
- Reinforce the double pass and over-lap coaching points
- Coach non-verbal cues...angle and timing of runs with and without the ball
- Coach verbal cues..."Hold!" "Overlap!"

Another Game: 10min.

3 vs. 3 To Lines --In a 20 X 25 yard grid the grid should be wider than longer, two teams of three play to the opposite lines. When the ball goes out of bounds it can be passed or dribbled into play. If attackers combine with an over-lapping run or double-pass before they cross the end line, they receive 2 points...otherwise they receive 1 point.

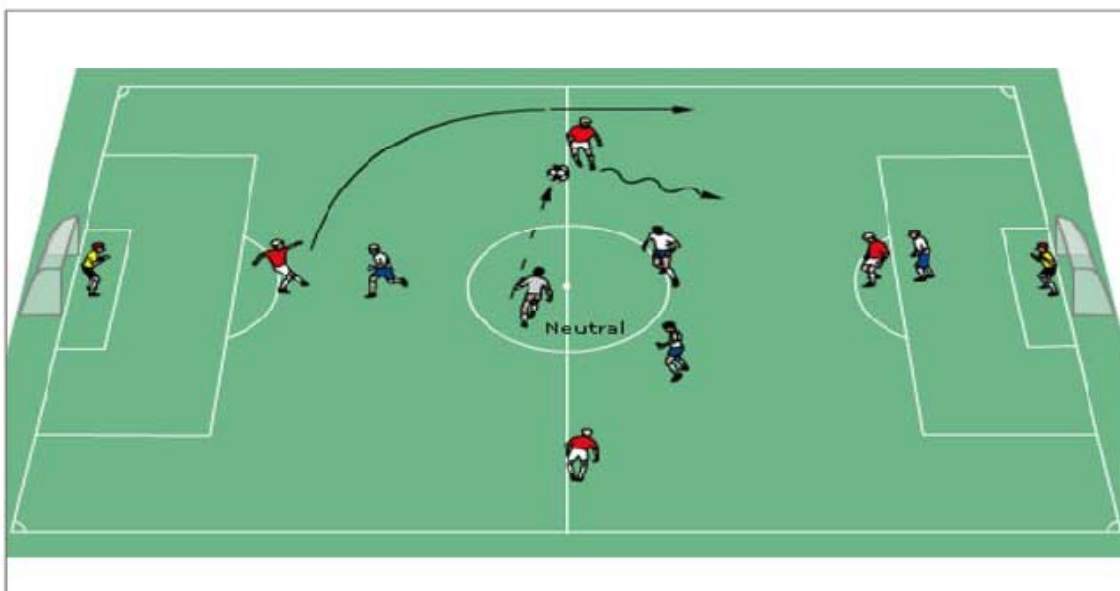
Coaching Points: Reinforce the double-pass and over-lap coaching points from above.



Game: 20min.

4v4+1+2 GK'S to two goals. Two teams of 4 + 2 GK's and a neutral player that plays for the attacking team. Play in a grid 30X45 yards with 2 (U10) regular size goals at each end line. The attacking team gets 1 pt for a goal and 2 pts if they combine with the double-pass or overlap before they score.

Coaching Points: Reinforce the double-pass and over-lap coaching points from above.



Finish with some shooting: 5 to 10min.

1 V 1 BATTLES

SET UP / RULES

Pitch 1

The players stand to the side of the coach and away from the goal
The players must react to the coach's throw and race to the ball and try to score.

Pitch 2

The players stand side by side (away from or facing the goal).
The players must react to the coach's throw and race to the ball.
Both games continue until the ball leaves play

