

98/99 Central District ODP - Combination Play

Date : 19/Sep/2014

Duration : 1:30 hour

Session

Time : N/A

Age/Level : U11 - U18

Objective:

(Y) Combination Play 1



Description :

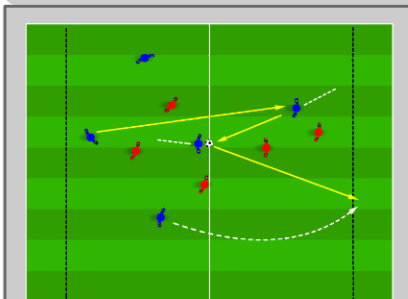
Player 5 Starts with the ball and plays it to Player 1. Player 1 checks away and then checks to the ball to receive it. Player 1 lays the ball off at an angle to Player 7 to run on to. Player 7 then plays the ball into Player 1. While this happens Player 1 turns away from the lay off and runs towards Player 7. Player 7 then lays the ball off to Player 1 for a give-n-go around the flag. Player 7 then speed dribbles back to the front of the line.

This repeats with the next set of players turning the other way.

Coaching Points :

- Sharp, quick movements to create space.
- Put the weight back into the pass.
- Take the weight out of the layoff.
- Limit the time between your touch and your strike.
- Quick give-n-go to maximize the space to receive the ball.

5v5 To End Zones - Combination Play



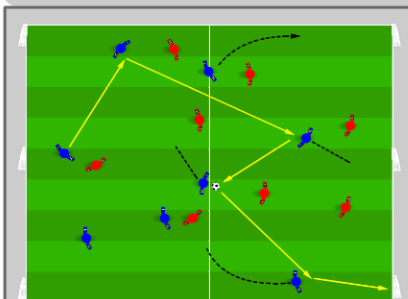
Description :

Two teams of 5 playing against each other to maintain possession and score a goal by connecting a pass to a teammate in the endzone. The attacker can not enter the endzone until the ball has entered.

Coaching Points :

- Travel as the ball travels.
- Recognition and anticipation of open area to attack and score.
- Short Sharp combinations
- Find your farthest pass when you have time and space

8v8 Six Goal game - Combination Play



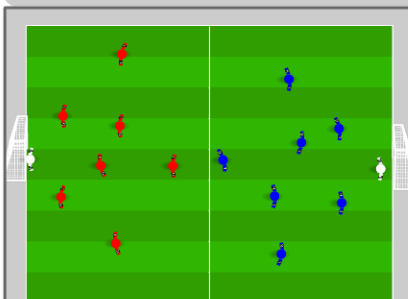
Description :

Two teams of 8 players the 6 goal game. Each team is trying to maintain possession and score on their 3 designated goals.

Coaching Points :

- Sharp explosive movement to create space.
- Lay offs in the area the attack is going to be not to feet.
- Recognition of scoring opportunities.
- Time and space find your farthest pass.
- Can we be deceptive in our movement and passing.

8v8 To Goal



Description :

Normal game rules apply

Coaching Points :