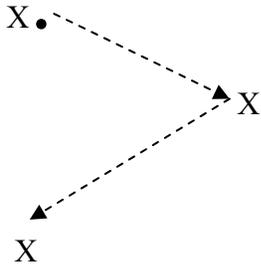
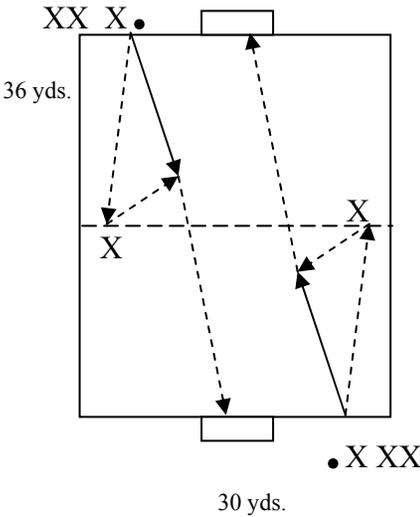
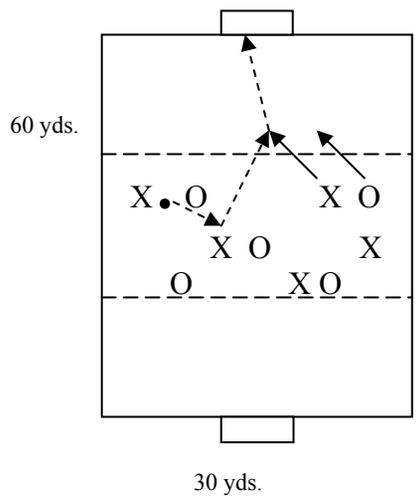
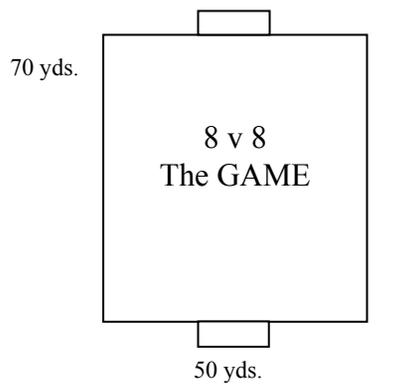


Topic: **Combining to Score**

Organization	Variations	Diagram	Coaching Points
Fundamental			
<p>Divide team into groups of 3. Each group begins with one ball, passing and moving collectively. Stretch.</p>	<ul style="list-style-type: none"> ▪ Two touch mandatory. ▪ One touch mandatory. ▪ One touch, two touch, one touch passing sequence. ▪ Introduce combination play: <ul style="list-style-type: none"> ➢ Wall pass or 1-2 pass ➢ Take-over ➢ Double pass ➢ 3rd man run 		<ul style="list-style-type: none"> ✓ Body mechanics and general technique ✓ Implications of first and second touches ✓ Correct angle and timing of support ✓ Verbal and visual communication ✓ Keep the ball moving
Match Related I			
<p>Two large goals with goalkeepers (30 x 36 area). Players form two groups and stand at opposite corners. One player begins as the target player in the middle. Target player rotates to opposite line; shooter rotates to target and so on. Continuous repetition.</p> <ul style="list-style-type: none"> ✓ Be sure to have plenty of balls at each end. 	<ul style="list-style-type: none"> ▪ Shooter has two touches to strike the ball. ▪ Shooter must strike the ball with the first touch. ▪ Strike surfaces: <ul style="list-style-type: none"> ➢ Inside part of the foot ➢ Instep (Driven) ➢ Outside part of the foot ▪ Be sure that the target player [spins] away from the ball and follows the strike on goal and finishes any rebound or 2nd chance opportunities. ▪ Switch starting positions to other side of the field – same as above. 		<ul style="list-style-type: none"> ✓ Accuracy, timing and weight of pass ✓ Selection of striking surface based on time and/or opposition ✓ Placement versus power – hit the target! ✓ Positive mentality and confidence to score ✓ Finish all 2nd chance opportunities – follow all shots (shooter and target player)

Topic: **Combining to Score**

Match Related II			
<p>5 v 5 with goalkeepers to two large goals (30 x 60 area or as needed). Divide equally into three zones.</p>	<ul style="list-style-type: none"> ▪ Both teams can attack either direction. ▪ Objective is to combine quickly and pass through a seam or gap for a teammate to run onto and finish. ▪ Only one chasing defender is allowed to defend in the attacking zone. ▪ Award a goal for six consecutive passes in the middle zone – this will ensure realistic pressure on the ball. ▪ Implement the Offside Rule. 		<ul style="list-style-type: none"> ✓ Correct attacking shape and balance ✓ Awareness of passing gaps in the defensive line ✓ Angle of through ball and timing of runs ✓ Speed of thought and play ✓ Finish technique and confidence
Match Condition			
<p>7 v 7 with goalkeepers to two large goals (50 x 70 or as needed).</p>	<ul style="list-style-type: none"> ▪ Possible formation 2:3:2. ▪ No restrictions. 		<ul style="list-style-type: none"> ✓ Find the most efficient and effective way possible to score ✓ All of the above
Cool Down			
<p>Players jog (dynamic movements). Stretch.</p>	<ul style="list-style-type: none"> ▪ Reduce heart rate. ▪ Static stretching. 		<ul style="list-style-type: none"> ✓ Review Session