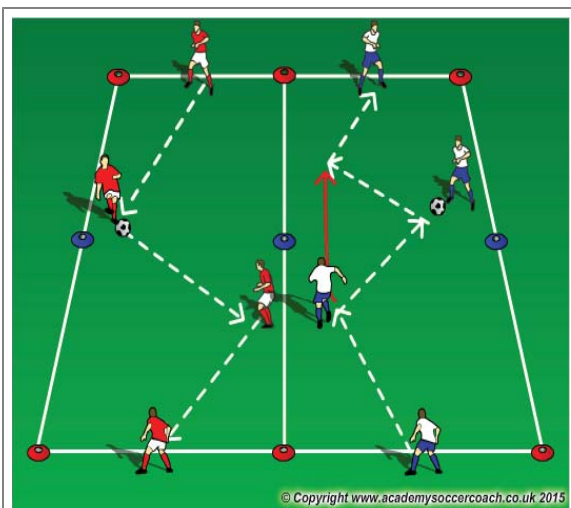


Season Fall 2015 Team/Age Group U12 Week 5

Topic Passing and Combining

Objectives 5W's

To improve the ability of the team to use combination play to penetrate the defense.
 Who: #6, #8, #10 and #9 with #2, #3, #7 and #11 - What: Combination Play (Wall Passes, Overlaps, Up-Back Through) - Where: In central and flank areas Middle and Attacking Thirds - When: In possession of the ball Why: To penetrate the opponent's defense when on the attack



1. WARM UP

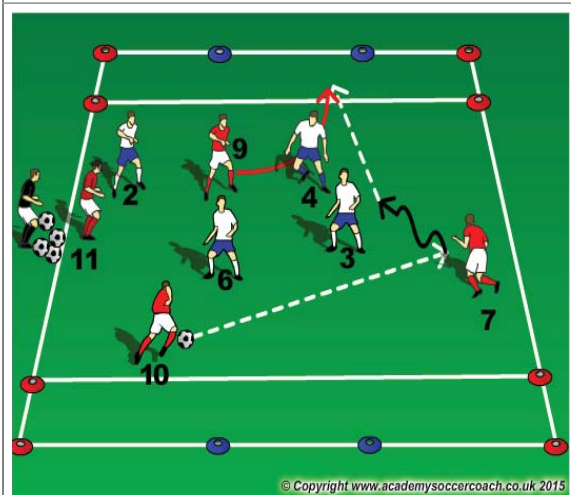
Duration: Intensity: Intervals: Activity Time: Recovery Time:

ORGANIZATION - (Physical Environment / Equipment / Players)

COMBINATION CHANNEL
 In a 10Wx30L grid with two players on each end and two players inside.
 Players will work on different combinations.
 • Round 1: Everybody touches the ball. - Play 2 touches
 • Round 2: The Wall pass - Play 2 touches first, then go to 1 touch if possible
 • Round 3: The overlap
 • Round 4: Takeover
 Rotate players after 1.5 minutes each round

COACHING POINTS / KEY CONCEPTS

Technique:
 Passing: Accuracy and Pace
 Receiving: First touch, surface selection, direction and distance



2. SMALL SIDED ACTIVITY

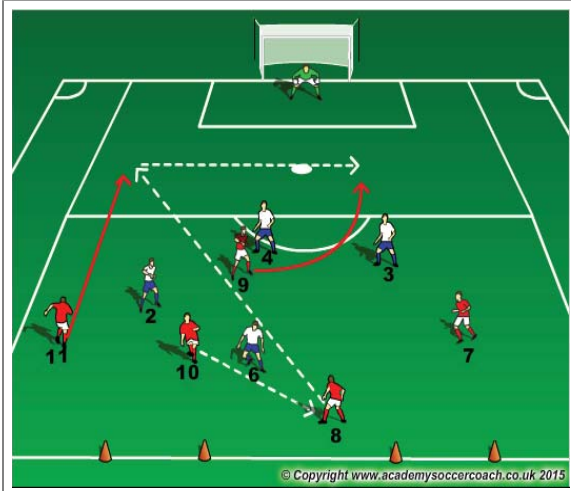
Duration: Intensity: Intervals: Activity Time: Recovery Time:

ORGANIZATION - (Physical Environment / Equipment / Players)

4v4 TO SCORING ZONES
 In a 30Wx40L grid with a 5 yard scoring zone on each end line. Players can dribble or pass the ball in to the shooting zone (the ball must enter the shooting zone before the player) to score on goal.
 Bonus points can be awarded for goals scored in the following ways:
 After a pass into the scoring zone to a runner .
 After a split pass into the scoring zone to a runner.
 After any combination to enter the scoring zone .

COACHING POINTS / KEY CONCEPTS

Technique - Passing: Accuracy and Pace - Receiving: First touch, surface selection, direction and distance
 Tactical: Penetration: When?, Who to combine - Support: Angles and Distance - Width: Who? When? and Where? - Mobility: Acceleration and direction, angle and shape of runs.



3. EXPANDED ACTIVITY

Duration: Intensity: Intervals: Activity Time: Recovery Time:

ORGANIZATION - (Physical Environment / Equipment / Players)

5v5 TO BIG GOAL AND COUNTER GOALS
 In a 40Wx60L grid, the red team will attack the goals and the white team will attack the 2 counter goals.
 Bonus points can be awarded for goals scored after split passes or combination play.

COACHING POINTS / KEY CONCEPTS

• Technique: Dribbling, Passing and Receiving
 • Tactical: Penetration, Support, Width, Mobility, and Improvisation
 • Speed of Play

4. GAME **7v7** Duration: Intensity: Activity Time: Intervals: Recovery Time:

ORGANIZATION On a 47Lx30W field, the Red team will play a 1-2-3-1 and the White team will play 1-3-1-2

COACHING POINTS / KEY CONCEPTS Decision making of player in possession of ball, when/how to penetrate - Speed of Play and Execution