

Coach:

Session date:

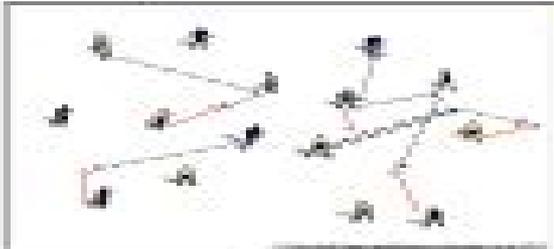
Team/Age Group:

Theme:

Topic: Combination Play
-Receiving ball across body
-Decision of when to dribble/pass

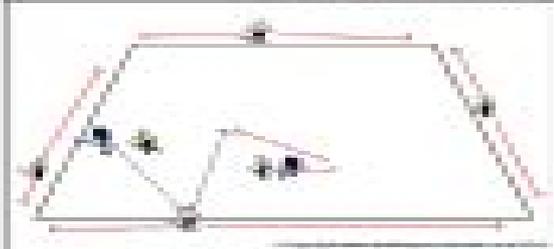
- Flow off of ball whenever ball moves
- Intensity of walking the ball

Time available:

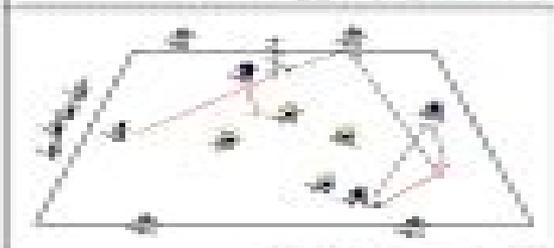


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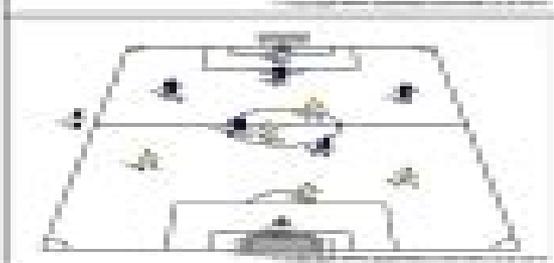
Phase 1: Random Passing
 Intensity: Medium Field Size: Whole space (Duration: 10 minutes)
Organization:
 - Teams are split into two colors
 - Pass to opposite, same-side opposite opposite
 - Space will pass, overlap
Coaching Points:
 - Players should look to play ball across/body
 - When combining, maybe take one, or two to get timing right
 - Movement after passing



Phase 2: 2v2 with 4 Bumpers
 Intensity: High Field Size: 10x10 yards (Duration: 10 minutes)
Organization:
 - 2v2 in the middle with 4 bumpers on the outside
 - Score by splitting or combining around opposite
 - Play 2 minute bouts switching opponents each bout
Coaching Points:
 - Look to move ball quickly and get it back
 - Can you receive across body to go either way
 - After playing, get to an area where you can get it back
 - Don't ever run off of ball



Phase 3: 2v2 to targets
 Intensity: High Field Size: 30x10 yards (Duration: 10 minutes)
Organization:
 - Can play with 2 targets or 1 target on each side (depending on FC)
 - Play in and get it back, play in and get it back and dribble over line for a point
Coaching Points:
 - Use whole width for space to combine into
 - Can we find target and get into position get it back?
 - Can we penetrate with combinations?



Phase 4: Play 2v2
 Intensity: High Field Size: 40x10 yards (Duration: 30 minutes)
Organization:
 - Play regular rules with 2v2
 - 2, 3 minute halves with a 2 minute half time
Coaching Points:
 - Should be able to penetrate and combine in (2 high, 1 1/2, wide, depth of 4)
 - Transition to attack once you find someone to play off of quickly?

U S Soccer Training Session Planner

**Dan Herbst, United States Soccer
Federation**



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