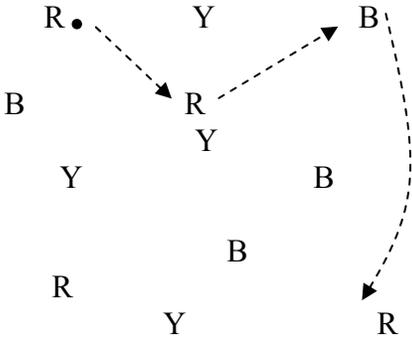
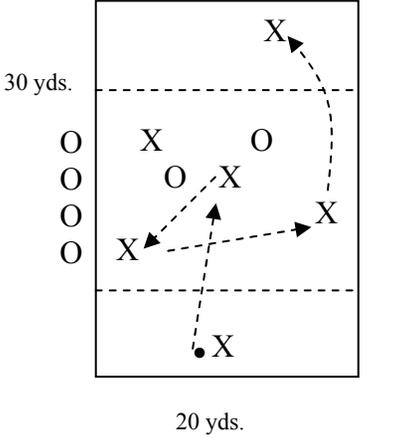
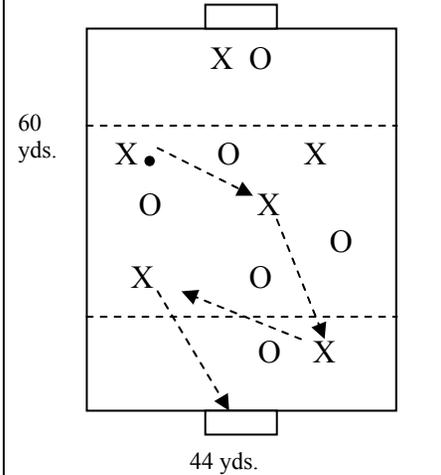
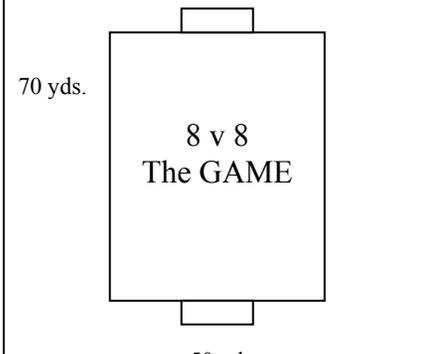


Topic: **Improving Combination Play**

Organization	Variations	Diagram	Coaching Points
Unrestricted			
<p>8 v 4 (define area if necessary). Three teams of four, each team in a different color pinney or bib. Example: Red and Blue versus Yellow. Team losing possession transitions to defend. Stretch.</p>	<ul style="list-style-type: none"> ▪ Award goals for successful combination play (i.e., takeover, wall pass, double pass, short-short-long, overlap, etc.) and/or consecutive number of passes in possession (8-12). ▪ If necessary, limit number of touches in possession to encourage speed of play. ▪ Impose dribbling to commit a defender before passing and combining. 		<ul style="list-style-type: none"> ✓ Body mechanics and general technique ✓ Proper weight and timing of pass ✓ Correct angle of support and timing of runs ✓ Verbal and visual communication ✓ Speed of play
Restricted			
<p>Begin with two teams of six. 4 v 2 in the center zone with one target player in each outside zone (20 x 30 area or as needed). Note: center zone is larger than the two outside target zones.</p>	<ul style="list-style-type: none"> ▪ Team in possession attempts to get the ball from one end zone to the other as many times as possible. ▪ Center zone must play [at least] two passes before penetrating outside. ▪ Progress to target player serving the ball from a throw-in to feet, chest and head. ▪ Rotate teams based on points scored or time. 		<ul style="list-style-type: none"> ✓ Correct attacking shape and balance ✓ Look for opportunities to combine and create numbers up in the attack ✓ Disguise and deception of pass and runs ✓ Be patient and let opportunities develop ✓ Tactical implications of technique (i.e., receiving)

Topic: **Improving Combination Play**

Two Goals with Zones			
<p>6 v 6 with goalkeepers to two large goals with three zones (44 x 60 area or as needed). 4 v 4 in the middle zone and 1 v 1 in each attacking zone. Middle zone is about 24 yards and each attacking zone is 18 yards.</p>	<ul style="list-style-type: none"> Team in possession develops opportunities to combine with an attacking target player. Players cannot enter other zones until one of the following has been achieved: 1. linking with the target player; 2. Combination play has occurred; 3. a consecutive number of passes has been achieved (4-6). Double points are awarded for linking with the target player and combining for a goal. 		<ul style="list-style-type: none"> ✓ Change in rhythm in possession to unbalance defending team shape ✓ Depth and width in the attack to create opportunities to combine and penetrate ✓ Quick and decisive transition from defending to attacking ✓ Assess safety and risk based on field position and support ✓ General decision making
Two Goals			
<p>7 v 7 with goalkeepers to two large goals (50 x 70 or as needed).</p>	<ul style="list-style-type: none"> Possible Formation 2:3:2. No restrictions. 		<ul style="list-style-type: none"> ✓ Find ways to be creative and score ✓ All of the above
Cool Down			
<p>Players jog (dynamic movements). Stretch.</p>	<ul style="list-style-type: none"> Focus on major muscle groups. 		<ul style="list-style-type: none"> ✓ Reduce Heart Rate ✓ Static Stretching ✓ Review Session