



u10 Combination Play

Category: Technical: Passing & Receiving
Difficulty: Beginner

Wakefield Soccer, Wakefield, United States of America
Individual-Adult Member

Description

Gate Dribble w/ Pass (15 mins)

Organization: Gate Dribble Pass 20 x 20 yard area set up; 9 players set up as shown; 3 balls

Instructions:

- 1.) **Takeover.** B dribbles through the middle gate to A and then A takes the ball from the foot of B to then dribble through the gate and perform a takeover with C
- 2.) **Dribble Pass Switch.** B dribbles through middle gate and then passes to A, A take a positive 1st touch and then dribbles out himself through gates and passes to C
- 3.) **1-2.** B dribbles through gates and passes to A, B opens up at an angle and A passes back to B, B touches forward and does the same exchange with C

Coaching Points:

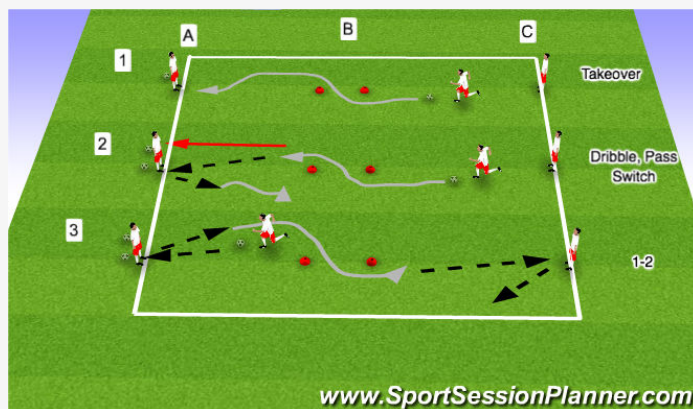
Hips square to target; Plant foot beside ball pointed towards target; Ankle locked, toe up; Follow through with pass; Strike through middle; Weight/Accuracy of passing; Movement to receive; 1st touch; Dribbling technique; Awareness

Progressions:

Vary the passing distance;
Challenge player to play to a certain foot;
Use only your weak foot

Regressions:

Decrease the distance



Passing/Turning (10 mins)

Organization:

10x5 lanes

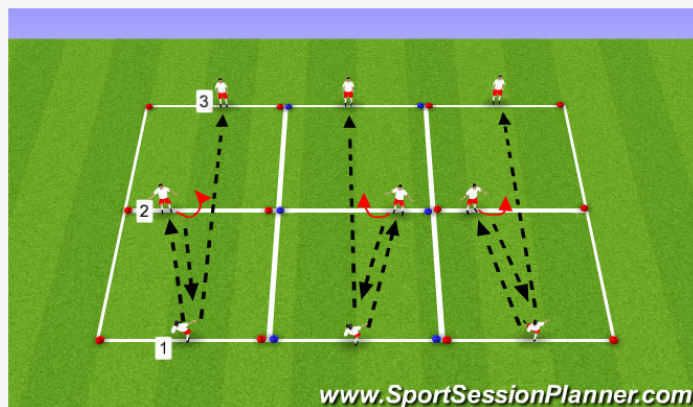
3 players in each with one in the middle as shown

Instructions:

- 1 sets to 2
 - 2 sets back to 1
 - 2 rotates and moves to the side
 - 1 passes to 3
- Then reverse.
Rotate middle player on coaches command

Coaching Points:

Quality of pass
On toes
move towards the ball
1 touch
Weak foot only
R- 2-3 touch



3v1 (Semi-Opposed) (10 mins)

Organization: x2 Grids (for 8 Players)

4 players (Players A, B, C, & D) & 1 ball in a 10x10 yard grid.

Instructions:

Player C now starts, as a shadow defender, in middle with player B and can do the following options:

* **OPTION 1:** Player C can either go with (as a shadow defender) with Player B, who then plays back to Player A who plays forward to D.

