

# COMBINATION MOVEMENTS SESSIONS

Session 52: 2 v 2 And 3 v 2 Combination Plays

Session 53: Creating And Improving Simple Combination Plays

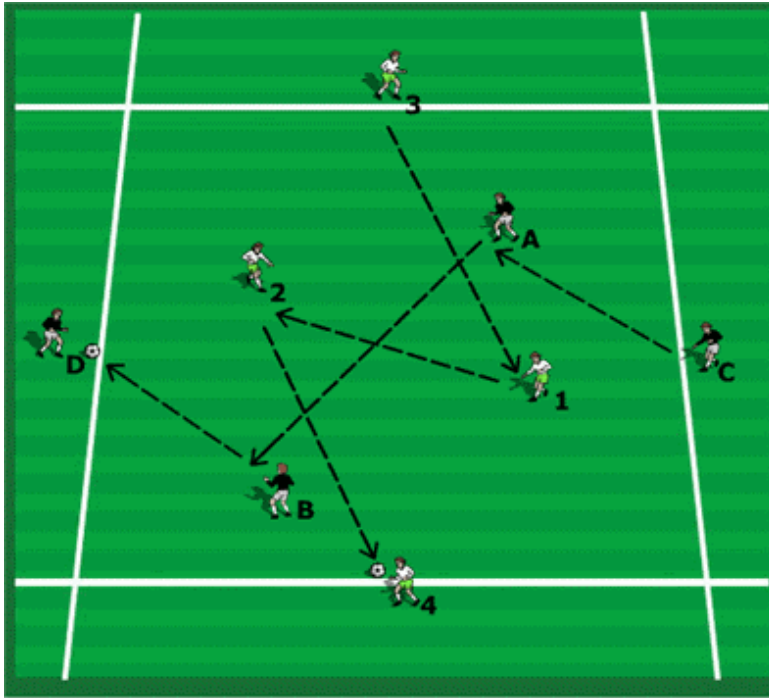
Session 54: Passing Support And Combination Work Game

Session 55: Developing Passing Techniques Focusing On The Wall Pass

Session 56: Session More Advanced Combination Plays To Try If The Players Are Ready

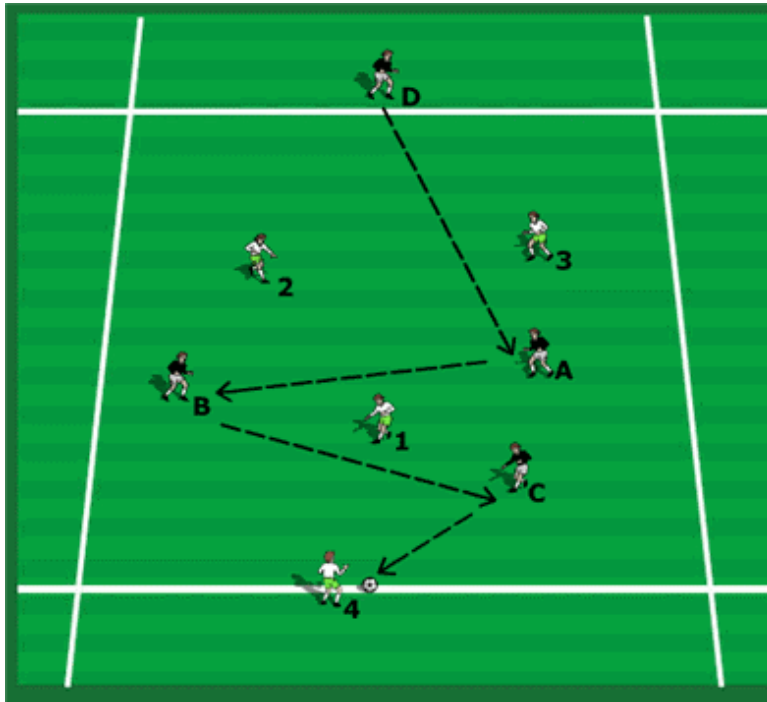
**For small-sided game situations for Combination Plays see the SSG section.**

## Session 52: 2 v 2 and 3 v 2 Combination Plays



Take it into a more dynamic practice if the players are able to perform to this level.

(3) passes to (1) who passes one or two touch to (2) who passes one or two touch to (4). Letters team work at the same time. Need to be aware where own teammate is and where opponents are so they don't collide. You can mix it up by having the inside player pass to any outside player.



