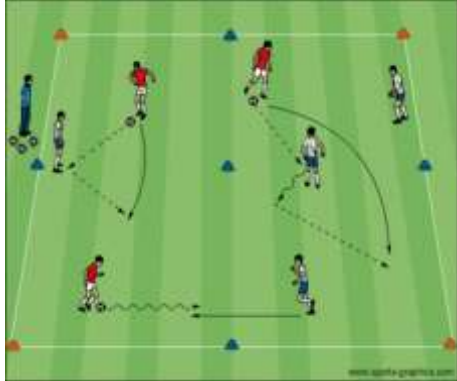






# Holden Youth Soccer -- U10 -- Week Eight

## Topic: Combination Play

**Objective: To improve passing technique and introduce and train combination play (Wall Passes and take Overs)**

Technical Warm up	Organization	Coaching Pts.
	<p><b>Combination Square:</b> In a grid about 25x25 yards, place 4 to 5 players in training vests. These players will roam around grid and give support to players with balls. 4 to 5 players with balls dribble in grid looking to connect with support players to perform wall passes.</p> <p><b>Version 2:</b> Build to take-overs <b>Version 3:</b> Wall passes and take-overs</p> <p style="text-align: right;"><b>Time: 15 minutes</b></p>	<p><b>General</b></p> <ul style="list-style-type: none"> <li>• Quality technique while passing and receiving</li> <li>• Be patient &amp; let opportunities develop</li> <li>• Encourage finishing off of combination opportunities</li> <li>• Positive environment to encourage creative and instinctive play</li> <li>• Communication</li> </ul> <p><b>Wall Pass</b></p> <ul style="list-style-type: none"> <li>• 1<sup>st</sup> attacker dribbles at 1<sup>st</sup> defender</li> <li>• 2<sup>nd</sup> attacker is slightly ahead of defender in good supporting angle turned sideways on</li> <li>• 1<sup>st</sup> attacker reads defenders and supporting cues; decide to dribble or play a wall pass</li> <li>• Disguise, deception of pass and runs</li> <li>• Accuracy and quality of pass</li> <li>• Look for opportunities to create numbers up situations (2v1, 3v1 etc.)</li> </ul> <p><b>Takeover</b></p> <ul style="list-style-type: none"> <li>• 2<sup>nd</sup> attacker runs directly at the 1<sup>st</sup> attacker from the opposite direction</li> <li>• 1<sup>st</sup> attacker protects the ball from the 1<sup>st</sup> defender by keeping body between ball and defender</li> <li>• 1<sup>st</sup> attacker leaves the ball and 2<sup>nd</sup> attacker takes the ball using same foot (right to right or left to left)</li> <li>• Simple communication: "take" or "leave"</li> </ul>
<p style="text-align: center;"><b>Small Sided Game</b></p>	<p style="text-align: center;"><b>Organization</b></p>	
	<p><b>4v4-1(4v3):</b> In a grid about 30X35 yards with two 5 yard goals on each end line. Play 4v4-1, (4v3 +GK). The -1 player is the Goalkeeper on defending team. When the defending team gets the ball they regain their fourth player. Encourage players to try to score after a wall pass or take over.</p> <p>Wall pass goal= 5 pts. Take over goal= 3 pts. Wall pass &amp; take over = 10pts</p> <p style="text-align: right;"><b>Time: 15 minutes</b></p>	
<p style="text-align: center;"><b>Exp. Small Sided Game</b></p>	<p style="text-align: center;"><b>Organization</b></p>	
	<p><b>4v4 to Two Small Goals:</b> In a grid 30x35 yards with four goals measuring 3 feet across in each corner, two teams attack two goals and defend two goals. To encourage combination play, the attacking team will receive 5 points if they combine with a wall pass or takeover before they score. Otherwise, they receive 1 point for scoring.</p> <p><b>Variation 2:</b> Add a "plus" player who always plays for the attacking team if they cannot keep possession long enough to create a combination.</p> <p style="text-align: right;"><b>Time: 20 minutes</b></p>	
<p style="text-align: center;"><b>Game</b></p>	<p style="text-align: center;"><b>Organization</b></p>	<p style="text-align: center;"><b>Coaching Pts.</b></p>
<p style="text-align: center;"><b>6v6 Scrimmage</b></p>	<p>Play with Goalkeepers in a 45-60 yard long by 35-45 yard wide field.</p>	<ul style="list-style-type: none"> <li>• All of the above</li> </ul>



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**COOL DOWN**

Activities to reduce heart rate, static stretching & review session – **Time 10 min.**