

CENTRAL COMBINATION PLAY

AGE PHASE: U8-U11

LEVEL

- U8 - U11

PRINCIPLES OF PLAY

- Disguised passing
- Using the spare player in an attacking overload
- Movement to combine

PART 1: 1v1 (+1)

- This is a 1v1 (+1) practice which introduces some of the basic principles of combination play. The playing area is split into three channels with bounce players on each touchline.

PART 2: 4v4 (+2) ELIMINATION POSSESSION GAME

- This practice is a general possession game. Points are scored by completing a set number of passes. The team in possession can eliminate an opponent by playing a wall pass around them. If a player is eliminated they stand in one of the gates on the outside of the playing area. Once they receive a pass from a teammate they can rejoin the game.

PART 3: 4v4 (+2) END-ZONE GAME

- This practice is a directional 4v4 game with two neutral players in end zones. In order to score, the ball must be played to the attacking team's neutral target man. He then sets the ball to an attacker to finish in the mini goals.

KEY

.....→
Ball movement

-----→
Player movement
without the ball

————→
Player movement
with the ball



Players



Cones



Flat marker



Cones with
flat marker



Goal



Mini-goal



Mannequin



Pole



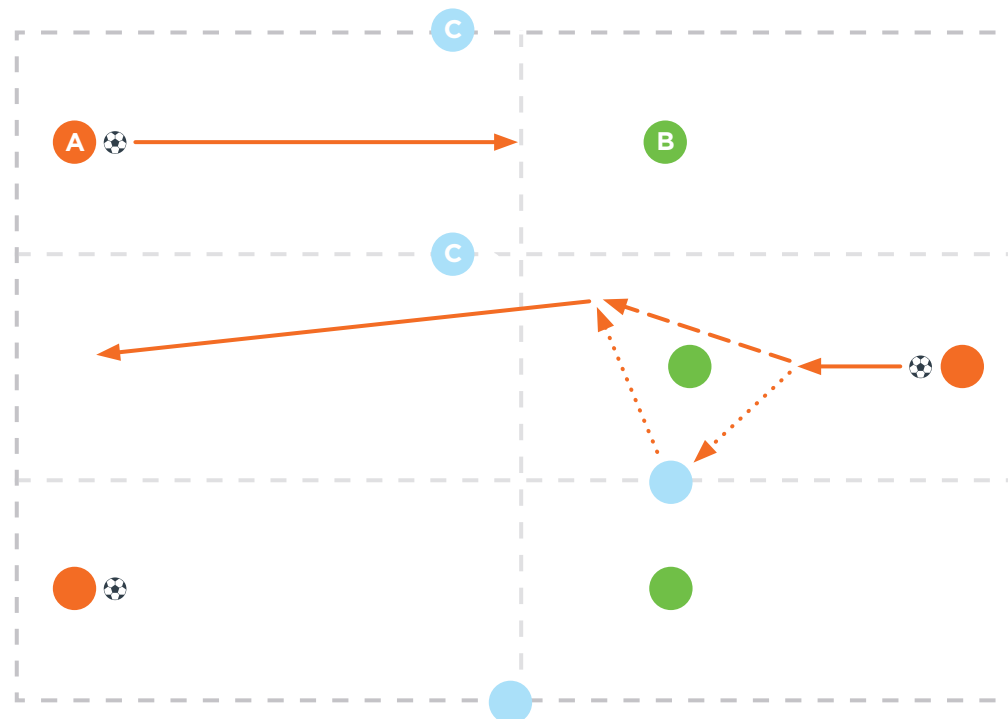
Football

FUNCTION

- This is a 1v1 game with bounce players on the side of the channel. Each channel will have a 1v1 duel with bounce players on either touchline of the channel.
- The attacking player (**Player A**) starts with the ball on the end line and attempt to dribble to the opposite end line. They can use the bounce players (**Players C**) at any time, usually for a wall pass. The bounce players are restricted to one touch and those on the touchline of two channels must be available for passes from both directions.
- If the defender (**Player B**) manages to steal possession they then dribble to the end line and the practice starts over with them in possession.
- As the practice progresses, the bounce players can be rotated and the players can change who they play against.

DEVELOPING THE PRACTICE

- Remove the bounce players on the most outward touchlines. This should increase the need for players to show awareness and not pass blind.



COACHING DETAIL TECHNICAL

1v1 ATTACKING

- Players should attempt to beat their opponent by dribbling past them. Coaches should encourage the use of skill moves, including feints, dummies and step overs.

DISGUISED PASSING

- Disguised passing will help attackers in this practice. The attacker can use 'no look' or outside of the foot passes to find the bounce players on the outside. Disguising these passes makes it harder for the defender to read where the passes are going to go.

