



05B/U15 - Open Up Opponent to Penetrate - Outnumber opponents around ball and combine

Category: Tactical: Combination play
Difficulty: Moderate

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2v1 Transition (10 mins)

DESCRIPTION/ORGANIZATION:

Red team has ball 2v1 to end line opposite them.
Blue team try to win ball and dribble out of area on any side.
If blue team does this, they become team with 2 players vs 1 red going to line opposite their players.
If either team scores while they have 2, next red comes on. Player who did not score the point for red stays on to creat 2v1.
Defender stays on until they win the ball.

COACHING POINTS:

3 ways to win when you have the ball. (dribble, pass-dribble, combination)
Defender try to make it a 1v1. Then win personal battel



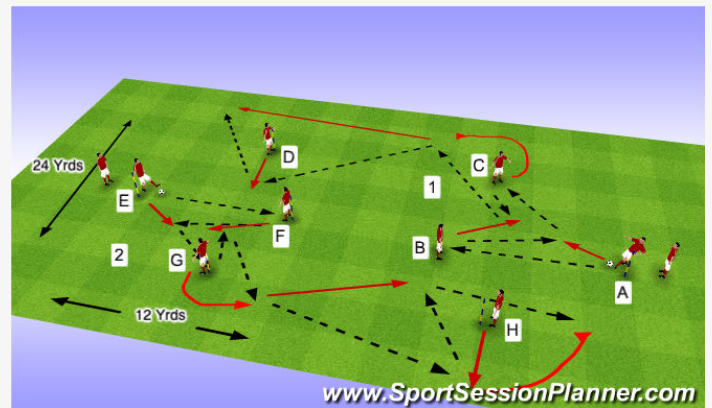
Technical Warm up - Combinations (15 mins)

DESCRIPTION/ORGANIZATION:

1.) A plays to B, B sets to A. A plays to C, B supports underneath. B and C combine. D shows inside, C and D combine.
2.) E, F and G do same combination as above. Then H shows outside, G plays into H and shows inside. G then plays either the run of H or next player in line.

COACHING POINTS:

- Timing of movement of defenders (poles)
- Weight and texture of pass
- Angles of support underneath



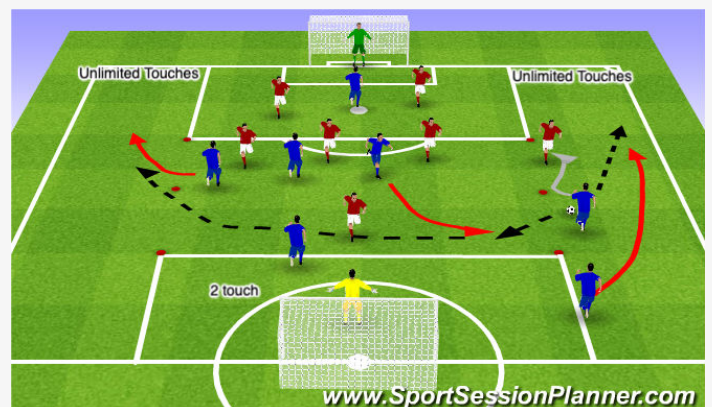
Whole - 7v7 wide zone game (20 mins)

DESCRIPTION/ORGANIZATION:

7v7 + GK's
2 touch restriction in middle zone
Unlimited touches in wide areas
Both teams in 2-4-1
* Start off unlimited numbers of players in wide zones
* Can add limitation of 2 attackers/1 defender if needed

COACHING POINTS:

- Create 2v1 in wide zone where possible
- #6 or #8 support underneath play to offer switch/penetrating pass from deeper
- Recognise what the defenders are giving you (dribble, pass to extra attacker, switch, thru ball)



Part - 4v2 from wide zones (20 mins)

DESCRIPTION/ORGANIZATION:

- Begins with 2v1 in wide zone. Players have complete power to decide what happens once confronted with the defender. Options include: Beat defender, get to end line, role 2 player and combine, combine with one of forwards, play forwards early and get them to goal.

- Rotate between left side and right side. Most numbers can be 4v2 in favor of attackers.

COACHING POINTS:

- Ball carrier, play what you see
- Recognize what defender is giving you
- Movement of forwards based on ball carrier/defender



7v7 scrimmage (15 mins)

DESCRIPTION/ORGANIZATION:

COACHING POINTS:

