

Week EIGHT Practice- 3<sup>rd</sup>-5<sup>th</sup> and 6<sup>th</sup>-8<sup>th</sup> Grade



POSSESSION- Combination Play

**Practice NEEDS:**

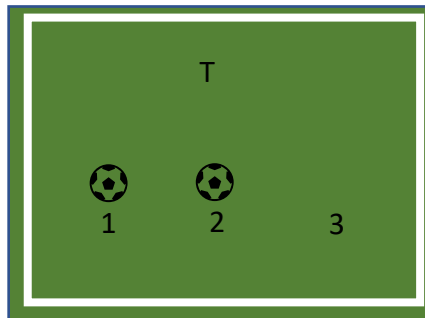
- A full bag of soccer balls
- Pinnies
- Disc cones
- PUGs

**COACH'S CORNER QUICK TIP**

Combination play is the topic of this week's practice. Combination play involves the creation of shapes we have already discussed, like triangles and diamonds, with synchronized movements and positional interchanges in order to attack with greater fluidity and organization. Simply put, it is a more creative soccer. The athletes have already worked on switching the ball, and today they will more specifically work on the "bounce pass" and "give and go" (or "wall pass"), all of which are types of combination passes.

**1) Minutes 10-15: Barcelona 2 Ball Warm-Up Drill**

Set-up: No Set up needed. Each group of four will simply find some space, having one person face three teammates in a line. Two of the three will have a ball.



**Barcelona 2 Ball Warm-Up**

For video demonstration of this drill, press the [Barcelona 2 Ball Warm-up Link](#).

Player 1 will pass the ball into the Target, who will take a touch with his back foot, then play a pass to the player without the ball (player 3). Player 2 will then play a pass to the target who will play the ball back into 1. Player 3 then gets to play the pass, and the target will play to whichever player does not have a ball nor passed the soccer ball (number 2) and so forth.

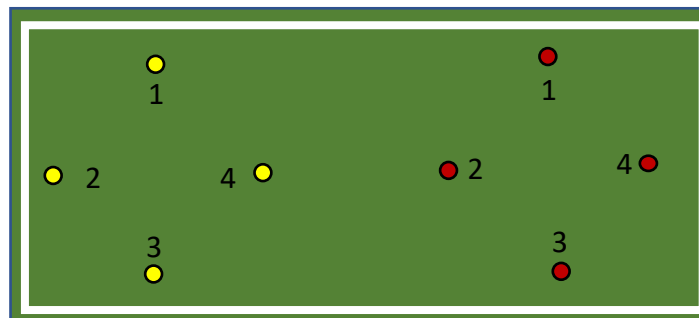
*Progression 1: Require the target to use 1-touch rather than 2*

*Progression 2: You can then go to varying volleys (laces, instep, thigh to foot, chest to foot, headers)*

## WATER BREAK

### 2) Minutes 15: Basic Passing Pattern

Set Up: Each group will need to have 4 or 5 players at each diamond. Set up as many diamonds as needed for your number of players (i.e. if you have 10, set up two diamonds; if you have 12 set up three diamonds) Each cone should be approximately 7yds apart, and players stand just in front of the cones. If you have an extra players, put the extra in behind player 1, and each time #1 plays the ball across, have the extra step in, trading off each rotation.



#### Basic Passing Pattern

This drill works on the bounce pass, receiving with the back foot, as well as rotating positions to receive a pass. We have already talked about the back foot in previous practices, but the bounce pass is one “combination pass” which is simply a one-touch back into the player who passed the ball. The drill involves the ball starting at player 1, who passes to player 2 who *bounces* the ball (one-touch) to player 1. Player one opens with his BACK FOOT and plays it across to player 3 who does the same thing to the right (plays into #4 who bounces it into #3 who receives with back foot and plays it across). For basic teaching and demonstration of this drill as well as the progressions, click [Basic Passing Pattern](#).

*Progression 1: Once the target player has received the bounce pass and played it across, he should switch to the cone to his right (so #1 goes to #2 cone, and #2 goes to #1 cone), switching every time they play the ball across. (\*see video)*

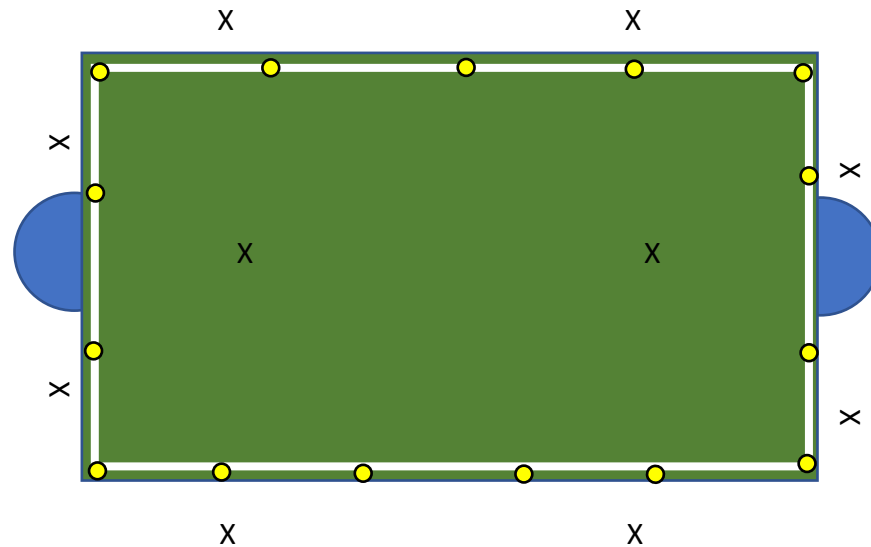
*Progression 2: Require all passes to be one-touch*

*Progression 3: Have the 2-3 diamonds race each other, counting how many passes they achieve in an allotted time.*

## WATER BREAK

### 3) Minutes 15: 1v1 with Give and Go's

Set-up: Create a 1v1 field with cones. It should be about 20x10 yds with PUGG goals at each end. Two players should step onto the field, while the remaining players get on all four sides.



#### 1v1 with Give and Go's

These are very quick games of 45 seconds to a minute. The idea is to achieve Give and Go's all over the field in order to score. The players on the inside of the grid are playing 1v1 but can use (but don't have to use) anyone on the outside to aid in their attack. The outside players can move up and down their line but may NOT come onto the field. The players outside the grid should preferably play a one-touch pass, but should have no more than two, and may not score. The players on the inside attempt to score, if they do so, they must run back to their defensive goal line, touch it then can return to defend. If the ball goes out of bounds, the coach should pass the ball back into play to whichever player did not last touch it out of bounds and play can proceed. After 45-60 seconds, have the kiddos switch who is outside and inside.

Remind the athletes what is a "give and go", and express excitement every time a give and go or bounce pass are utilized successfully and to their advantage.

#### WATER BREAK

### 4) Minutes 10-15: SCRIMMAGE

This week require the team to successfully complete a give and go passing combination during their possession before they are allowed to score.

### 5) DEVOTIONS- WEEK 8. \*\*Finish in Prayer