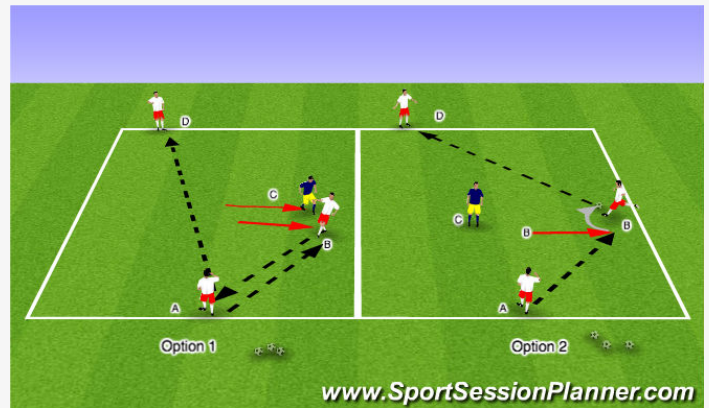
or

* **OPTION 2:** Player C can stay, then Player B can open out with the back foot and then passes to Player D.

Rotate player in the middle every 30-60 seconds

Coaching Points:

- Quality of pass (pace and accuracy)
- Check shoulder to make decision of 1st touch & body shape:
- * If there's space behind receiving player: open up to receive with back foot
- * If there's pressure (defender) behind attacker: then set the ball back to supporting player to play forward
- Quality of next pass
- Changing speeds to create space



Conditioned 3 Zone Game I (15 mins)

Organization

20x20 Area. 5x20 Receiving Zone across middle

Four Mini Goals: two goal at either ends in corners

6 v 6 inside playing area: 2 v 2 at either end

Activity

- When a team is in possession, one of their players (without the ball) can drop into the receiving zone
- Player who drops into receiving zone cannot be defended & must try to play forward
- Once a team scores at one end, they get possession again & attack the opposite end

Progression

1. Defender can track attacker into the receiving zone
2. Player who passes into receiving zone can follow & support to create a 3v2 overload - they must return if attack breaks down or goal is scored.

Regression 1

1. Team not in possession cannot defend in the defensive third.

Regression 2

1. Use a midfield line that players must pass across to a teammate in order to score.
2. Attacking players cannot steal from the defenders once they have won the ball.

Coaching Points

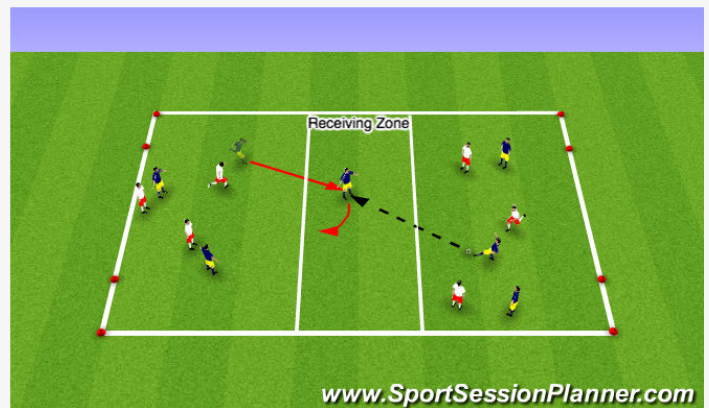
1. Checking into the receiving zone

Changing pace and direction to come back to the ball

Not standing in the receiving zone, check out if you are not getting the ball and let another player check in

Communicating

2. Can we receive the ball on a half turn so we can see what's in front of us
3. Body Position: Open & ready to receive - Angle to receive & pass
4. Combinations once we are in the attack



3v3 to Endzone (10 mins)

Organization:

1. Area as shown 20x20, 2x20x10

Instructions:

Instructions

Teams score by playing a teammate into the endzone. A point may also be scored if a player can get into the endzone within 2 touches. Switch opponents every 3 minutes

Coaching Points:

1. Passing technique
2. Combination play

Regression

1. Team defending needs to have one player take a knee so that is is a 3v2
2. You may pass or dribble into the endzone

