

Session Plan: Combination Play

Parts of the following session were taken from a clinic conducted by Barry Gorman, National Soccer Coaches Association of America (NSCAA) Academy Staff Instructor at the 2008 NSCAA Convention in Baltimore, MD

WARMUP PHASE

1. Passing & Receiving > squad inside grid with several balls (see below)
2. Dynamic Stretches, Part I (see below)
3. Two-Team Keepaway with Neutral Players (can use Goalkeepers as Neutrals)
4. Dynamic Stretches, Part II (see below)

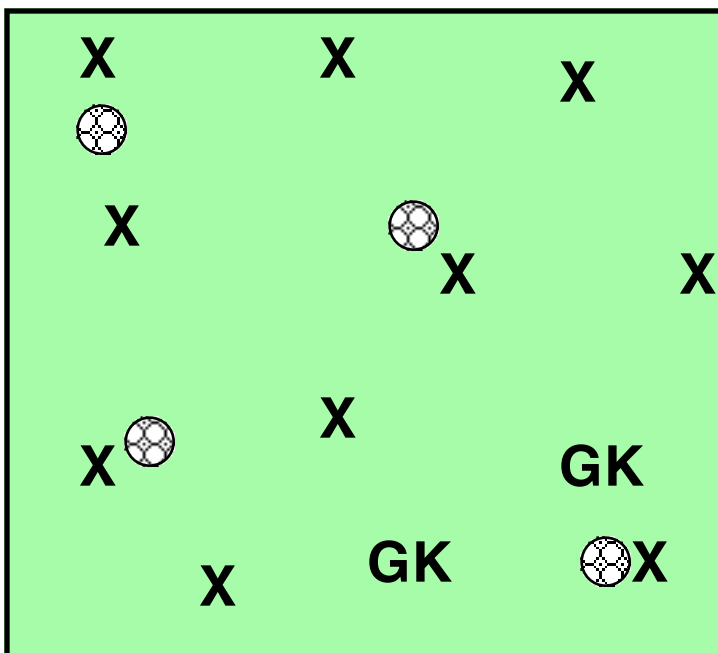
TECHNICAL PHASE

1. COMBINATION PLAY #1 > "Off The Ball Run"
 2. COMBINATION PLAY #2 > "Off The Ball Run w/Short-Short-Long"
- Note: See drill descriptions and diagrams on accompanying page, titled "Combination Play.Drills"

TACTICAL PHASE

1. GAME ONE > 1v1+4 To Goal
2. GAME TWO > 2v2 > 3v1 To Goal
3. GAME THREE > 4v4 > 4v2 To Goal

Note: See game descriptions and diagrams on accompanying page titled "Combination Play.Games"



WARMUP PHASE

Passing & Receiving (diagram on left)

Dynamic Stretches, Part I

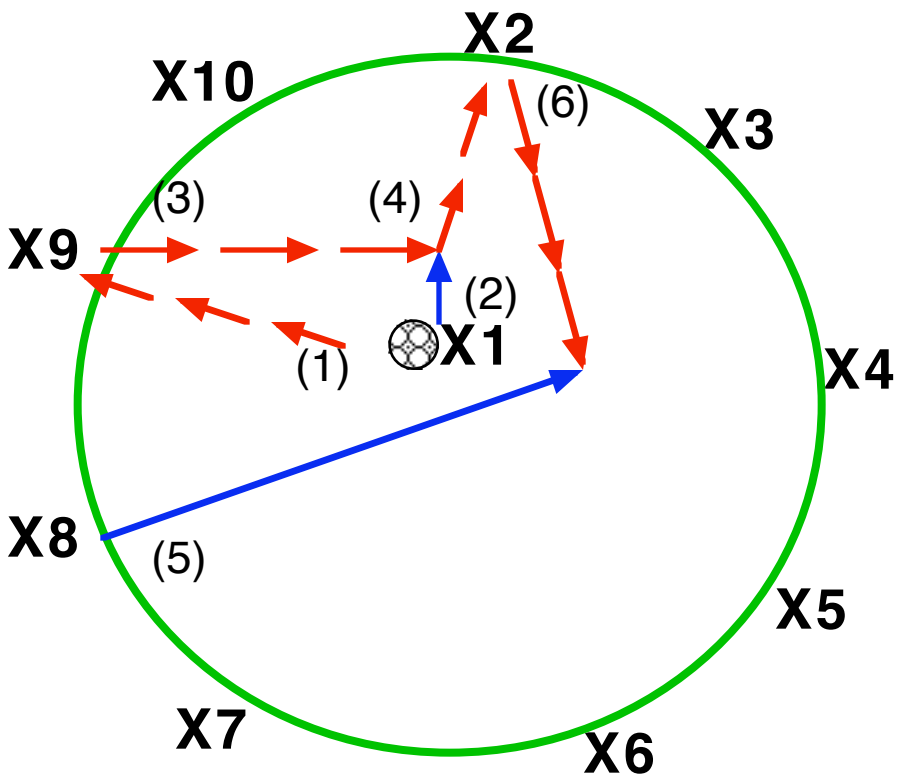
- > Ankle Flex + Toe Walk + Heel Walk
- > Knee Hugs + "Karate Kid"
- > "Frankenstein" Walk

