



11 Premier / U9B - Combination Play / 2v1's

Category: Tactical: Combination play

Difficulty: Beginner | Start Time: 02-Oct-2019 17:30h

Am-Club: Rio Rapids Soccer Club
Ray Nause, Albuquerque, NM, United States of America

Description

Phase: Open Up the Opponent to Penetrate

Principle: Outnumber the Opponent Around the Ball and Combine with Teammates

2v1 Flying Changes to Goal (WHOLE) (15 mins)

DESCRIPTION/ORGANIZATION:

Set up two fields to split players into 2 groups

*2v1 to 2 Small Goals in 15 yd x 25 yd field

*Game starts with 2 attackers from 1 team and 1 defender from the other on the field

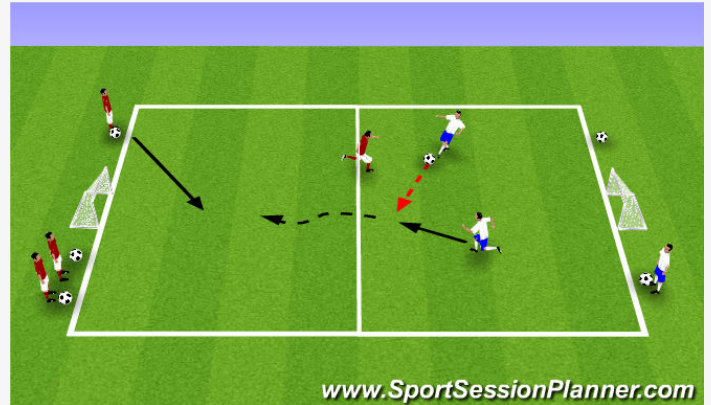
*When ball leaves field or scores - the defending team is immediately replaced by 2 attackers running on with a new ball and only the player who kicked the ball into the goal or off the field remains as a defender

COACHING POINTS:

*Dribble drive at defender on dribble to create 2v1

*Player without ball creates space for themselves or teammate - how and where can you move to get into a "window" and create a 2v1 for your team to get behind the defender and to goal?

*When you get behind defender - drive to goal on dribble and cut off their recovery run



Passing-Receiving Activity (PART) (15 mins)

DESCRIPTION/ORGANIZATION:

Set up two fields to split players into 2 groups

Passing and receiving activity in 15 yd long x 10 yd wide grid

*Players pass left and move right

*Play 2-touch

*Players follow pass to return to the same line

*Repetitions for both feet passing and receiving

COACHING POINTS:

*How to move to find a window to receive pass from teammate, create a 2v1 and get past the defender (mannequin)

****Passing technique:*

•Fundamentals: positive step to side of ball, bend non-kicking leg into the pass, body balanced centrally, ankle locked, firm contact with middle of ball, follow through to target, pass becomes first step in next movement

•Weight/pace of pass – deliver crisp passes

•Passes played smoothly on the ground

•Inside of foot for accuracy - pass to proper foot of teammate to open them up to face teammate/goal

****Receiving technique:*

•Moving towards ball or holding ground depending on pace and angle of pass

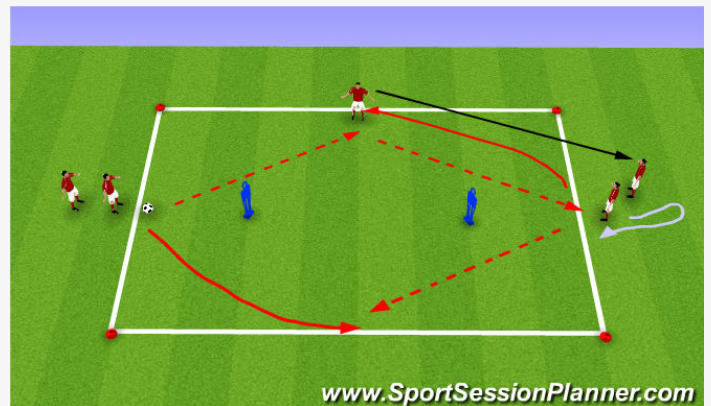
•Receiving across body

•Moving at an angle with an open body shape – getting half turned

•Peeking/checking shoulder before/during/after pass to find pressure and identify options

•Bend/sink at the knees and hips to maintain balance and cushion first touch through solid contact with the middle of the ball

•Quick flowing movement into the ball, first touch is the first step of pass



2v1 to Lines (PART) (15 mins)

DESCRIPTION/ORGANIZATION:

Set up two fields to split players into 2 groups

*Two teams set up 10 x 12-15 yd grid as shown in 3 diagrams above

*Coach plays ball into one player and that team attacks 2v1

*Score by dribbling ball and stopping it on opposite endline under control

*If defender wins the ball they can counter-attack to score at opposite endline

Variations: 1) teammates set up on diagonal corners of grid - defender comes from same corner of grid as player receiving the ball, 2) teammates set up on opposite corners of same side of grid - defender comes from same corner of grid as player receiving the ball 3) teammates set up on opposite corners of same side of grid - defender comes from corner diagonally across from player receiving the ball

COACHING POINTS:

*Focus on positive play - attacking at speed with numbers up

*Positive decision making on the ball - drive at defender on the dribble with speed and threaten to score - make the defender commit

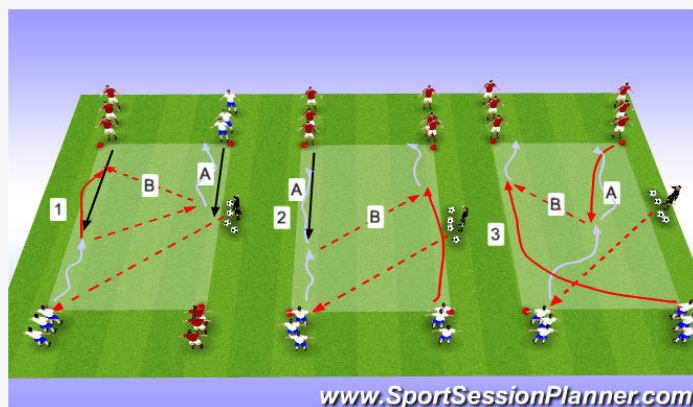
*Attack defender at an angle that doesn't allow them to isolate you 1v1

*Does defender give you a dribble (A) or pass (B)?

*Teammate moves to create a passing window for a 2v1 in the space opened up by their teammates dribbling

*weight and accuracy of passes

*overall speed of play



3v3 FUNino (WHOLE) (15 mins)

DESCRIPTION/ORGANIZATION:

*attacking player must be in the scoring zone before shooting

*dribble in to counter when ball scores or crosses endline

*set up 3 fields to involve all players

COACHING POINTS:

*Open/surfer body shape and peeking to see the player with the ball, defenders and the goals you score to

*Receive across body and face forward with first touch whenever defender isn't tight

*when faced forward, play forward whenever possible to attack the least defended goal - where can you create a 2v1?

*dribble drive at defender to create 2v1 if you are not pressured - teammate comes to you to create 2v1 if you are defended tight - find windows

*be patient and keep ball when you can't go to goal

*Quality passing technique: zipping passes in with pace, smooth on ground and to proper foot

