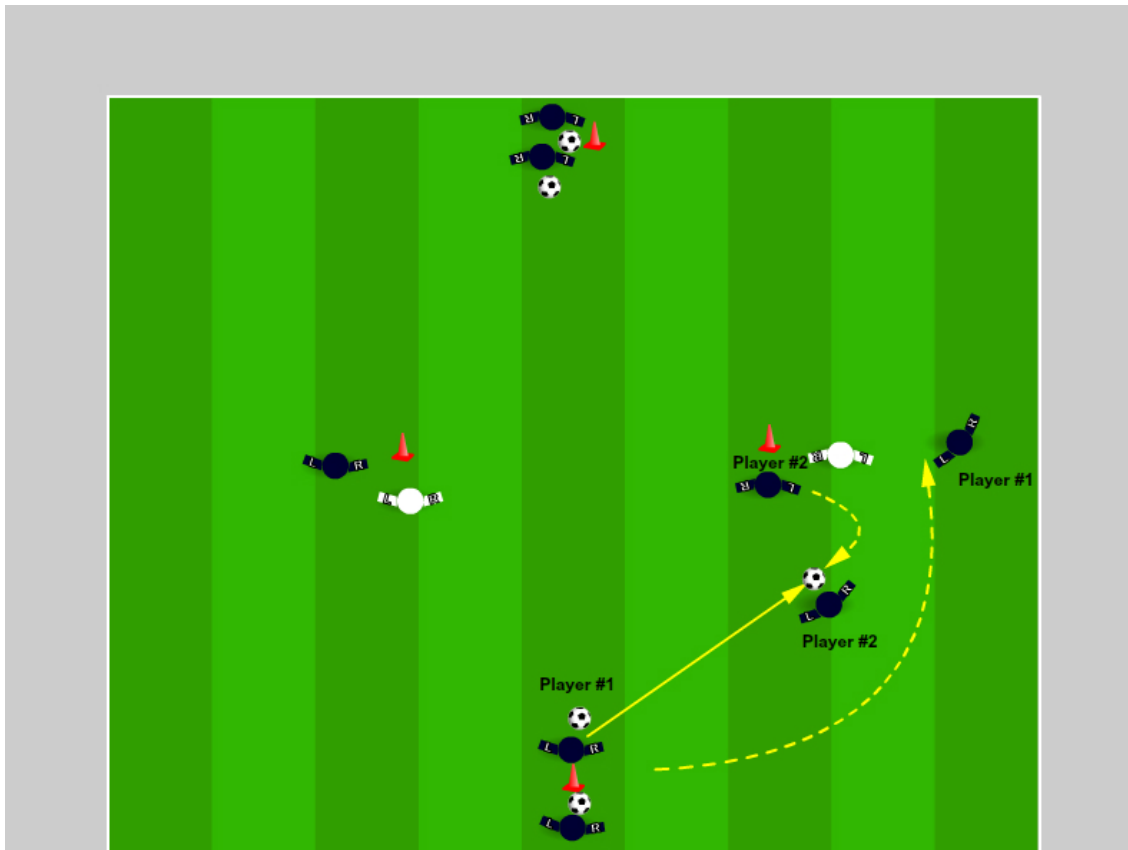




Combination plays - Warm up phase - B



Date: 23/Oct/2015

Measurement: 40 x 40 Yards

Time: 20:30

Players: 16

Duration: 20

Level: U11 - U14

Objective: Give the players several combination plays they can use in a game situation

Description: Player #1 plays the ball to player #2. Player #2 makes sure to check to the ball, create enough space to receive the ball and turn sideways on. Imagine the cone being the defender.

The player at the cone becomes the defender add puts pressure on the player on the ball.

- 1 - Give and Go
- 2 - Overlap
- 3 - Turn inside and challenge the defender

Coaching Points:

- 1 - Player receiving the ball receives the ball sideways on
- 2 - Timing of the runs
- 3 - Quality of passes

Progression: Add pressure on the player receiving the ball.