Two-Team Keepaway

Dynamic Stretches, Part II

- > "Figure 4s" + "Outflicks"
- > Groin Stretches
- > Heel-Butts
- > Carioca (right and left)

Team Training Session Plan Combination Play Drills



"OFF THE BALL RUN"

Setup: Team forms circle, one player inside, all others outside

Drill:

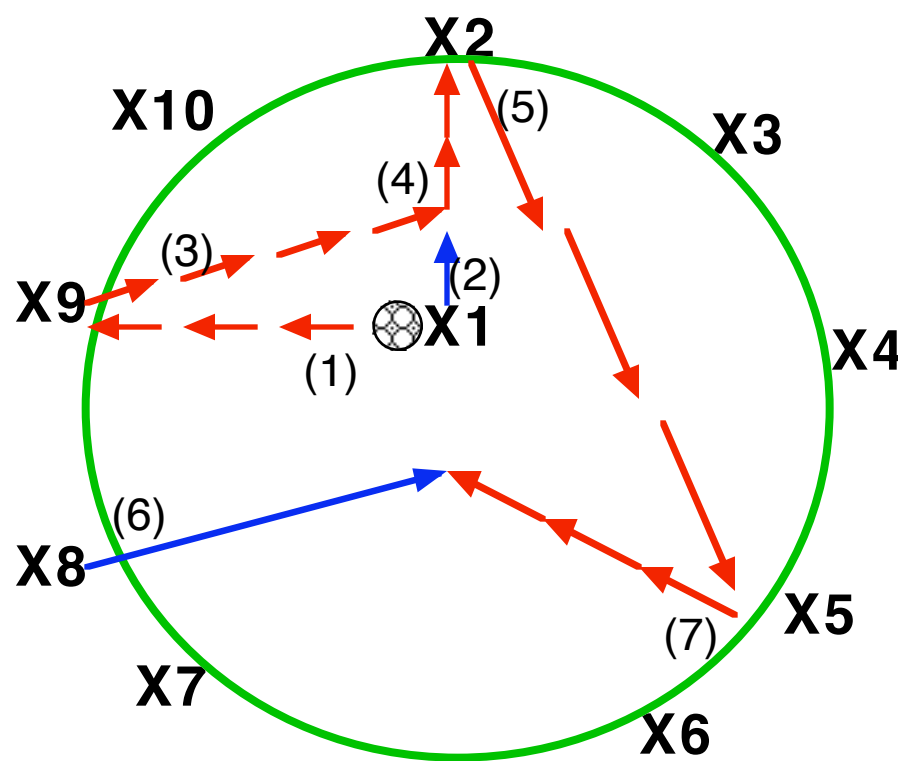
- (1) X1 passes to X9
- (2) X1 moves to space
- (3) X9 returns pass to X1
- (4) X1 passes to X2
- (5) X8 makes "off the ball run" to inside of circle
- (6) X2 passes to X8

Progression:

- > X1 moves to X8's spot outside circle
- > X8 restarts drill by passing to any of the outside circle players

Drill Note:

> "Off the ball run" is always made by player to the right of the first player that is passed to (in this case, X8 was next to X9; if X8 restarts drill and passes to X4, then X3 would make the off-the-ball run)



"OFF THE BALL RUN w/ SHORT-SHORT-LONG"

Setup: Same as above

Drill:

- (1) X1 passes to X9
- (2) X1 moves to space
- (3) X9 returns pass to X1 ("Short" pass)
- (4) X1 passes to X2 ("Short")
- (5) X2 passes across circle to X5 ("Long")
- (6) X8 makes "off the ball run"
- (7) X5 passes to X8

