

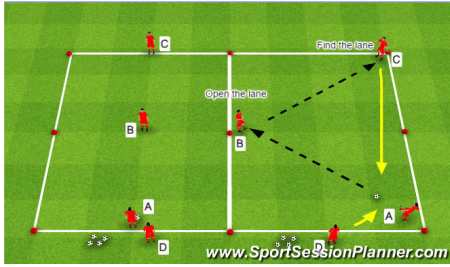


Real Colorado Symposium - Combinations to Goal

Category: Tactical: Combination play
Difficulty: Difficult

Am-Club: Real Colorado
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3 Lines of Attack (5 mins)



Organization:

20x10 grid set up w with 6 cones
4 players per grid
Plenty of soccer balls

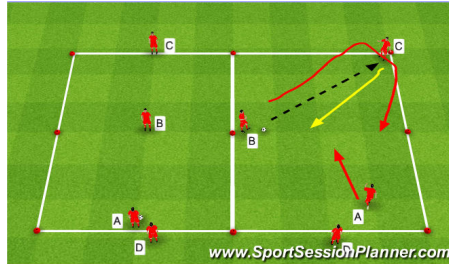
Instructions:

Players set up in 3 lines - defensive (1st), midfield (2nd), attacking (3rd)
Player A begins by moving the ball either left or right
Players B & C react to their movement to create a triangle (B opens a lane, C finds the lane)
A passes to B
B passes to C
C dribbles back to 1st line
Players follow the pattern of the ball
Player D begins next rotation

Coaching Points:

Movement to open & find passing lanes - be able to see the ball as you move
Quality of pass - body in line, facing target, weight & accuracy
Player B looking over their shoulder as the ball travels to find player C
Speed of play - quick passes, quick movement (what is my next role?)

2v1 - Overlap (10 mins)



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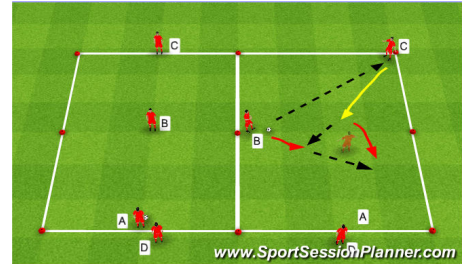
Instructions:

As before until ball arrives at Player C
When B has passed the ball, they sprint to overlap C
Play 2v1 to cross the line (B & C vs A)
Points for success
Players rotate as before

Coaching Points:

Player C - positive 1st touch, engaging the defender, keeping them off balance
Player C - should you pass? Or, can you still dribble 1v1
Player B - angle & distance from C, can you unbalance defender
Can you use B as a decoy?

2v1 - Give & Go (10 mins)



Organization:

20x10 grid set up w with 6 cones
4 players per grid
Plenty of soccer balls

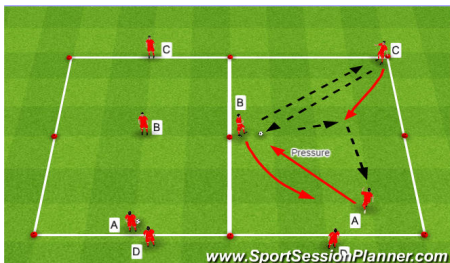
Instructions:

As before until ball arrives at Player C
Player C drives in and is pressured by Player A
Perform Give & Go around Player A - initially defender is passive
Players rotate as before

Coaching Points:

Player C - positive 1st touch, engaging the defender, keeping them off balance
Player C - should you pass? Or, can you still dribble 1v1 (When full pressure)
Player B - angle & distance from C, can you unbalance defender
Can you use B as a decoy?

2v1 - Double Pass (10 mins)



Organization:

20x10 grid set up w with 6 cones
4 players per grid
Plenty of soccer balls

Instructions:

As before until ball arrives at Player C
Player A presses B as the ball is passed back to B
Player B sets the ball back to C and moves in behind A
Player C plays the ball into space for B to move on to
Players rotate as before

Coaching Points:

Player C - time the pass back to B so the ball arrives as B is pressured
Player B - play the ball late to bring the defender closer
Player C - use 1 touch to play the ball into space behind defender. Consider weight of pass

To Goal (10 mins)



Organization:

20x10 grid set up w with 6 cones
4 players per grid
Plenty of soccer balls

Instructions:

As before, in front of goal
Teams go one at a time, opposite team has player in goal
Player that starts rotation plays as full pressure defender
2 attackers play to get past defender and score in goal
Defender defends up to edge of the box, not inside

Coaching Points:

Decision making - combine or isolate defender in 1v1
Speed of play - get to goal quickly, keep defender off balance
Timing of combination - should eliminate defender and get an attacker in front of goal
Keep score!