

Central District ODP - Combination Play 4

Date : 3/Oct/2014

Duration : 1:30 hour

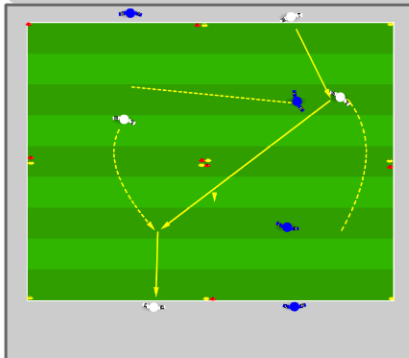
Session

Time : N/A

Age/Level : U11 - 18+

Objective:

4v4 - Combination Play (ODP)



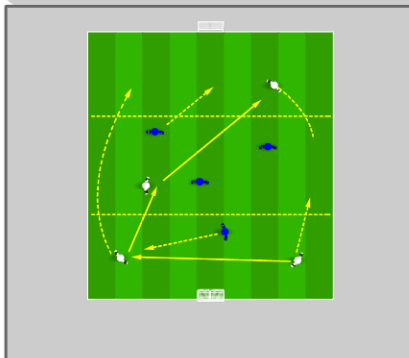
Description :

Two teams of 4 with two players in the center each. Blue teams center players are defenders that can only defend their side. Once they win the ball they play to their outside players to score a point. White team is trying to maintain possession and connect their outside players to score a point. White center players must stay staggered when trying to maintain possession. If one players checks checks into a yellow box the other much check away into the opposite yellow box.

Coaching Points :

- Sharp explosive movement into space.
- Stay staggered to offset the defenders.
- Clean first touch out of pressure.
- Receive the ball so you can see the whole field.

2v1 to 4v4 to 1v2



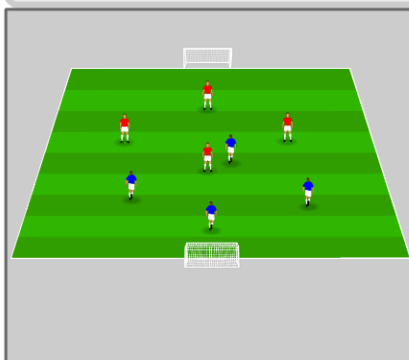
Description :

Game starts with 2 attackers in their defensive third against one defender. They try to maintain possession and play the ball into the middle third. Once ball enters middle third all players play to maintain possession. If attacking team is able to spring a player into the attacking third two attackers enter and one defender may enter the attacking third. if the defedner wins the ball one of the previous attackers must retreat to the middle and one player my now enter the defensive third to create a 2v1 and play starts again.

Coaching Points :

- Stretch the field to create space.
- Recognition of numbers up and numbers down situations.
- Combine to unbalance defense.
- Quick transition to attack.

4v4 to Goal



Description :

- Normal match to goal.
- Normal game rules apply.

Coaching Points :

- Coaching points should be made through the run of play with only nature stoppages interrupting the flow of the game.