

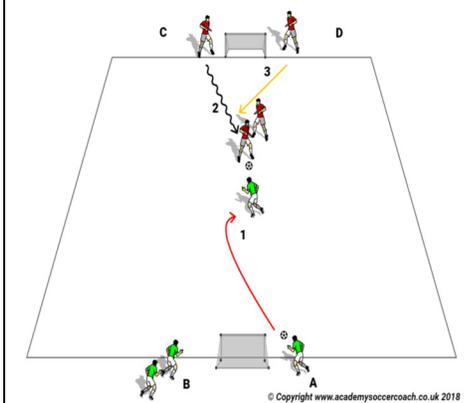
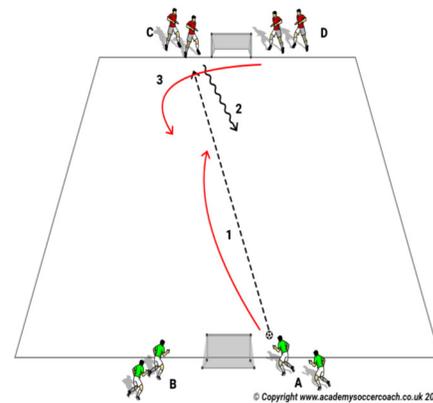
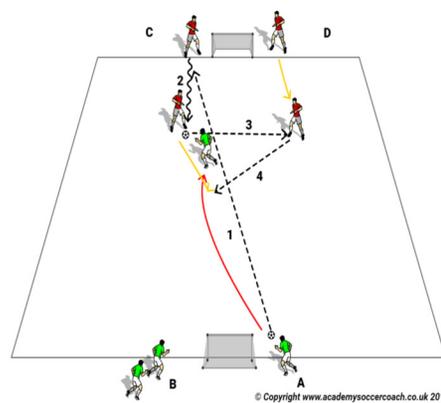


Colorado United U11-U15 Academy Program



Session Date:		Time:	75 mins	Age Group:	U11-U15
Session Theme:	Continuous Combination games and practice				

Here are extra activities to help teach the players how to use combinations. These are continuous activities. While they are working on the combination, they are also focusing on the transition back to defending once their attack is over. With four lines you can have 3 players in each to keep the activity centralized and easier for you to coach the combination.



It is important that the players dribble towards the middle for the overlap and take over. By moving to the middle they open up space for their teammate to go around them AND force the defender on who to mark.

It is important that the players performing a wall pass are close together so the pass has more difficulty being intercepted.

Wall pass combination

A passes the ball to C and D joins C in the attack. A is defending C and D. C dribbles forward to allow D to join. C passes to D, who is off the defender's back shoulder and D returns the pass to C. C and D look to score.

After the ball goes out off the end line or a goal is scored, the player (C or D) that scored or misses stays on to defend a new player from line A and a new player from B creating a 2 v 1 going the other way. The player that didn't score or miss goes back to the end of the line. Then A and B attack a defender from C or D.

Overlap combination

A passes the ball to C. A then follows pass to defend against C and D. C dribbles towards the middle to create space for D to make an overlapping run around C.

After the ball goes out off the end line or a goal is scored, the player (C or D) that scored or misses stays on to defend a new player from line A and a new player from B creating a 2 v 1 going the other way. The player that didn't score or miss goes back to the end of the line. Then A and B attack a defender from C or D.

Take over

A passes the ball to C. A goes to defend C and D. C dribbles to the middle to create space on either side. D makes a run behind C and tells C to LEAVE IT. C leaves the ball where it is and continues their run away from the ball. D takes the ball and tries to score.

After the ball goes out off the end line or a goal is scored, the player (C or D) that scored or misses stays on to defend a new player from line A and a new player from B creating a 2 v 1 going the other way. The player that didn't score or miss goes back to the end of the line. Then A and B attack a defender from C or D.

Created by Josh Beaty