
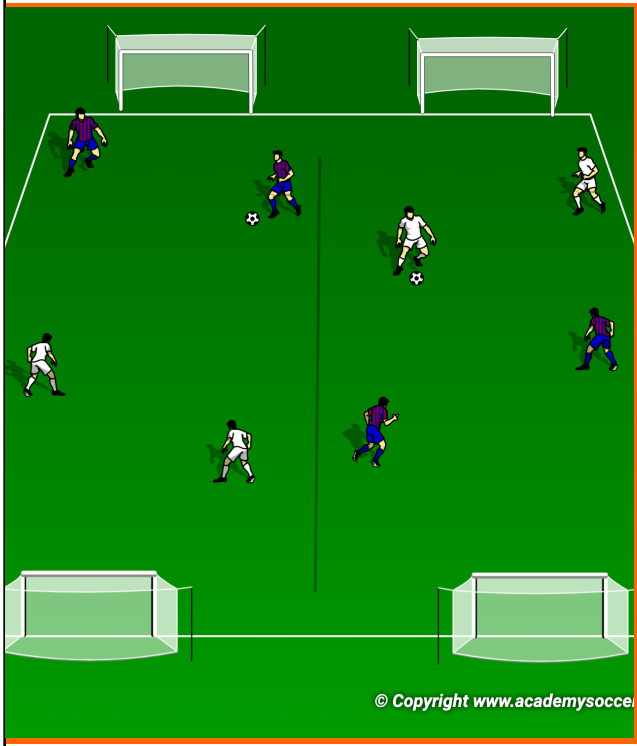


<p>Spring 2024</p> 	GOAL:	Combination Play					2/
	PLAYER ACTIONS	Pass the ball to keep the ball, keep possession, to then progress into goal. Pass and receive with inside of foot to keep the ball moving.					
	KEY QUALITIES	Moving the ball quickly, and passing and receiving with the inside of the foot.					
	MOMENT	Attack	DURATION	90 minutes	PLAYERS	8-12	

SKILL ACQUISITION: Passing and receiving: in order to keep the ball within your team and move the ball quickly in order to not let the opposition get the ball and get quicker chances to score. **Moving:** get into open space to receive the ball open and be able to keep the ball in your team, and then pass to another teammate.

1 PLAY PHASE (Intentional Free Play)	DURATION: 25 min. - INTERVALS: 5 - ACTIVITY: 4 min. - REST: 1 min.
---	---



OBJECTIVE: Defend your goal and attack the opposite goal.

PLAYER ACTIONS: Pass or dribble forward, use space, engage defensively.

ORGANIZATION: Divide your (25W x 35L) game field into two 15W x 25L with end zone either side of the field. Do these 5 yards from the end line. When practice is ready to start & as soon as 2 players arrive, start playing a game. The game can start as 1v1. As players arrive, the game becomes 2v1 then 2v2 up to 3v3.

KEY WORDS: Pass the ball, keep the ball, Possession, play with your team.

GUIDED QUESTIONS: How can we prevent the other team from scoring? How can we get faster towards the goal?

ANSWERS: Keeping the ball in possession and not letting them get it. Passing the ball to another teammate, towards goal and away from the other team.

NOTES: Promote possession of the ball in order to score, moving the ball to keep it away from defenders and get easier to the goal.

CORE ACTIVITY: Rondos	DURATION: 30 min. - INTERVALS: 10 - ACTIVITY: 2 min. - REST: 1 min.
------------------------------	--



© Copyright www.academysooccercoach

OBJECTIVE: Pass the ball around the players on the outside of the area, without letting the player inside the area to cut the passing. Keep the ball moving without letting the defender win it, while moving in your area. When defender touches/wins the ball or a pass is unsuccessful then last player that touched the ball switches with defender on the middle.

PLAYER ACTIONS: Be ready to receive the ball and then pass it to an open teammate. Be an option to the player that has the ball. Keep the ball away from the defender, by passing the ball away from them.