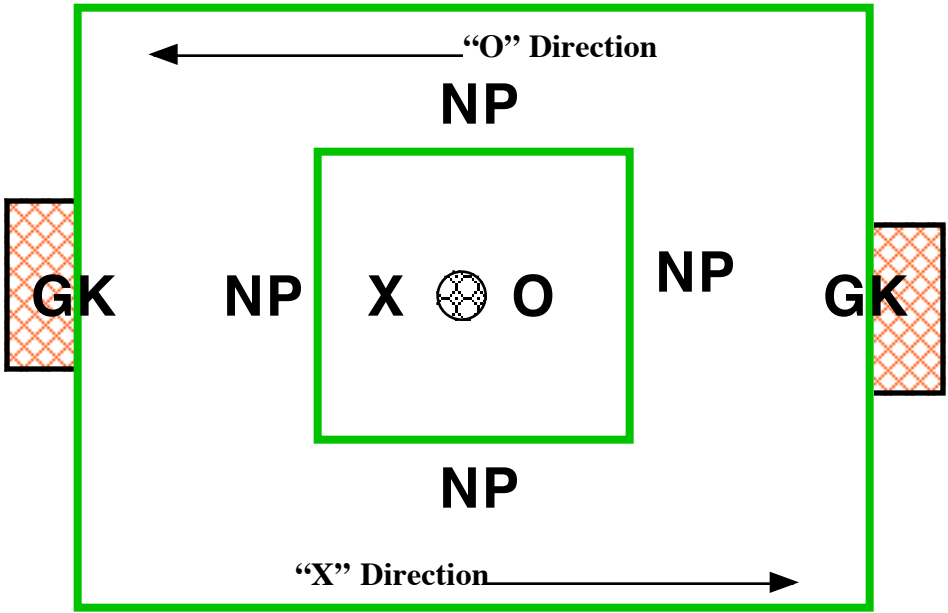
Progression:

- > X1 moves to X8's spot outside circle
- > X8 restarts drill by passing to any of the outside circle players

Drill Note:

> "Off the ball run" is always made by player to the right of the first player that is passed to (in this case, X8 was next to X9; if X8 restarts drill and passes to X4, then X3 would make the off-the-ball run)

Team Training Session Plan Combination Play Games

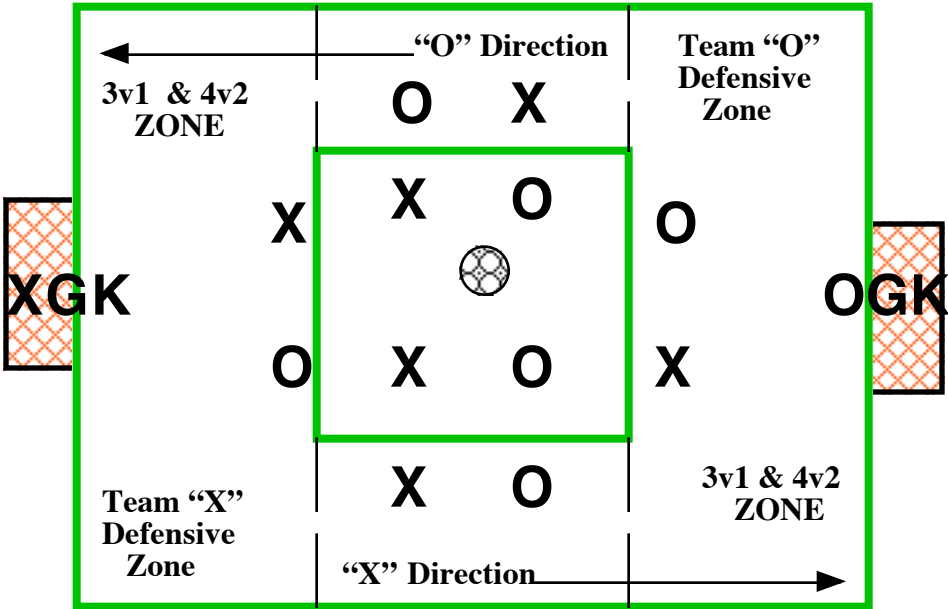


"1v1+4 To Goal"

Main Grid:
45 yards long x 35 yards long
Center Grid: 15 yards x 15 yards
No. of Players: Squad
Setup: 1v1 inside center grid with 4 Neutral Players off each sideline and endline
Game: Players battle 1v1 to goal using Neutral Players
Restrictions: Neutral Players off sidelines are restricted to 2-touch return pass
Neutral Players off endlines are restricted to a 1-touch layoff for shot
Game Ends when goal is scored or defending player gets ball back into center grid

"2v2 > 3v1 To Goal"

Main Grid:
45 yards long x 35 yards long
Center Grid: 15 yards x 15 yards
No. of Players: Squad
Setup: 2 Teams playing
2v2 inside center grid with each team having 4 Neutral Players off each sideline and endline
Game: Players battle 2v2 to goal using their Neutral Players; object is to get ball into opposing team's defensive zone to create a 3v1
Restrictions: Neutral Players off sidelines are restricted to 2-touch return pass
Neutral Players inside 3v1 & 3v2 Zone play with teammate to create a 3v1 against the opposing team's Neutral Player
Game Ends when goal is scored or defending players get ball back into center grid



"4v4 > 4v2 To Goal"

Setup: Take out center grid and form three zones; 4 players from each team in middle zone; each team puts 2 players in own defensive zone
Game: 4v4 trying to create a 4v2 in opposing team's defensive zone
Game Ends when goal is scored or defending players get ball back into middle zone