

2011 Age Group Training Topic: Combination Plays



Key Points Players should learn

1. Passing/Receiving technique
2. Communication
3. Movement after passing

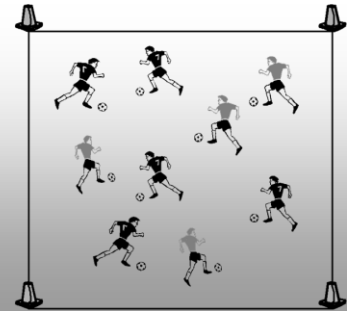
Arrival: Small Sided Games

Players play games of 3v3 and 4v4 until session starts.

Coaching Points:

1. -NO Coaching
2. Allow players to think for themselves
3. Creativity and problem solving

Break into Groups of 6-8

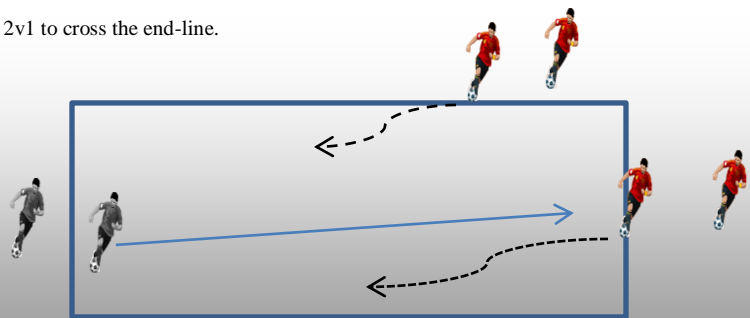


Activity One: Live 2v1s

Set up 10x15 grid as below. Player A passes to Player B. Player C joins B to go 2v1 to cross the end-line.

Coaching Points:

1. -First Touch with a purpose
2. -Communication with 2nd attacker
3. -weight and accuracy of pass

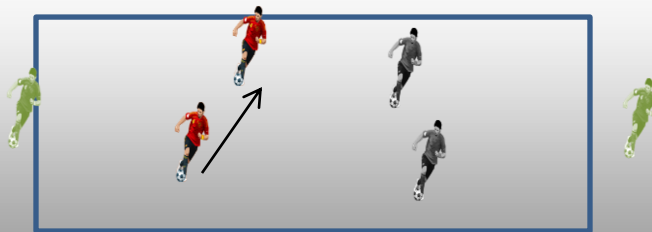


Activity Two: 2v2 to targets

Set Up: 10X15 grid as below. Play 2v2 to targets. Get on point every time a team gets from one end to the other.

Coaching points:

1. -Communication
2. -Weight and accuracy of pass
3. -Combine with speed



Game: 3v3 or 4v4 games

Players play small sided games to end the session.

Coaching Points:

- 1) Limited coaching- evaluate players
- 2) Who is ready to play at the next level?
- 3) Only coaching points should be directly about last activity.

Coaches: Please use the final game as a chance to talk about which players deserve a chance to play up at the next level. Discuss what you've seen in the session and during the last week.