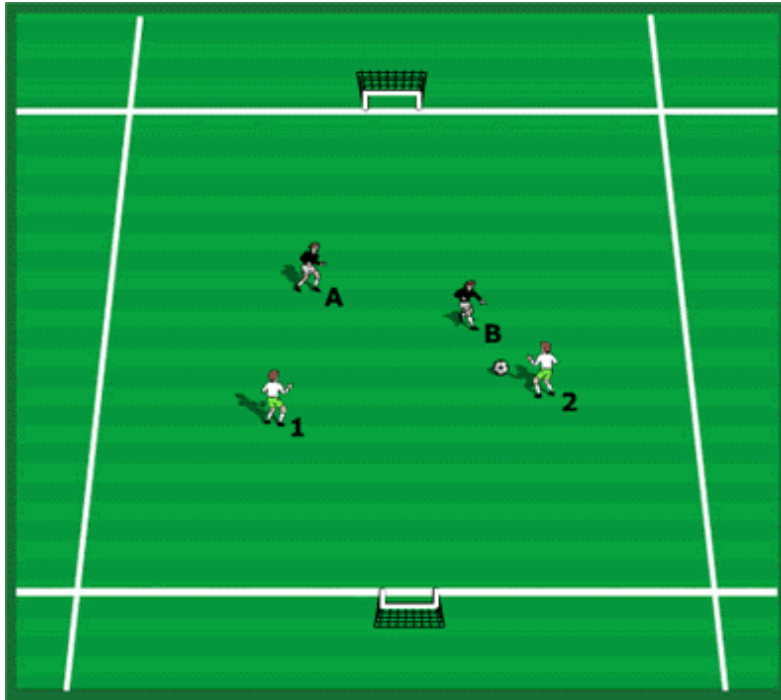
**Develop:** Have outside players switch with the inside passer so movement of players inside to out and visa versa.

It's important each player works an angle off the passer in advance of the pass e.g. (2) is receiving off (1) so moves to support as (1) is receiving off (3). Outside players must move along the line so inside players have to look to find them.

Depending on numbers put three in the middle on each team where they all must pass the ball to each other before it goes outside again.

Overload game 3 v 3 v3 (coach join in) making a 6 v 3 situation (see over).

## Passing and Support Play in a 2 v 2



A highly competitive 2 v 2 situation now where combination plays are what the players need to produce to help them score goals.

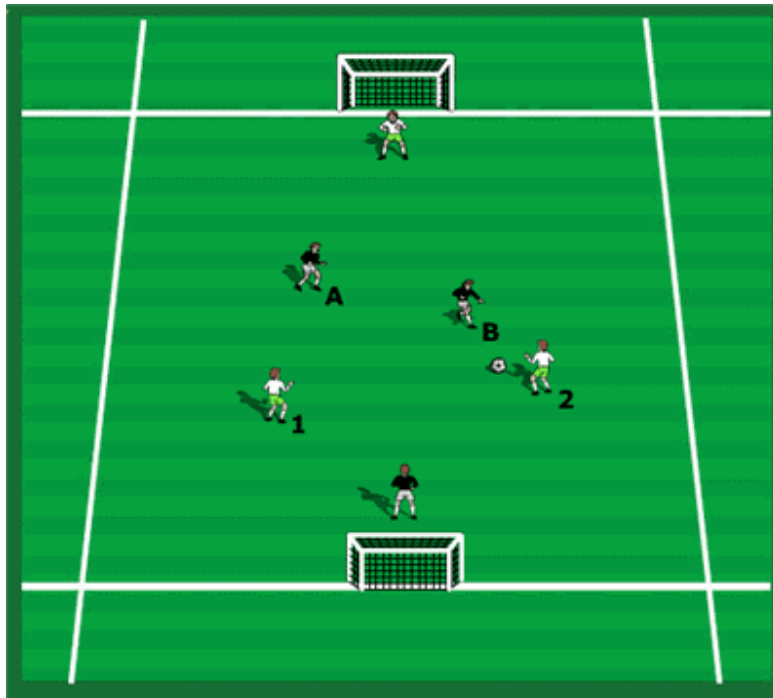
Can include takeovers, overlaps, 1-2's, diagonal runs in front of the ball.

If a player is particularly good at dribbling the movement of the support player could be away from a support position to take the other defender away too. This will leave a 1 v 1 situation with no support for the defender.

The player on the ball must consider each movement of their teammate and act accordingly. There are two choices a) pass to the supporting player, b) use the movement of the supporting player as a decoy to create space for the player on the ball. Which choice to make can depend on the reaction of the opponents and where they move to?

You can have a keeper in each goal so it is a 2 v 2 and both sets of two can attack and defend.

