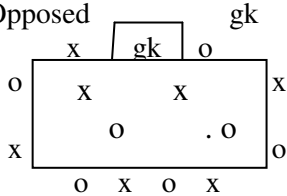
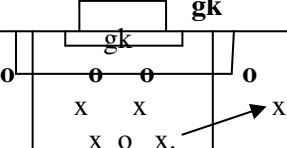
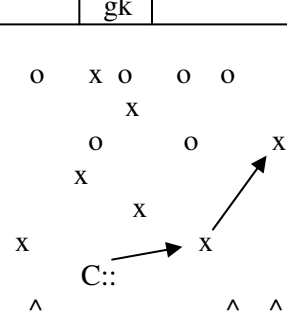


Activity Name	Description	Progressions	Coaching Points
1. Technical Warm Up	No Opponents		Improve Execution
Dribble and Pass Give and Go..... Overlap..... 3 rd Man Run..... Combine all Three	16 players in a rectangle. 6 Balls. 50x40 yds. Pass from center to outside perform give & go. Receive, dribble left or right ,overlapped Pass right runner from left, vice versa Players decide - read visual/verbal cues. Demo.	- 1 Ball , - > tempo:+ 2, 3balls ; ltd. touches - <u>Freeze to coach in flow</u> - Additional combinations: Take-over, double pass, blind- side run, lay-offs etc.	- Head up: vision, awareness, - 1 st touch - Accuracy, pace of pass - Angle , distance of runs - Visual, verbal cues
2. Small Sided	2 v.1, 2v.2, 3v.3		Improve Skill
Semi – Opposed Opposed 	Players in a rectangle 50 x 40yds 2 v. 1 Give and Go (50% Pressure). Demo. 2 v. 2 Combinations inside and outside. Pass to each other or outside wall players. 3 v. 3 Players <u>free</u> to select/solve with 3 combos: give and go, overlaps, 3 rd man -runs.	- Non directional - Full pressure - Switch with outside player. - Directional : Go to Goal - Outside play 1 touch - Realism: offside rule!	<u>Technique:</u> execution -Type of pass -Timing of pass -Disguise of pass <u>Tactics:</u> decision making -Pass selection -Correct support, anticipation -Communication -Spacing, angle and distance
3. Expanded Game	6 v. 4 Conditioned Play		Improve on the Ball
	60 x 40 yds. Vertical channels Service: 1.) faced up, 2.) back to goal 2v.1 wide 4v.2 central 4 v. 3 + recovering dmf	- Whole: play game 1st - Part: Attack wide, then central - Whole: Combine above: 6 v. 4 - #'s 6v.5 - #'s even 7 v.7	- Guided Discovery - Shoot, dribble or pass to combine: 1.) fwd, 2.) omf, 3.) cmf. - Create space: front defense - Exploit: back of defense
4. Game	8 v. 6 = Atk:2-4-2 , Def :4-2-0		Improve off the Ball
	Full size goal & two counter goals, full width field <u>Give & Go:</u> 1.) omf /cmf, 2.) cmf /omf, 3.) cmf/ fwd, 4.)omf/fwd <u>Overlap:</u> 1.) fbk /omf, 2.) cmf/fwd <u>3rd Man:</u> 1.)fbk/fwd/omf <u>Overs:</u> 2 nd fwd and 1 st fwd options	- Transfer of learning functional: - Passive to full pressure - Combinations flanks - Combinations center - + defenders slowly: - # up - # even - # down - Transition! Atk to Def to Atk.	- Team shape - Individual positioning - Penetrate v. build v. switch - In to go out - Out to go in - Timing/angles of runs - Fwds: type of runs, timing, shape. - End product quality shot= GOAL!

Gary Williamson



Lesson Plan



Combination Play

Age: 14-18

Combination Play in the Attacking 1/3rd

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Feb 26-28, 2010

Learning Objective: Combination interplay appropriate for varied age and ability levels. To improve player development: individual technique, skill acquisition and game awareness. Players will think and act faster.

Introduction

Coaches welcome and it is my pleasure to be here. Your challenge is very difficult: large squads, limited time, wide range of ability and the pressure to compete and be successful at a high level. In looking at attacking play in the final third we want to help our players score more goals. To do this our players must be free to create.

Attack Fluently

Jason Kreis Head Coach of Real Salt Lake states: “Above all else it takes time for players to have “unconscious” awareness of teammates movements and tendencies. A group that is in constant change and disarray will probably never attack with consistent success!” For you the youth coach, repetition in practice will increase the awareness and understanding of your players. In order to achieve simultaneous recognition between two or more players, the key is to group your players in partnerships or combinations of players who play in close proximity by position in the 11 v. 11.

Entry Attacking 1/3

Entry into A1/3 can be from a counter attack or through build-up play. We will focus on the latter as we assist our players to break down a compact deep defense. Playing at varying tempos is the trademark of successful teams and players. As educators can we teach our players to play smart? Recognition is the key, so players know when to create around defenders and convert attacking possession into scoring opportunities.

Creativity within Structure

To give purpose, variety, progression, and some measure of inclusiveness, you must give each practice session a structure. This structure should build confidence through success in the players by moving from easy to difficult; simple to complex; low pressure to high pressure, small numbers to large numbers and so on. Strive to give thoughtful coverage to all aspects of the game within the immediate resources of the players, time and facilities. Each session should give maximum activity in the time available.

- 1. Warm Up** Use a rectangle or circle. This will be a refreshing change from grid work. These activities will demand: “all round” awareness, challenge skillful execution, quick decision making and speed of play. Be patient some players will lose their bearings and not be switched on when you first try these activities.



Lesson Plan



- 2. Small sided activity or game.** Players want to play. Facilitate a lot of repetitions in opposed situations. Blend and integrate technique and tactics. Go to a full size goal as a final progression here so it is realistic and enjoyable.
- 3. Expanded small sided activity/game.** As we become more functional and place players in their natural position can you make this activity enjoyable as opposed to being too structured or static?
- 4. Game.** Here we choose a big goal and counter goals. There are some assumptions here: 4-4-2 formation; twin striker alignment, flat midfield, attacking full-backs. Players combine in pairs and threes within team shape.
Combinations will include: Give and Go – outside midfielder and center midfielder; center midfielder and outside midfielder; center midfielder and forward, outside midfielder and forward. Overlaps- fullback and outside midfielder; center midfielder and forward. Third man run – fullback running off wing midfielder and forward. All three Brazilian Overs- options of forwards receiving pass from flanks.

A word of caution This is not your typical session on a Tuesday evening at 6.30! Avoid progressing too quickly. In this demo I progress very quickly. Initially focus on one individual combination at a time. Increase or decrease the number of players to accommodate for age and ability. Achieve quality/excellence and select the combinations and activities that are appropriate for your team. Demand precise execution. Use lots of demonstration by the talented players to give clear pictures AND to inspire their peers. Your selection will be guided by (a.) observing what was unsatisfactory in the previous game; and (b.) a clear idea of what will be needed for the players in the future. Be careful, however, NOT to over coach attacking play: - too much from you will stunt your players' creativity. **Praise positive actions!**