



Passing & Receiving - Combination Play 1

Category: Tactical: Combination play
Difficulty: Moderate

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

Description

Combination Play to Create Space, Speed of Play

Ajax Variation Exercise (15 mins)

SetUp

25x15 area with central zone

Organization

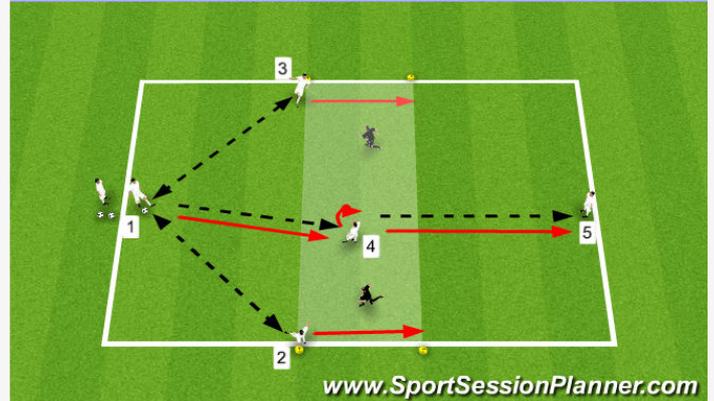
Player 1 starts with the ball and exchanges passes with Players 2 & 3 before playing the ball into 4. Player 4 turns quickly and plays to 5. Player 4 drop out, Player 1 now comes into the middle. Repeat from the other side. Defenders pressure but with no contact.

Progressions

- 1) Change players 2 & 3 and defenders
- 2) Set up a 'give and go' with outside players and central player
- 3) Full pressure defending in the central zone - unrestricted combinations

Coaching Points

- Speed of play - 1/2 touch
- Firm accurate passing
- Body shape when showing for and receiving the ball
- "Move the ball to move the defenders"



Ajax/Bayern Possession Game (20 mins)

SetUp

24x15 area

Organization

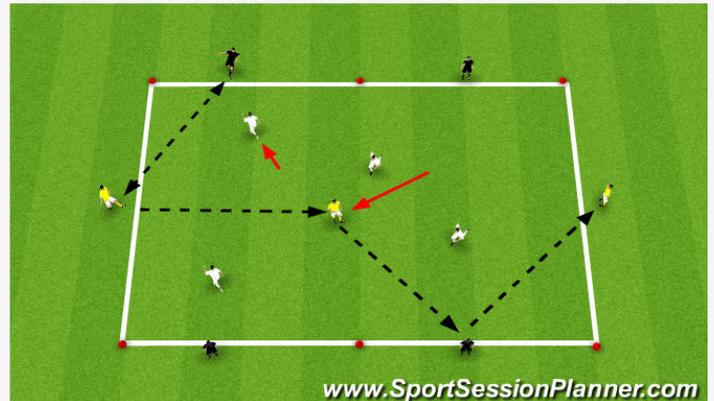
4v4+3 - Two teams of 4 play with 3 neutral players (in yellow). The possession team plays towards the outside of the area, the defending team plays through the middle. To score the attacking team must make 8 passes or play from one outside/target/neutral player to another. Transition - if the defending team (white) wins the ball they play to a neutral player and move to the outside, attacking team (black) comes inside to defend.

Progressions

- Change the neutral players
- Limit touches

Coaching Points

- Speed of play - 1/2 touch
- Firm accurate passing
- Body shape when showing for and receiving the ball
- "Move the ball to move the defenders"



Dutch Counter Attack Exercise (20 mins)

SetUp

40x25 area, two goals

Organization

Player 1 starts with a pass from the keeper and drives forward, plays to Player X (yellow), who quickly plays to Player 2. Player 2 shoots at goal. Repeats from the other side.

Progressions

- 1) Player 1 plays into Y who plays to 2. Player 2 plays X who plays back to 1 who shoots on goal (As above)
- 2) After the first pass to Y players overlap before shooting
- 3) After the first pass to Y players wall pass X before shooting

Coaching Points

- Speed of play, speed of action
- Every touch is a positive one
- Timing of support runs, should always receive the ball in front of you



End Game (20 mins)

Setup

40x60 field with goals

Organization

6v6 Format with keepers. Normal rules apply. Condition the game to address the theme & demands of the session.

Progressions

Change the conditions or remove completely.

Coaching Points

Points continued from the theme & demands of the session.