USING THE SPARE MAN

- Players should be encouraged to use the bounce players throughout this practice, either as a passing option or as a decoy.
- Players can shape as if they are attempting to combine with the bounce player and then move the ball to beat their opponent, or they can drive at their opponent to commit to play a wall pass.

AWARENESS

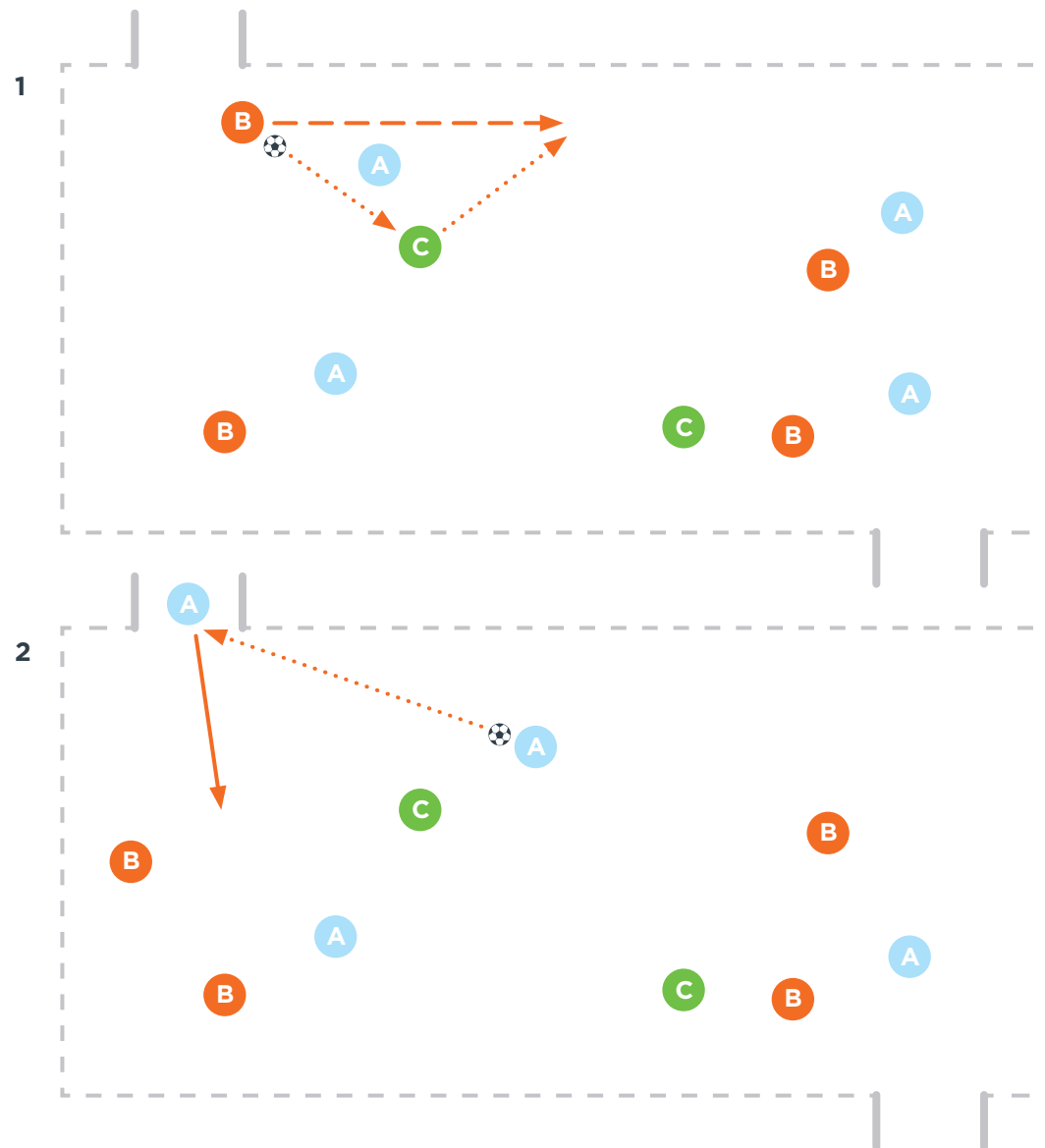
- Underpinning all of the in-possession players' technical actions is a high level of awareness.
- Players will need to be able to identify which bounce players are available to use on the outside of their channels. Players should be encouraged to dribble with their 'heads up' in order to see these passing opportunities.

FUNCTION

- This is a possession game with two teams of four players (**Team A** and **B**) and two neutral players (**Players C**), who play for the team in possession. The attackers score points by making eight consecutive passes.
- If the attacking team are able to play a wall pass (a one-two) around a defender, that defender is eliminated. The method for eliminating an opponent is shown in diagram one.
- Once a player has been eliminated they have to stand in one of the two gates on the outside of the pitch. To rejoin the game the player has to receive a pass through the gate and then dribble back into the playing area. This is shown in diagram two.