ORGANIZATION: A 5x5 or 7x7 box, players will be standing between two cones, and one defender will be standing in the middle of the box. 4 players on the outside between the two cones.

KEY WORDS: Move the ball, quickly, on your toes, pass and receive, be ready.

GUIDED QUESTIONS: How are you going to move the ball quickly? How many options, minimum, you always want? What parts of the foot should you use?

ANSWERS: By receiving and passing the ball as soon as I can to a teammate. Minimum you want 2 options to pass the ball, by having your body opened. Inside for receiving and passing the ball so it is accurate and goes to where you want it to go.

Non Focus Player: Defenders should make decisions based on when to press, when to contain and when to win the ball. If the ball is moving well on the outside how to wait for the correct moment to win the ball. See when the attacking players maybe take a heavy touch or does a weak pass to intercept as soon as they can.

LESS CHALLENGING: Rondos (More players on the outside)

DURATION: 30 min. - INTERVALS: 10 - ACTIVITY: 2 min. - REST: 1min.



© Copyright www.academysooccercoach

OBJECTIVE: Pass the ball around the players on the outside of the area, without letting the player inside the area to cut the passing. Keep the ball moving without letting the defender win it, while moving in your area. When defender touches/wins the ball or a pass is unsuccessful then last player that touched the ball switches with defender on the middle.

PLAYER ACTIONS: Be ready to receive the ball and then pass it to an open teammate. Be an option to the player that has the ball. Keep the ball away from the defender, by passing the ball away from them.

ORGANIZATION: A circle with 8-10 steps from the middle, where 5-6 players on the outside with one in the middle. Depending on numbers, could be up to 8 on the outside and 2 in the middle, to give more space to players on the outside, which will give them more time.

KEY WORDS: Move the ball, quickly, on your toes, pass and receive, be ready.

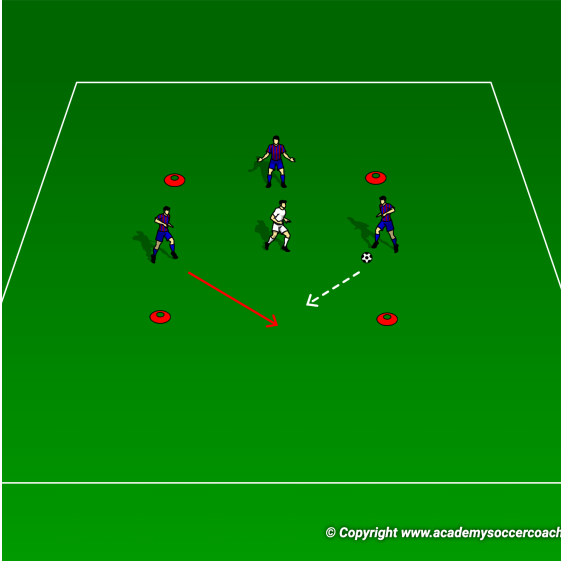
GUIDED QUESTIONS: Where should I look to pass the ball? Should I take a quick decision or slow decision? Even if it is quick, should it be certain?

ANSWERS: Away from where the defenders are coming from, keep the ball away from them. Quick decisions, but still a certain decision so we do not lose the ball and can keep combining within the team.

Non Focus Player: Defending players, staying patient to when to go and win the ball. Wait for the different cues, heavy touch, weak or too strong of a pass, head down, to then engage and try to win the ball. If it is two defenders, how are you going to work together.

MORE CHALLENGING: Rondos (one space opened)

DURATION: 30 min. - INTERVALS: 10 - ACTIVITY: 2 min . - REST: 1min.



OBJECTIVE: Pass the ball around the players on the outside of the area, without letting the player inside the area to cut the passing. Keep the ball moving without letting the defender win it, while moving in your area. When defender touches/wins the ball or a pass is unsuccessful then last player that touched the ball switches with defender on the middle.

