



## Combination Play

**Category:** Tactical: Possession  
**Difficulty:** Moderate

Continental FC, Philadelphia, United States of America  
Individual-Adult Member

### Warm-up (10 mins)

#### **Set up**

Two 20 X 35 fields with mini-goals/pugs as shown

#### **Organization**

As players arrive for practice get them moving into small sided games early. Build up to two 3v3 games alongside each other. Players are encouraged to have free play with no one touch soccer. Try to keep teams even for competitive games and rotate opponents every 3-4 minutes.

#### **Progressions**

Rotate opponents every 3-4 minutes

#### **Coaching Points**

Free play warm up with limited coaching. Enforce no one touch rule



### Diamond Passing Sequence (20 mins)

#### **Set-up**

Set up to larger cones as points of a diamond around 25 yards apart as shown. Two cones on either side 10 yards wider.

#### **Organization**

start this progression with one ball. Player in black plays a pass to white player to his left. White player switched the ball to the opposite side white player who lays the ball off the the original player in black. He switched the ball to the opposite Point Player who repeats the process. Player rotation is that the white players switch with each other and the black player goes to the opposite point after passing there.

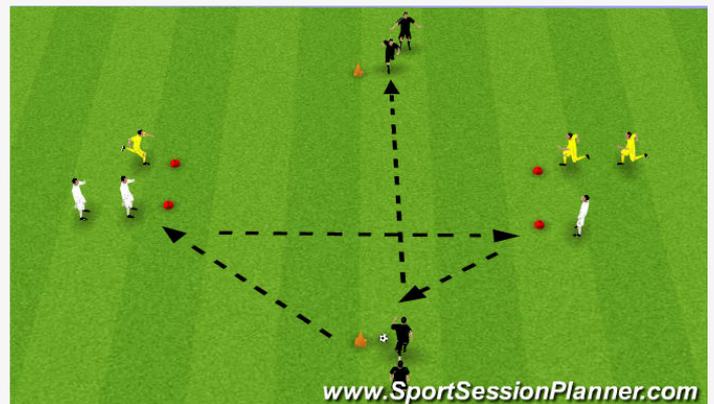
#### **Progression**

- As players become comfortable with the sequence start with a ball at each point. This will result in multiple players moving throughout the passing sequence. Players will need to communicate and move into windows of space to receive the correct pass. Lots of moving parts. More advanced teams with larger numbers may even be able to get it going with 3 balls in the cycle.

- Switch which side the pass starts at - add in different patterns as needed.

#### **Coaching Points**

Communication, movement, quality of pass, support, movement, speed of play



### Attacking Combinations (20 mins)

#### **Set-Up**

Over half field working towards a regular goal.

#### **Organization.**

Ball starts with center midfielders. They connect with the forward who drops the ball out to the opposite center midfielder who plays ball into space out wide. Wide Player must cross for forward and midfielders to attack. Rotate which side you attack down each time.

#### **Progressions**

- Add defenders into the box

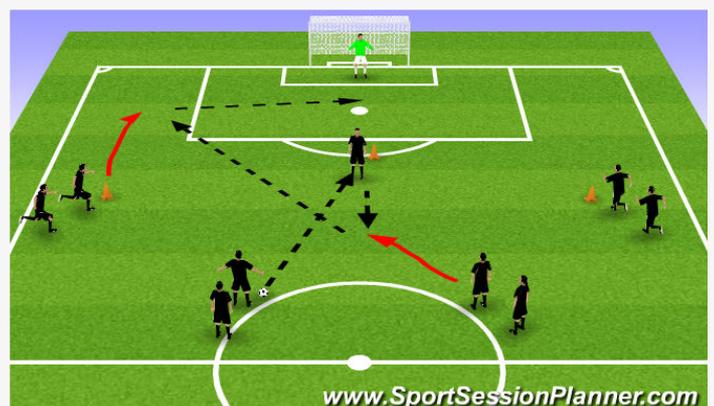
- Change passing pattern. Multiple progressions available.

Coaches can start by playing the ball wide first before connecting with the target forward.

- Add defenders into midfield area also to pressure the passes

#### **Coaching Points**

Quick combinations in midfield, angle of support, timing of runs and through balls, quality of cross and finish.



## 7v4 to Goal (20 mins)

### **Set-Up**

Work on half field towards big goal with two counter attack goals as shown.

### **Organization**

Black team plays 7 vs 4 working towards the big goals. try to have players work on some of the previous combinations to create goal scoring opportunities. Team in white can score in counter goals if they win possession.

### **Progressions**

- Rotate team in white.
- Limit touches of team in black to increase speed of play

### **Coaching Points**

Movement, speed of play, first touch and passing, working both sides, supporting the target player, timing of runs in behind, quality of cross and finish.



## Game (20 mins)

### **Set up**

Field 40 X 30 with regular goals as shown.

### **Organization**

Teams will play 6 v 6 including Goalkeepers. Regular scrimmage game with emphasis on the topic. Allow game to be free play but enforce coaching points of the day.

### **Coaching Points**

All of points portrayed throughout the session should be enforced in a game situation.

