



Possession and combinations

Category: Technical: Passing & Receiving
Difficulty: Moderate

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Individual-Adult Member

Description

Combination work 1-2 overlaps and 3rd man run.

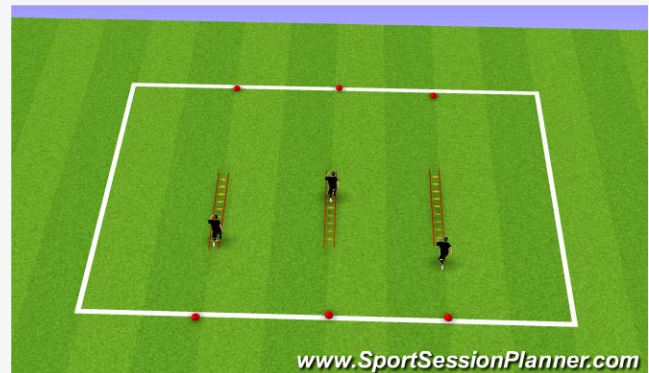
Warm up (15 mins)

Organization is a 40 x 40 square, split into 3 areas.
split players into 3 team of 4.
Players must pass and follow into the area they passed the ball.
eg. player1 passed into area 3 so he follows into that area.
Players can create any combinations they like.
Add dynamic stretches. High Knees, heel flicks, kick through open gate windmills.



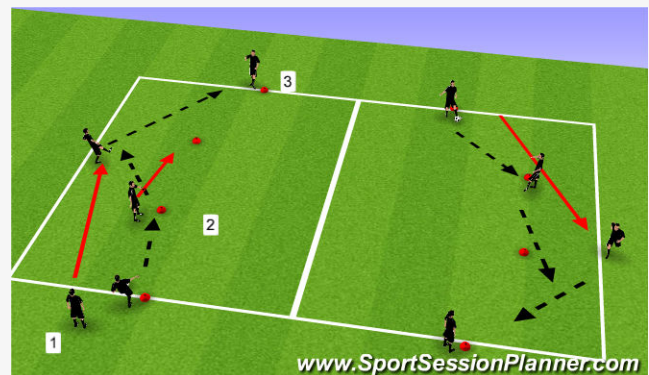
SAQ (10 mins)

1. Two feet in each
 2. bunny hops
 3. hopscotch
 4. two forward one back
- repeat 3 times each



Technical - Overlap (15 mins)

Organization 40 x 40 square split into 2
Combination 1. the overlap. often used when the fullback is attacking from defense.
Player 1 passes into player 2.
Player 1 continues running past player 2, and receives a pass from that player
player 1 passes the ball into player 3 who repeats the process.
player 2 moves to the next cone and repeats the process.
Coaching points
Player 1 accelerates after passing to player 2, Can player 2 cushion a nice pass into the path of the running player.



1-2 (15 mins)

Organization 40 x 40 square split into 2.

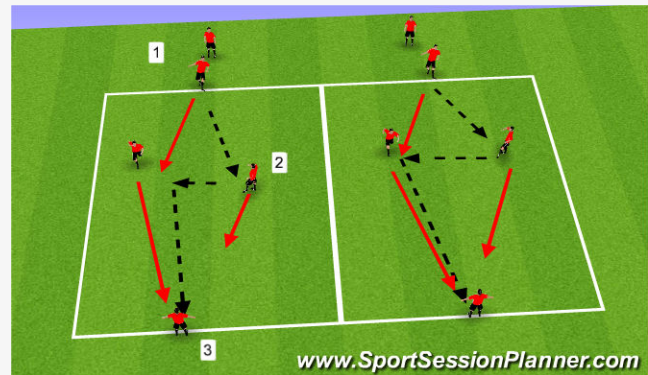
Combination 2 the 1-2

player 1 passes to player 2 who lays it off for player 1 to pass into player 3 he then follows.

player 2 supports player 3 and plays it back for him to play longer.

Coaching Points

Can player 2 cushion the ball so player 1 can pass first time.



Technical 3rd man run (15 mins)

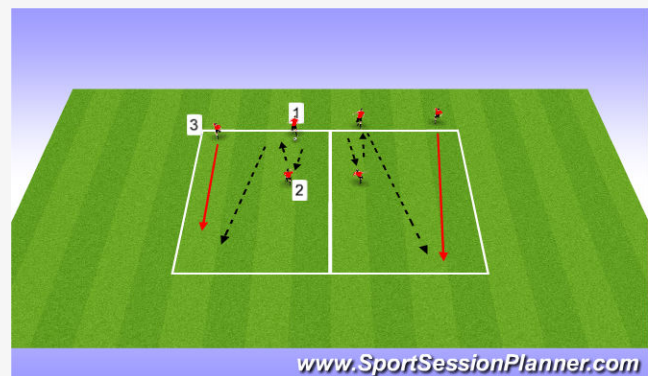
Organization 40 x 40 split into 2.

Player 1 and player 2 play a 1-2 together as that is happening player 3 is making a forward run. player 1 drives the ball into the path of player 3.

Coaching Points

Timing of run.

pass and accuracy of the pass. can the play move fluidly



Game (15 mins)

Organization 40 x 40 split in 2.

3v3 SSG.

Positive forward runs - let players be creative and create their own combinations.

