

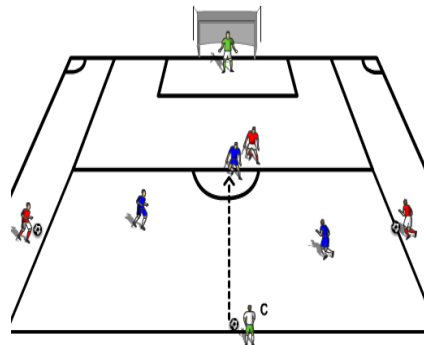
Theme

Opposed

ATTACKING: COMBINATION PLAY

THE PRACTICE IS DESIGNED TO DEVELOP QUICK COMBINATION PLAY.
THE FORWARDS MUST LEARN TO BE:

LIGHT ON THEIR FEET,
HAVE GREATER AWARENESS OF THE TEAM MATES AROUND THEM
AND TO WORK TOGETHER IN ORDER TO CREATE A CHANCE TO SCORE



This practice is a progression to the previous one. The game now starts 3v1 on the first ball that is played in by the coach.

Once this ball is completed, one of the servers pass into the forwards and then race onto the pitch to defend. This makes the game a 3v2.

Finally the 3rd defender passes and runs onto the pitch to make a 3v3

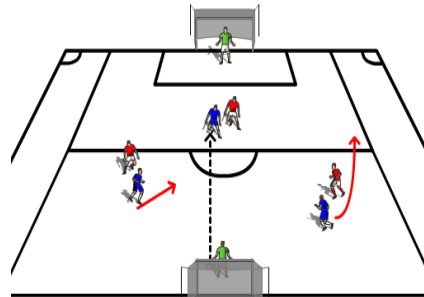
The roles are reversed for the next game

Warm up and technique

SSG



Two groups of players
One group outside the square
One group work inside the square
The inside players must receive a pass from outside and quickly combine with each other
Once each player has touched the ball, the middle team then pass out
Can you play one touch passing?



The keeper for the blue team is given 5 balls. The blue keeper starts the practice until the five balls have been played

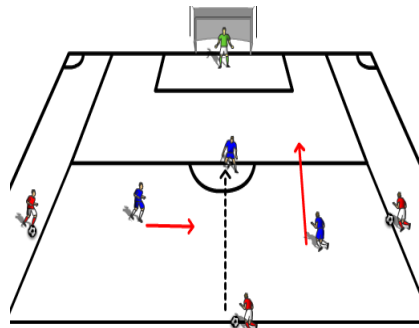
This gives the blue team opportunities to receive the ball and look to use their movement and combination play in order to score.

If the red team win possession of the ball they pass the ball out of the pitch

Once five balls have been played the roles are reversed

Finishing

Game



One keeper
Three forwards
Three servers
The three forwards must use combination play on each of the three balls in order to shoot at goal
The three balls come in from different angles
Can a different forward shoot on each turn?

Play a game with two even teams

Can the players use the skills and techniques developed in this practice to good effect in the game?

However its important that this time is used as a game for total freedom for the players. therefore coaches should just observe and encourage the players. in every session the players should be allowed some free time to themselves without coaching.