

Combination Play ~ Brad Murphree

Lesson Plan: Combination Play

Comments

Warm Up.

12 Players - 4 designated groups of 3.

Area: W40 yards x L25 yards

Activity: Pass and Move - Play a 1-2 (wall pass) around a player in a different colored bib or do a takeover with a teammate.

Coaching Points:

1. 1 – 2's (wall pass)

- Quality of the pass; outside of foot versus inside of foot (deception)
- Timing of the player with the ball with the "wall" player, when to use different surfaces as the "wall" player
- Accelerating to receive the return pass.
- Exploiting the available space between opponents or behind them
- Playing off the dribble

2. Takeovers

- right foot to right foot, left foot to left foot
- avoid making the takeover a "one yard pass"
- accelerate in completing the takeover
- Takeovers are initiated by the player with the ball, off the dribble, shielding/back to pressure.

Main Theme Exercises / Games

5 v 5 + 2

Area: W40 yards x L25 yards

four goals total (one in each corner);

Each team will attack 2 goals and defend 2 goals.

Condition: Go to either of the 2 goals a team is attacking after combining on a wall pass or takeover

Important Coaching Points:

- Play off the dribble: initiate 1 – 2's by dribbling at an opposing player
- Shape: there must be length to the shape of the team in possession in order to get 1-2's.
- Recognizing cues: when is a takeover "on" (back to pressure, shielding), dribbling at opponent with the ball (1-2's)

Final Activity/Game

Functional Activity (6 v 5 or 6 v 6)

Six offensive players going to goal, playing with an "offside" line

Include a goalkeeper with the five (or six as shown below)

field players defending the goal

The five (or six, as shown below) defending the goal gain possession

and play out to the 2 target players near midfield,

the target players play the ball back into the team attacking the goal

Entry ball from target players into the team going to goal, first touch is free.

Play 6 v 6 for more advanced players (as shown in following diagram)

Takeovers should occur:

- along the flank between a wide MF and front player
- in the central channel between a CMF and a front player
- between the 2 CMF players when caught shielding / playing back to pressure
- between the 2 front players when they are caught shielding / playing back to pressure