PLAYER ACTIONS: Be ready to receive the ball and then pass it to an open teammate. Be an option to the player that has the ball. Keep the ball away from the defender, by passing the ball away from them. React to where the ball is to then move in the open space next to where the ball is to give 2 options to their teammate.

ORGANIZATION: A 5x5 or 7x7 box, players will be standing between two cones, and one defender will be standing in the middle of the box. 3 players on the outside between the two cones. One space always opened, so players can move to the open spaces to give options to teammates.

KEY WORDS: Move the ball with a purpose, quickly, on your toes, pass and receive, be ready, play away from where defender is coming.

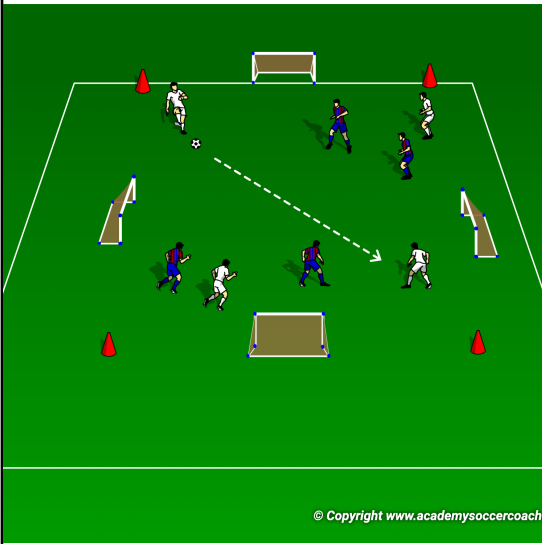
GUIDED QUESTIONS: How are you going to move the ball quickly? How many options, minimum, you always want? How do you want your body shape to be, so you can see your options?

ANSWERS: By receiving and passing the ball as soon as my teammates is opened. You always want a minimum of two options to pass the ball to. Body shape opened, so you can have your options in front of you and it takes less time to pass the ball to opposite side of defender.

Non Focus Player: Defenders should make decisions based on when to press, when to contain and when to win the ball. If the ball is moving well on the outside how to wait for the correct moment to win the ball. See when the attacking players maybe take a heavy touch or does a weak pass to intercept as soon as they can.

2 PLAY PHASE: The Game – passes opens up the goals.

DURATION: 30 min - INTERVALS: 2 - ACTIVITY: 13 min. - REST: 2 min.



OBJECTIVE: Two teams, each time is looking to combine 2-5 passes in order to unlock all 4 goals, as soon as the other team intercepts or balls goes out, all goals are locked again.

PLAYER ACTIONS: Teams are looking to combine within each other a number of passes to unlock the goals. Looking to pass and receive and get opened to receive the ball again.

ORGANIZATION: 25x25 or 30x30 box with goals on each of the sides. Two equal teams.

KEY WORDS: Combine, get opened, look for the pass, stay opened, be an option.

GUIDED QUESTIONS: How can you score? What is the best way of combining? Do you have to try and score when you complete the passes?

ANSWERS: By combining passes to unlock the goals. Getting opened and not crowding the ball, use the space. No, you can keep passing until the open opportunity comes.

Non player: Be disciplined in defense, pressure when think is ideal. Try and intercept the ball so attacking team does not get number of passes needed. Be organized.

FIVE ELEMENTS of TRAINING EXERCISE

1. **Organized:** Is the exercise organized in the right way?
2. **Game like:** Is the exercise game like?
3. **Repetitions:** Are there repetitions when looking at the overall goal of the session?
4. **Challenging:** Are the players being challenged? (Is there the right balance between being successful and unsuccessful?)
5. **Coaching:** Is there the proper coaching based on the age/level of the players?

TRAINING SESSION SELF-REFLECTION QUESTIONS

1. **How did you achieve your goals of the training session?**
2. **What did you do well?**
3. **What could you do better?**