DEVELOPING THE PRACTICE

- The scoring system can be changed so that eliminating an opponent results in one point. There are no points for making 8 consecutive passes.
- The game can only be won by eliminating all the players from the opposition with wall passes.



COACHING DETAIL: TECHNICAL

DISGUISED PASSING

- Disguised passing will help attackers in this practice. The attacker can use 'no look' or outside of the foot passes to find teammates in order to make a wall pass. Placing disguise on these passes makes it harder for the defender to read and should increase the success rate for the attackers.

USING THE SPARE MAN

- Players should be encouraged to use the neutral players throughout this practice, either as a passing option or as a decoy.
- Players can shape like they are attempting to combine and then move the ball to beat their opponent, or they can drive at their opponent before playing a wall pass.

AWARENESS

- Underpinning all of the in-possession players' technical actions is a high level of awareness.
- Players will need to be able to identify which teammates are available to play wall passes.
- Players should be encouraged to combine with the neutral as much as possible to create overloads. A player's ability to 'see the next pass' will allow them to combine for wall passes more frequently.

MOVEMENT

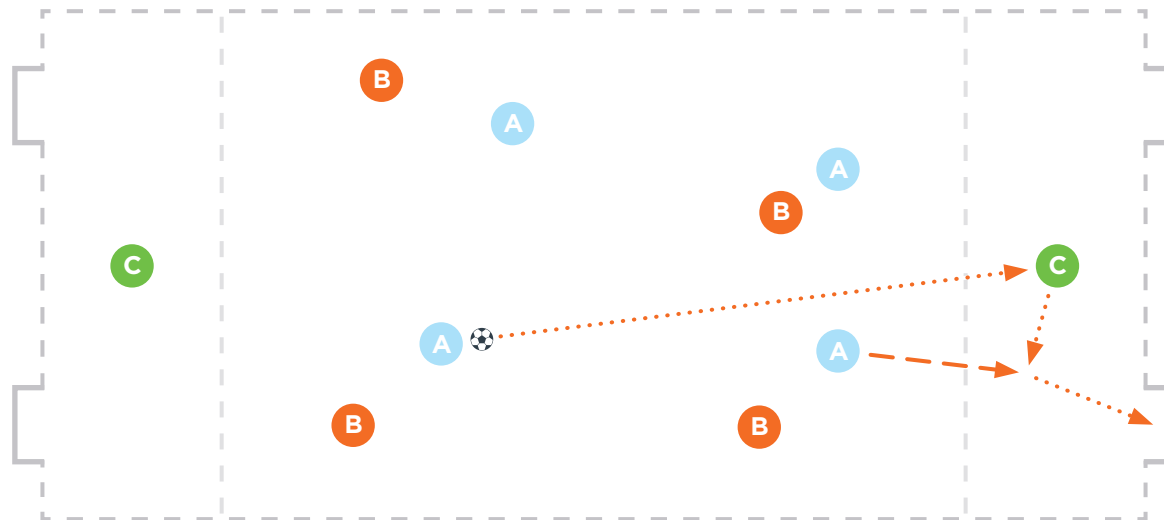
- The players' movement is very important in this practice, as is the ability to pass and move. Coaches should encourage players to constantly be on the move to create opportunities to combine for wall passes by playing on the shoulder of opponents.

FUNCTION

- This is a directional end-zone game with two teams, consisting of four players. The players in the end zone are neutral players (**C**).
- The neutral players can be used at any time to help with the build-up play.
- The attacking team look to play to their neutral target player. Once the target player receives a pass, they set the ball in the end zone for an attacker to finish in one of the mini goals.
- After a goal is scored the game restarts with the team who conceded.
- If the target player's set pass strays out of the end zone the team in possession can continue to build and don't have to score.

DEVELOPING THE PRACTICE

- Make the neutral players only play for one of the teams i.e. each team attacks in only one direction.
- Add a defender into the end zone to battle with the target player.



COACHING DETAIL: TECHNICAL

DISGUISED PASSING/ROUND THE CORNER

- The use of disguised passing will help attackers in this practice.
- The attacker can use 'no look' or outside of the foot passes to find the target players.
- Placing disguise on these passes or playing first time around the corner makes it harder for the defender to read and should help to increase the success rate for the attackers.
- The players' body shape should be coached for disguised and round-the-corner passes to be executed more consistently.

AWARENESS

- Underpinning all of the in-possession players' technical actions is a high level of awareness.
- Players will need to be able to play with their head up to identify which teammates are available to receive a pass.
- A player's ability to 'see the next pass' will allow them to execute combinations to score more frequently.

MOVEMENT

- Players' movement is very important in this practice. The players; ability to support forward passes is vital in order to score.
- Players must be willing and ready to support forward passes quickly in order to receive set passes from the target player.