## Passing and Support Play in a 2 v 2



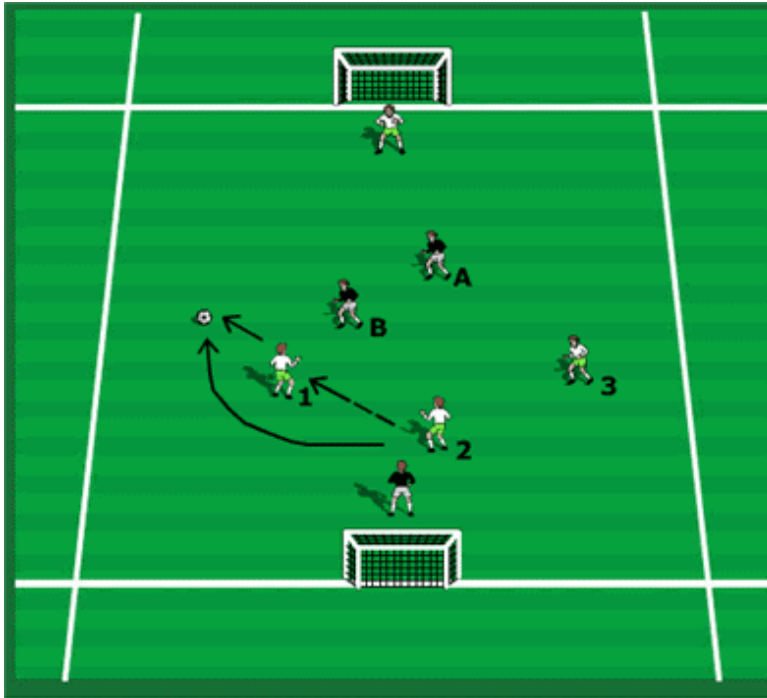
Here we have 2 keepers in also where the 2 v 2 is a game situation.

You can apply this set up to all the following diagrams showing 2 v 2, 3 v 2 and 3 v 3 set ups and what technique they are practicing in each one.

This means it is more game related and both teams get the chance to attack and work on the technical situation they are practicing.

The reason I show the set ups without keepers is to show how you can train with small numbers of players, if you have two extra you can use them as keepers and rotate the players so each has a go as an outfield player also.

## A 3 v 2 Situation



With this overload situation it is a very good opportunity to practice overlaps, 1 – 2's, diagonal runs in front of the ball and takeovers.

(A) Or (B) pass the ball into any of the three attackers and close them down as the ball travels. Try to create a 2 v 1 set up somewhere on the field of play from the 3 v 2 situation. If it proves difficult to set up and execute successfully start with a 3 v 1 situation then go to a 3 v 2 when it starts to work regularly.

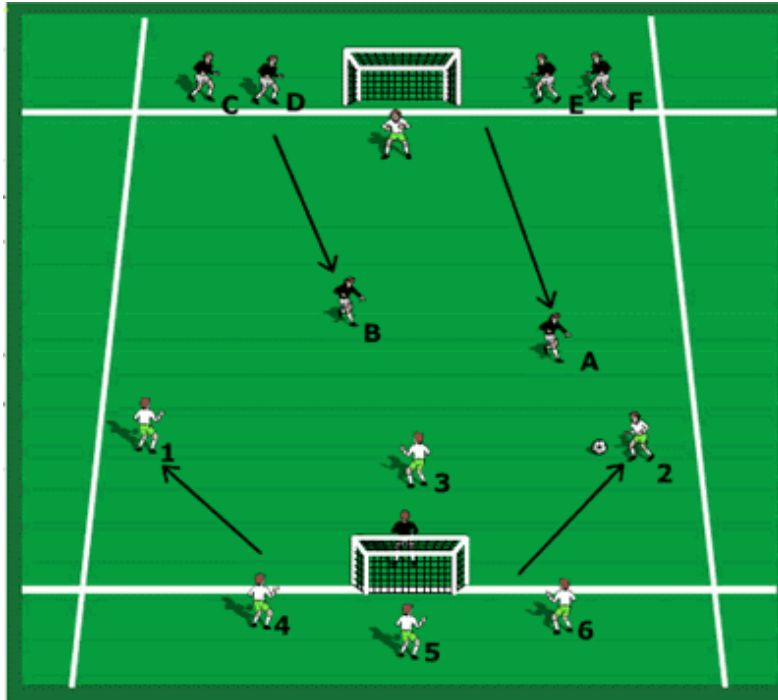
Players can make their plays using each others movement as a decoy as well as an exchange of possession of the ball. Playing offside makes this set up more realistic.

Condition the attacking players where they can only score with two touches (or only one touch if possible).

The above set up shows a typical overlap situation. (1) Can make two decisions; to pass to (2) on the overlap or use (2)'s run to take (B) out of position and come inside with the ball creating a 2 v 1 against (A).

It is important for players to realize (in this case player 2) that they make runs to create space for themselves and also for their teammates.

