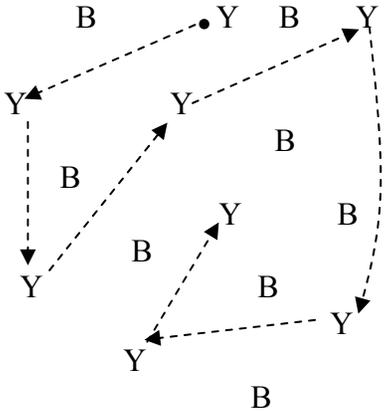
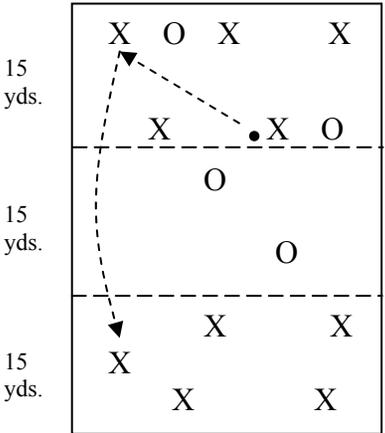
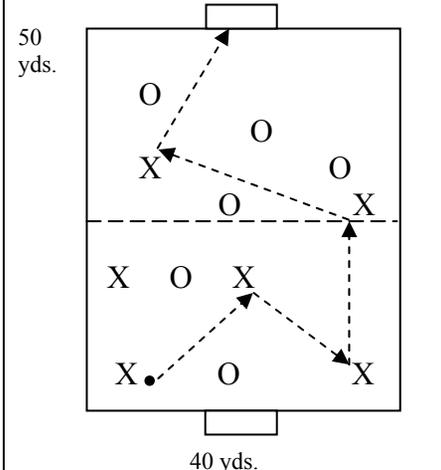
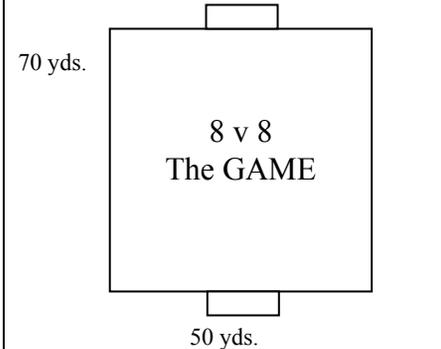


Topic: **Combination Play to Penetrate**

Organization	Variations	Diagram	Coaching Points
<b>Unrestricted</b>			
<p>8 v 8 “Blackjack.” Possession exercise (define area if necessary). Stretch.</p>	<ul style="list-style-type: none"> <li>▪ Team in possession keeps the ball as long as possible. Teams change roles with loss of possession.</li> <li>▪ Blackjack (first team to 21 points wins). Award points as follows:                             <ul style="list-style-type: none"> <li>✓ 1 point for every one touch pass</li> <li>✓ 1 point for a wall pass</li> <li>✓ 1 point takeover</li> <li>✓ 1 point for overlapping runs</li> </ul> </li> <li>▪ Keep it realistic and award points only for successful combinations while keeping possession of the ball.</li> </ul>		<ul style="list-style-type: none"> <li>✓ Maintain proper balance and angles of support</li> <li>✓ Vision and awareness away from the ball</li> <li>✓ Proper verbal and visual communication</li> <li>✓ Appropriate technique while receiving and passing the ball</li> <li>✓ Speed of play and decision making</li> </ul>
<b>Restricted</b>			
<p>5 v 2 + 5 v 2 (25 x 45 area or as needed). Coach begins by serving 10 balls to the attacking team(s) from outside the area. Defenders move into the nearest defending third in transition to create a 5 v 2.</p>	<ul style="list-style-type: none"> <li>▪ Teams score by switching the ball through the middle. Continuous play until the ball is played out of bounds or the defending team wins the ball.</li> <li>▪ Attacking team must pass the ball (4-6) times before switching the ball.</li> <li>▪ One player from the far grid can check to the middle for support (check in – check out).</li> <li>▪ Must link with the checking player in the middle before switching the ball.</li> <li>▪ Rotate defenders accordingly.</li> </ul>		<ul style="list-style-type: none"> <li>✓ Play the way you are facing – don't force the ball</li> <li>✓ Change the point of attack and penetrate quickly</li> <li>✓ Disguise and deception of pass and runs</li> <li>✓ Be patient and let opportunities develop</li> <li>✓ Pass selection – on the ground or in the air?</li> </ul>

Topic: **Combination Play to Penetrate**

<b>Two Large Goals</b>			
<p>6 v 6 with goalkeepers to two large goals (40 x 50 area or as needed). Divide field into two equal halves and organize players accordingly.</p>	<ul style="list-style-type: none"> <li>▪ Begin with 4 v 2 in each half. Players must stay in their own half of the field.</li> <li>▪ Progress by allowing one defender to advance forward creating a 4 v 3 and then one attacker to advance forward creating a 3 v 4.</li> <li>▪ Award one point for any combination play and two points for combining with an attacking player that leads to a goal.</li> <li>▪ Remove the central line and play.</li> </ul>		<ul style="list-style-type: none"> <li>✓ Change of rhythm in possession to unbalance defending team shape</li> <li>✓ Timing of runs on and off the ball</li> <li>✓ Quick and decisive transition from defending to attacking</li> <li>✓ Encourage finishing off of combination opportunities</li> <li>✓ Utilize the goalkeeper in possession of the ball</li> </ul>
<b>Two Large Goals</b>			
<p>7 v 7 with goalkeepers to two large goals (50 x 70 area or as needed).</p>	<ul style="list-style-type: none"> <li>▪ Possible Formation 2:3:2.</li> <li>▪ No restrictions.</li> </ul>		<ul style="list-style-type: none"> <li>✓ Positive environment to encourage creative and instinctive play</li> <li>✓ Possession is the key to success</li> <li>✓ All of the above</li> </ul>
<b>Cool Down</b>			
<p>Players jog (dynamic movements). Stretch.</p>	<ul style="list-style-type: none"> <li>▪ Focus on major muscle groups.</li> </ul>		<ul style="list-style-type: none"> <li>✓ Reduce Heart Rate</li> <li>✓ Static Stretching</li> <li>✓ Review Session</li> </ul>