



COACHING CLINICS WINTER 2007

SESSION 3

COMBINATION PLAY

Session 3: Combination Play

1. Short – Short - Long

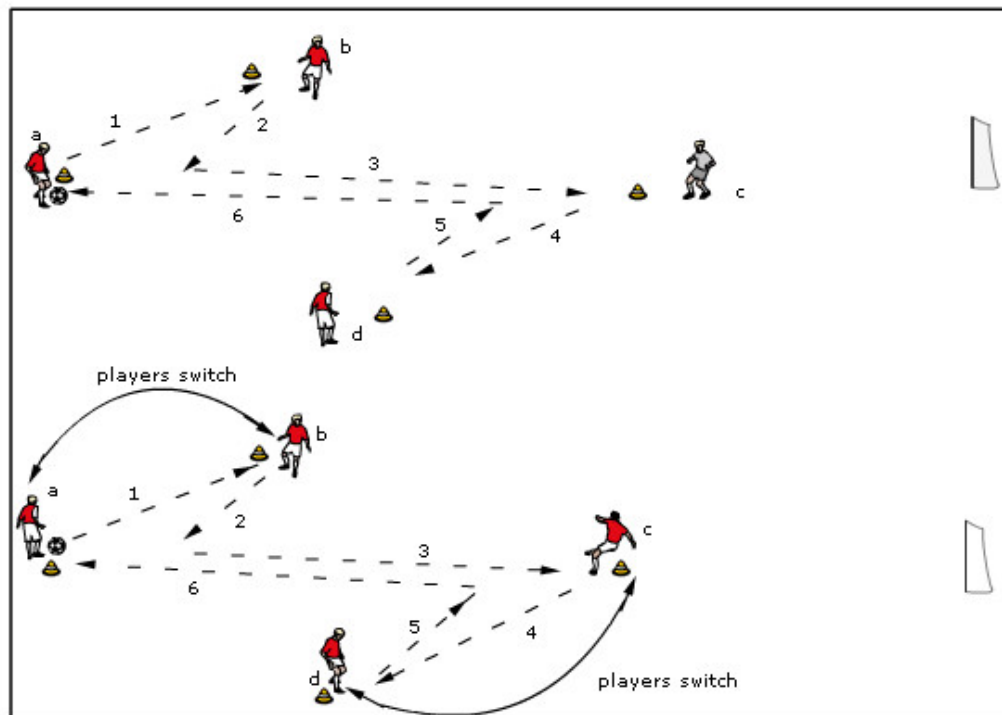
- Start by using your hands so that everyone gets the basic pattern
- Start with two touch passing
- Once the players have the basic pattern, they should be taught how to check out and check in (WHY DO YOU CHECK OUT?/ WHERE DO YOU CHECK OUT?)
- After learning how to check in and check out players will need work on their timing (WHERE DOES THE PLAYER GO AFTER PASSING THE BALL? HOW FAST SHOULD THE PLAYER SHOW FOR SUPPORT? HOW MUCH SPACE SHOULD THERE BE BETWEEN THE PASSER AND RECEIVER?)
- WHO DETERMINES WHEN THE BALL SHOULD BE PLAYED IN? a) Player with the ball b) player checking to the ball

COACHING POINTS

- Player A passes to Player B and comes back wards before attacking the space where he/she wants the ball back (WHY WOULD THEY DO THIS?)
- Weight of the pass has to be good enough to provide a one touch pass
- WHICH FOOT SHOULD YOU AIM FOR? Depends on what you want the next player to do with the ball
- Check away and to the ball and keep their body “SIDEWAYS ON” to the field so that they can see everything in front of them

PROGRESSIONS

- Progress to one touch
- Vary up the size of the grid to work on
 - o Short tight passing
 - o Longer passes
 - o Opposite direction to work on the opposite foot
- Player A and B (C and D) switch after playing the ball short-short-long



2. Short – Short – Long into Shooting

- Same as the passing combinations in warm-up but this time we end with a shot
 - o After Player A and B do a short, short, long combination, they switch positions.
 - o After Player C lays off the ball for Player D, he/she will take up Player D's position
 - o After Player D shoots, he/she will collect their ball and go to the back line C
 - o Repeat the sequence, but going in the opposite direction with Player C starting with the original pass going to Player D

COACHING POINTS

- same as the warm-up passing drill
- the final pass should be soft enough for the Shooting player to shoot the ball one time
 - o Player C should lay off the ball on an angle coming back towards Player D
 - o Typical error that Player C will make is to play a SQUARE PASS or a pass that is traveling towards the goal rather than back to Player D
- Accuracy over Power when shooting

3. Overlap into a Third Man Run

- Player A passes to Player B
- (GIVE AND GO) Player B lays it off for Player A
- (OVERLAP) Player A passes a long ball into Player C and makes an Overlap around Player B to receive the ball
- (THIRD MAN RUN) Player A passes a short weighted ball into the path of Player D who takes a touch and shoots
- Player B and Player A switch roles / Player C and Player D switch roles
- Repeat the sequence, but going in the opposite direction with Player C starting with the original pass going to Player D.

COACHING POINTS

- Player A has to time his/her OVERLAP run to make sure they arrive exactly as the ball is coming towards them
- Player D begins to anticipate the through ball by going out wide to create space to come back in towards the middle as they receive the ball.

