



Mass Youth Soccer Skills Academy

U11 Week 8 – Combination Play

Main Coaching Points:

Wall pass:

- First attacker runs right at the defender with the ball
- The second attacker sets up slightly ahead of the defender, turned sideways, shoulders pointed to the goal (in a positive direction)
- When the first attacker is close to, but still out of tackling range of the defender, he/she must read cues from the defender
- If the defender is jockeying between the two attackers and obviously playing the pass, the first attacker must simply dribble past the defender with speed
- If the defender is attending more to the first attacker, then the first attacker should pass the ball to the wall player's (2nd attacker) front foot
- The 2nd attacker plays the ball with one touch into the space behind the defender and into the path of the first attacker
- The 1st attacker sprints to receive the ball preferably in the natural flow of their run

Overlap:

- The 1st attacker dribbles the ball between the defender and the 2nd attacker, creating live space for the 2nd attacker to overlap into; the first attacker then plays the ball into the live space that the second attacker has run into.

Takeover:

- The 2nd attacker runs directly at the 1st attacker from the opposite direction
- The 1st attacker protects the ball from the defender by keeping it on the foot furthest from the defender so that their body is in between the defender and the ball
- If the takeover is on (defender does not step into path of second attacker), the first attacker leaves the ball for the second attacker and the second attacker takes the ball using the same foot as the one with which the first attacker is dribbling
- Depending on your preference as a coach you may have the first or the second attacker dictate this exchange with simple communication (“take” or “leave”)
- If the defender slows down to “pick-up” the 2nd attacker, 1st attacker can continue to dribble (fake take-over)

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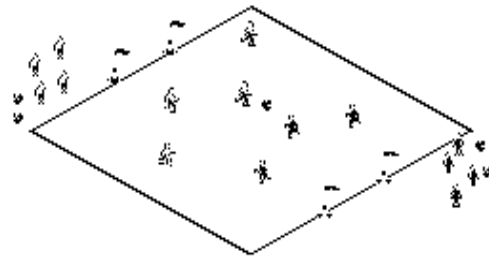
1) **Combination Square**---Make a grid about 25x25 yards and break it into quarters. Place 4 or 5 players in vests and have them roam around the entire grid in order to give support to the other players. Players in vests do not have balls, all other players do. Players with balls look to dribble around the grid and try to connect with the vested players to perform wall-passes. However, in order for this to happen the player on the ball must pass to a vested player in a different quarter than him and the pass back from the vested player must go into a quarter that neither he or player who passed the ball is in. The player initiating this wall pass needs to play a firm pass, sprint to an open space in a different quarter, receive the ball, and burst again with speed once receiving the ball. The vested player must show themselves to others constantly in order to give support and look. **Version 2:** Build to overlap, then take over. **If struggling with any of the combinations, can have vested players more stationary.

(15 minutes)



2) **3v3+1 goals (or 2v2 +1 if space is congested)**---In a 20x25 yard grid with two 3 yard goals on each end, play a 3v3+1 game. Service comes from one team to the other. The Neutral Player plays on the attacking team only. Goals must be knee height or below. Play 3-4 minute games then bring in 2 new teams. Use different players as the Neutral Player.

(15 minutes)



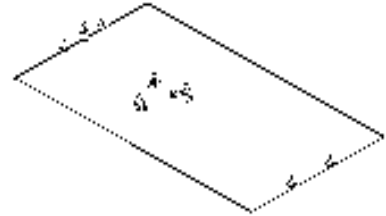
3) **Small Sided Scrimmage**---Create fields based on playing numbers and size of area. Reinforce coaching points for combination play. *(25 minutes)*

4) **Cool Down and Review**--- ask players to teach you the technical coaching points to insure complete understanding in the group. *(5 minutes)*

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Optional Activities:

1) **2v1+1 to Goal**---In a 10x15 yard grid with two 3 yard goals on each end, play a 2v1+1 game. The attacking team has both players on the field with no goalkeeper. The defending team must have one player in the goal and one on the field. The goalkeeper must stay in the goal until the attacking team loses the ball.



2) **2v2 or 3v3 to End Zone**---In the same 15 x 20yd grid, add 20 yd x 5yd end zones at each end. Play a 2v2 or 3v3 game to end zones. Each team defends one end zone and attacks the other end zone. If a team successfully plays a ball into the end zone opposite them to a teammate, they receive one point (the player must arrive in the end zone as the ball arrives...NO attacking player is allowed to “hang out” in the end zone). The defending team can only defend in front of their end zone...they cannot enter the end zone that they are defending. *(15 minutes)*