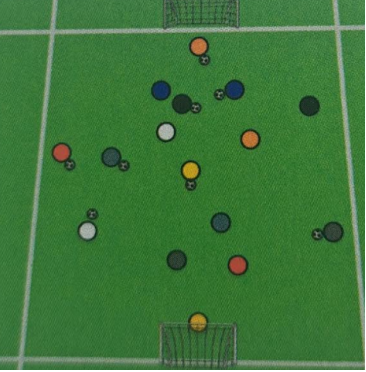
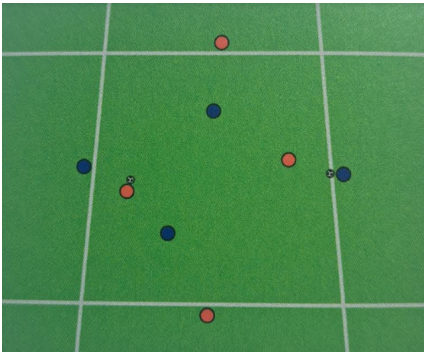
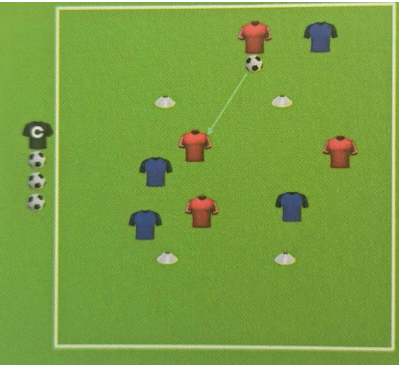


Combining With Teammates

Warm up: Break the lines	Set up	Explanation	Coaching points
	<ul style="list-style-type: none"> An area of about 20x30 (or your whole field) is set up. Players are placed in pairs, with a ball between 2. You can decrease the size of the space to make the exercise more difficult. 	<ul style="list-style-type: none"> Players work with their partner to pass and move the ball around the field. Points are awarded every time a pair can break the lines with a pass (lines are imaginary between any 2 players on the field) Play for 1 or 2 minutes and see which team can break the most lines, then find a new partner and play again. <p>Progression:</p> <ul style="list-style-type: none"> Choose one pair to be the defenders, who cannot tackle a dribbling player but score points for intercepting a pass. Play with teams of 3 rather than 2, and challenge the players to make a triangle by passing quickly to break 2 lines and combine all 3 teammates. 	<ul style="list-style-type: none"> Breaking the lines is passing through (or between) rather than across the front of defenders. It's how we get closer to goal! Try to create space as an individual - stay on the ball and move with it until your teammate can find a supporting position. Think about: <ol style="list-style-type: none"> Decision - is this the right time to pass? Direction and distance - is there a passing lane to get the ball through and is it going to be there as the ball travels? Disguise - Sometimes, a dribble or a look can disguise your intentions and draw off defenders.
<p>Opposed practice: Up/Down - Left/Right</p> 	<ul style="list-style-type: none"> An area about 20x20 is marked out. Players are arranged into teams of 4 or 5. Each team has 1 player at the ends of the field they are playing through, with the remaining players in the middle. In the diagram, Red have 1 player each at top and bottom, while blue has them left and right. Each team has their own ball. 	<ul style="list-style-type: none"> The red player at the top of the field starts with the ball and passes to a teammate in the middle. The players in the middle must combine to make "X" number of passes before passing the ball out to the teammate at the bottom. The bottom player then returns the ball to their teammates in the middle, who continue to make "X" number of passes on their way back up the field. Blue team follows the same process with their own ball, but moves from left to right in the same space. <p>Progression:</p> <ul style="list-style-type: none"> After a practice round, the teams can race to see which can transfer the ball from one end to the other 3 or 4 times the fastest. The player who passes out to the end player, runs to take their place, and the end player dribbles in to start playing back across the field. 	<ul style="list-style-type: none"> Try to make every pass a good one. Create an angle for your teammates - If your passing lane is blocked, move! Communicate - use words and gestures to let your teammates know where you want the pass to be played! Up the tempo - can you play faster? <p>Note: Red and Blue have been used to easier explain the exercise - pinnies are not required for this game!</p>
<p>Small Sided Game: Any Goal, Any Direction</p> 	<ul style="list-style-type: none"> A field appropriate for 4v4 play is set up. Two cone goals are set up within the field. Players are split into teams of 4 - Neutral players can be used if numbers dictate. 	<ul style="list-style-type: none"> Teams play 4v4 within the field and attempt to score by passing the ball through the cone goals to a teammate. Both teams can score in both cone goals. Cone goals can be placed anywhere in the field. In the diagram, they are about 10 yards into a 30x20 field. <p>Progression:</p> <ul style="list-style-type: none"> If scoring is difficult, add more goals or widen the goals to make scoring easier. To make scoring more difficult, draw in the cones and make the goals smaller. 	<ul style="list-style-type: none"> How are you moving to support the player with the ball? Can we use the whole playing area to create opportunities to score through both the front and the back of the goals? Defenders, don't just try to block the goals, close attackers down and try to win the ball - turn defense into attack!