



2018 West Region Rec Academy Week 5: Passing Combinations

Category: Technical: Movement off the ball
Difficulty: Beginner

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Individual-Adult Member

Description

Combination Discovery Game

Field: 30 (length) x 30 (width) yard grid with goals as pictured

Time: 4 min game to 1 min rest x 3 = approx. 15 min

Setup:

- Balls endline between goals for easy restarts
- Three teams. 4 v 4 plus four or five neutrals (depending on numbers, may have a neutral inside game too).

Gameplay:

- Score in any pugg after playing a neutral (red) and getting it back (must be same player that played neutral)
- Restart by Neutral playing in ball

Coaching Points:

- Where are the goals? How do we score?
- After we pass, what do you do?
- Where is the space open to run into?



Bumpers

Field: 30 (length) x 30 (width) yard grid with goals as pictured

Time: 2 min game to 1 min rest x 4 = approx. 12 min

Setup:

- Balls endline between goals for easy restarts
- Three teams. 4 v 4 plus four or five neutrals (depending on numbers, may have a neutral inside game too).

Gameplay:

- Get a point for doing a combination with a bumper player
- Rotate bumpers each round
- add a defender or two after overlap and give/go taught. If defender gets ball, they switch with the players that lost the ball. No defending bumpers.

Coaching Points:

- What can we communicate?
- Teach overlap and wall pass (1, 2 or give and go) at intervals
- accurate passes, on the ground, with the right weight
- Where to run after pass?



2v1, 3v2 to goal

Field: 30 (length) x 20 (width) yard grids with goals as pictured

Time: 3 min : 1 min x 4 (2 at 2v1, 2 at 3v2 if capable)

Setup:

- Balls endline with defenders
- 3 lines (2 of attackers and 1 of defenders)

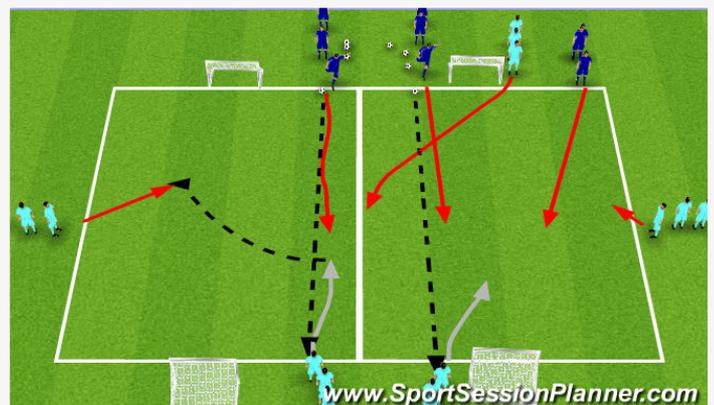
Gameplay:

- 2v1 or 3v2 to goal (defenders have goal to score)
- Ball out or goal and next ball played in by new defender.
- Defender gets ball and gets back in line. Attackers rotate lines every time.

- Rotate defenders each round

Coaching Points:

- 1st touch to make defender commit
- if defender presses ball, make pass
- if defender stays with man, take ball into space at goal
- after pass, move



Scrimmage

Field: 1 40x25 yard grid

Time: 4 min game to 1 min rest x 3 = approx. 15 min

Setup:

- Balls at ends between goals for easy restarts
- may use a neutral

Gameplay:

- score in pugg for goal
- Restart by dribbling or playing in ball from pile on endline
- Bonus point for combination

Coaching Points:

- How to move to create combination?
- What can your run do if you dont get ball?
- Calm, head up, play teammate and move.

