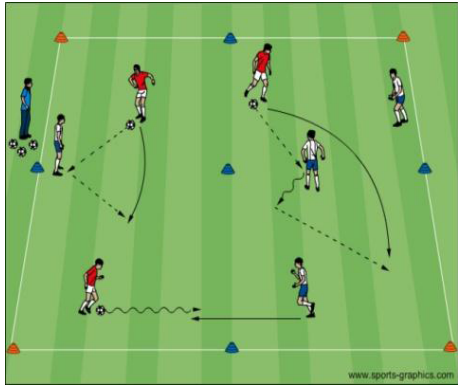
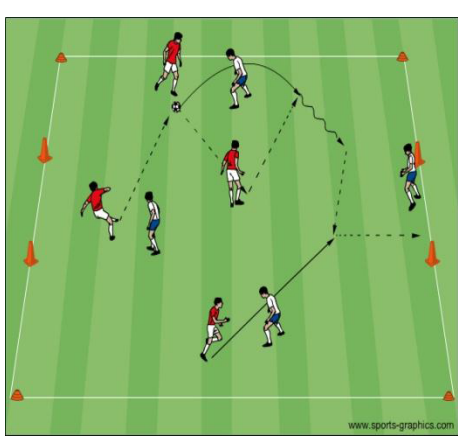
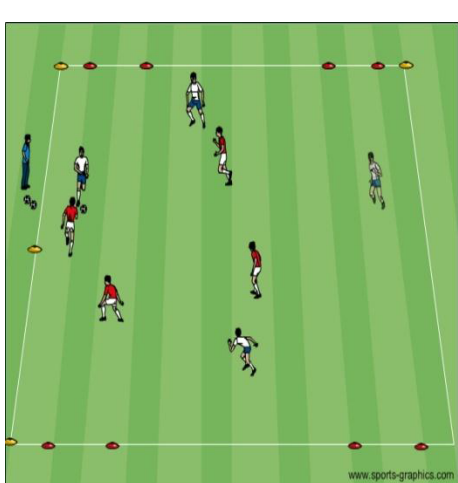




# 2011 - U10 - Lesson Plan - Week 8

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><u>Combination Square:</u></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><b>Time: 15 minutes</b></p>	<p><b>General</b> Quality technique while passing and receiving Be patient &amp; let opportunities develop Encourage finishing off of combination opportunities Positive environment to encourage creative and instinctive play Communication</p> <p><b>Wall Pass</b> 1<sup>st</sup> attacker dribbles at 1<sup>st</sup> defender 2<sup>nd</sup> attacker is slightly ahead of defender in good supporting angle turned sideways on 1<sup>st</sup> attacker reads defenders and supporting cues; decide to dribble or play a wall pass Disguise, deception of pass and runs Accuracy and quality of pass Look for opportunities to create numbers up situations (2v1, 3v1 etc.)</p> <p><b>Takeover</b> 2<sup>nd</sup> attacker runs directly at the 1<sup>st</sup> attacker from the opposite direction 1<sup>st</sup> attacker protects the ball from the 1<sup>st</sup> defender by keeping body between ball and defender 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) Simple communication: "take" or "leave"</p>
Small Sided Game	Organization	
	<p><b><u>4v4-1(4v3):</u></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><b>Time: 15 minutes</b></p>	
Exp. Small Sided Game	Organization	
	<p><b><u>4v4 to Two Small Goals:</u></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><b>Time: 20 minutes</b></p>	
Game	Organization	Coaching Pts.
6v6 Scrimmage	Play with Goalkeepers in a 45-60 yard long by 35-45 yard wide field.	All of the above <b>Time: 30 minutes</b>
COOL DOWN	Activities to reduce heart rate, static stretching & review session – <b>Time 10 min.</b>	