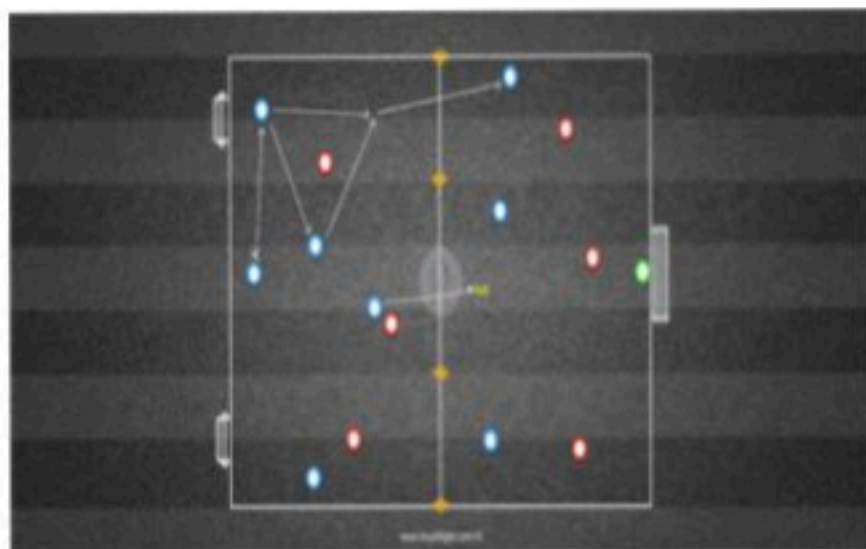


Combining Centrally/Switching Play 2

1



2



Session Set-Up

30 40 grid

3 Big goals
4 Small goals

4 mannequins

Bibs
8 blue
6 red
1 green

Session Detail

1SD; players looking to combine and pass through the mannequins to attacking player on the other side. If this happens 1 blue player can move across through the centre of the mannequins to overload the practice to try to score into the big goal.

2SSG; big and and little goals. Players combine and switch to goals of their choice, big goal = 1 goal little goals = 2 goals.

Competition
Motivation

Increase goal numbers

Individual
Challenge

Try to combine before moving the ball forwards to attract the defender

Unit/Team
ChallengeTry to support as quick as possible to
players on ball i.e. CMs with Def.

Try to use an overload effectively

Key
Questions

Where and when can I next support after I have passed?

Progressions

1 recovering defender can recover and help defenders - practice 1
introduce a scoring zone and/or the ball must be played on the floor

4 Corners | Coaching Points

1. Quick passing and combinations for switch
2. Create supporting angles away from pressure to switch effectively

1. Decide whether to risk or retain possession for switch
2. Awareness when and where to combine to switch

1. Speed of pass and speed of ball

1. Communication
2. Concentrate on play to look for openings to combine, switch to find a spare player