

St. Mary's Youth Soccer Training Series

Topic:

Combination Play

Age/Level:

U-12 and up

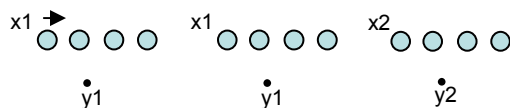
Type:

→ Run Pass ●~ Dribble

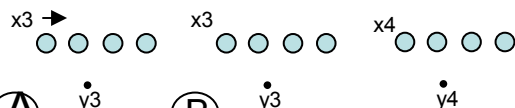


Notes: This training session is designed to start focusing on the attack in the middle 1/3 and the final 1/3. Attack from back 1/3 will be looked at in a later session. Focus on dynamic runs off the ball and putting Numbers into dangerous space.

Progression: 1
Exercise: Technical Warmup
Time: 20 Minutes

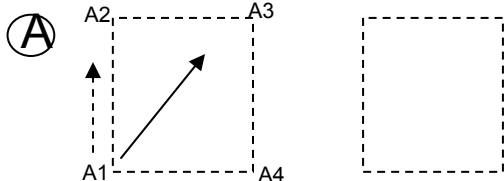


A. Using cones as ladders, we form 2 lines to work on speed/agility as part of warm up. Various changes of pace and exercises are used.

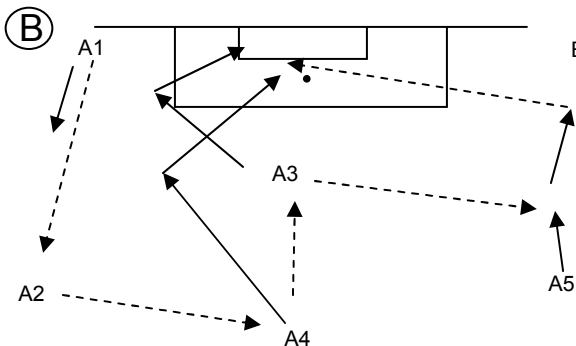


B. Using 4 sets of 4 cones we will now focus on technical work with a ball. 4 groups of 4-6 players performing fast footwork lateral & in /out of 4 cones and then receiving a ball from partner either in air or on ground.

Progression: 2
Exercise: Combination Play
Time: 20 Minutes

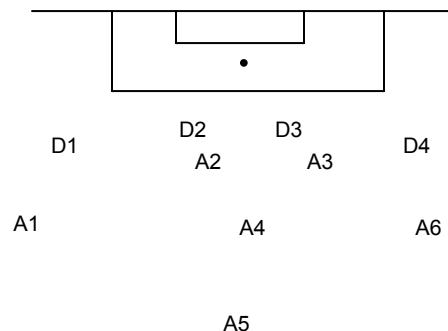


A. Setup 2 10x10 grids and place players at each corner with 1 ball. Pass across run diagonal. Pass across, follow pass. Pass across, run opposite.....



B. Setup to do combination patterns to goal.

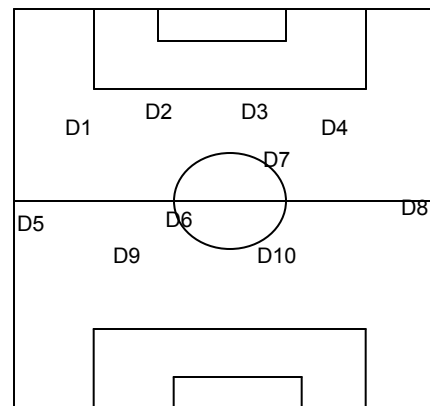
Progression: 3
Exercise: 6v4
Time: 20 Minutes



Using one half of the field play 6v4 going towards the goal. The six attackers will try and score against the four defenders. In order to make the drill realistic play the six attacking players in their appropriate positions (two strikers, 4 midfielders) and call offside when need be. The whole purpose of the drill is to see if the attacking players can take the combination play we did earlier and apply to a game like situation. Start high in MF and in final 1/3 of field to make as realistic as possible.

IMPORTANT
Make sure the strikers are constantly moving and that plenty of communicating is being used

Progression: 4
Exercise: Scrimmage
Time: 20 Minutes



Play a game on appropriate size field for your age group and focus on the players using combinations, drawing defenders in and playing combinations around them.