



Academy 5

Category: Tactical: Combination play

Difficulty: Beginner

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Overlaps (10 mins)

Setup

Set up 4 cones in the shape of an elongated diamond.

Assign an all time passer on each of the two cones where the points of the diamond are closest.

Rotate these passers every 3-5 minutes. In our diagram, the passers are in red.

Instructions

Have the first player in line pass to one of the passers and overlap them.

The passer that receives the first pass plays a first time ball into the other passer who then returns the ball to the player overlapping.

The player then plays into the next player in line and the pattern repeats going the other direction.

Variations

Play every pass 1-touch.

Expand the distance between cones and play longer balls in the air.

Coaching Points

Focus on clean, crisp passing.

Movement off the ball must be timed with the pass.

The drill should flow with a continuous passing pattern.

Focus on speeding up the combination play.



Wall pass (10 mins)

Setup

Stagger the cones in the shape of a parallelogram about 10 yards deep and 20 yards long. Can be smaller to accommodate skill level.

Have a player at each of the two inside cones that will not be a passer.

The Blue players are the stationary passers.

Instructions

The first player in line plays a one-two (1-2) combination pass with the player at the cone nearest his side.

He then plays a one-two (1-2) combination with the player farthest from him around the 2nd middle player.

He then returns the ball back to this player who follows the same format in the opposite direction.

The red players are the only players that rotate positions with each turn.

Switch out the Blue players as needed every 3-5 minutes or as desired.

Variations

Play every pass 1-touch.

Expand the distance between cones and play longer balls in the air.

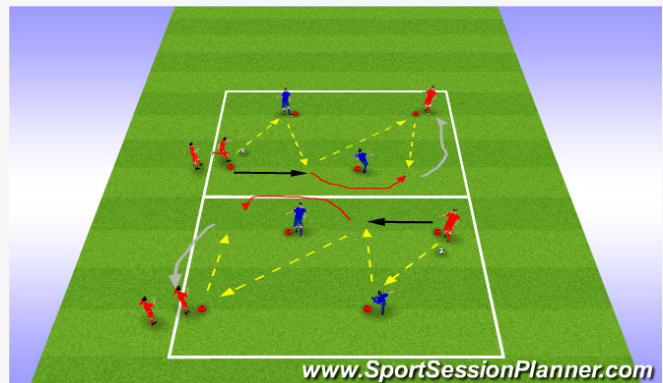
Coaching Points

Focus on clean, crisp passing.

Movement off the ball must be timed with the pass.

The drill should flow with a continuous passing pattern.

Focus on speeding up the combination play.



Crossing and Finishing (20 mins)

Setup

Groups of players at the blue cones

Two stationary passers at the red cones

Instructions

Player from A passes to stationary player, then overlaps.

Stationary player plays ball into space for A, then makes a back post run

Player A overlaps and plays a ball into near or far post.

Player C makes a well timed near post run

Repeat on side with B.

Players switch places

Coaching Points

This drill is all about crossing and finishing on goal.

Make sure the proper crosses are played in. If they are too far inside, a good solid cross on the ground into the advancing player.

If they are outside, drive a good cross into the advancing players.

Overlapping players should be giving instruction, hold, hold, release.

Passes and shot should be 1 touch when possible.

Focus on good finishing and shooting technique and putting the ball on target.

Make sure runs are properly timed and the runners are not in the box too soon or too late.

Make sure the backpost runner does not let the ball through.

Make sure the frontpost runner is cutting to the front post.