## Development

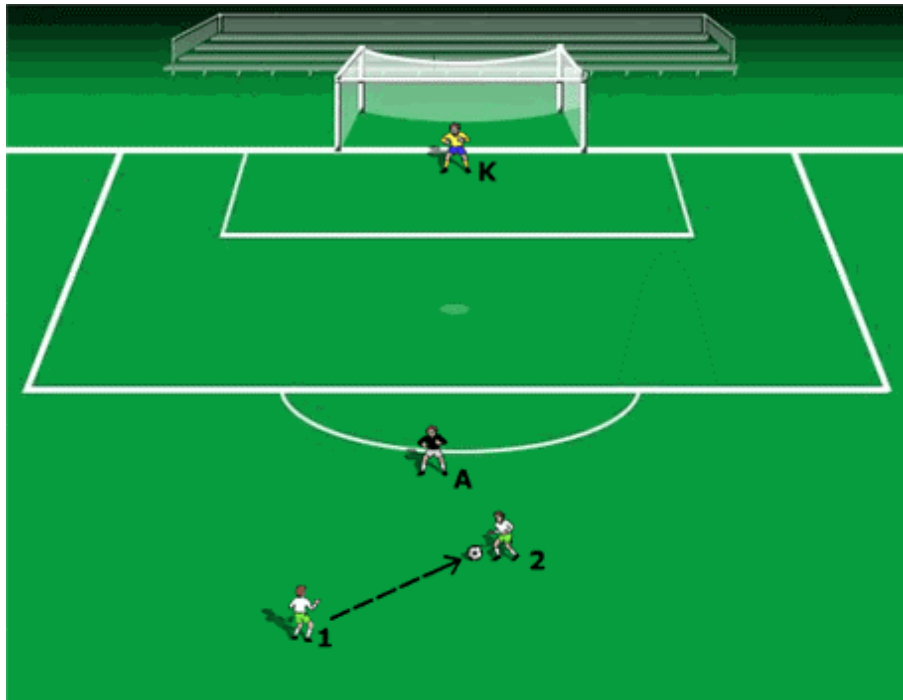


Introduce keepers and increase the size of the goals to make the set up more realistic. You can have keepers in from the beginning also if you wish. With more numbers have the players rotate on and off in 3 v 2 situations. You may need to make a 4 v 2 situation depending on the ability of the players. You can show them tried and tested ways to create overload situations (as previously shown) to begin then let it go free and see them use their own imagination. Rotate players so defenders get the chance to be attackers and attackers to be defenders. Rotate keepers.

**Competitive:** Each team has 10 chances to attack and score. An overlap must be performed in each attack, either used as an overlap or used as a decoy. Which team can score the most goals???

**Develop:** Change the game to a 3 v 3 where it is equal numbers but only when the players are ready for this and can have success with it.

## Session 53: Creating and Improving Simple Combination Plays



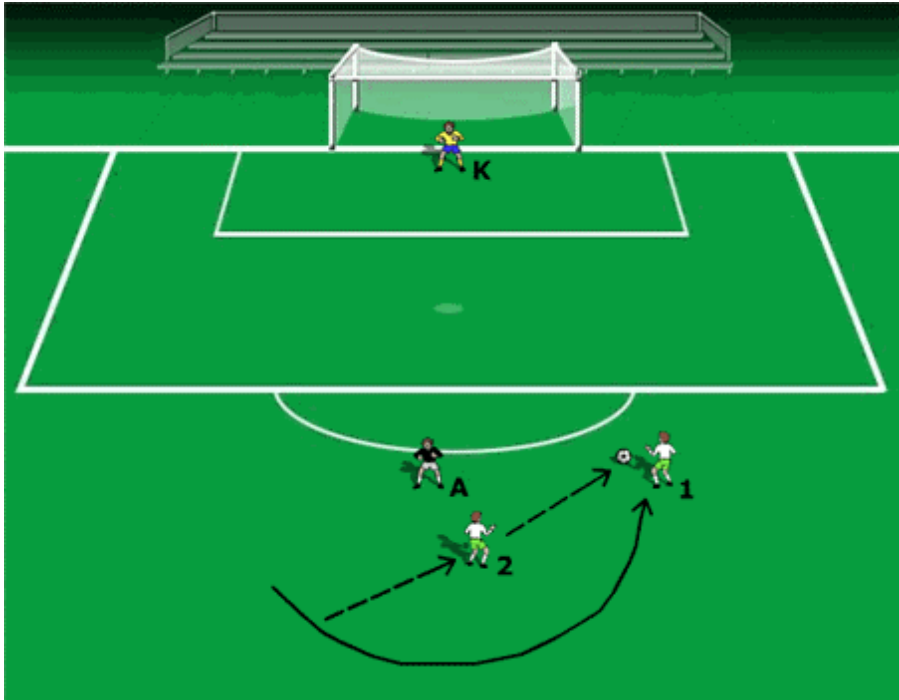
Consider using players making the movement off the ball as decoys. If the defender (A) tracks the run of the support player (1), the player on the ball (2) can DIRECTLY attack the goal themselves.

Ask the players to really identify when and where this happens and make the correct decision.

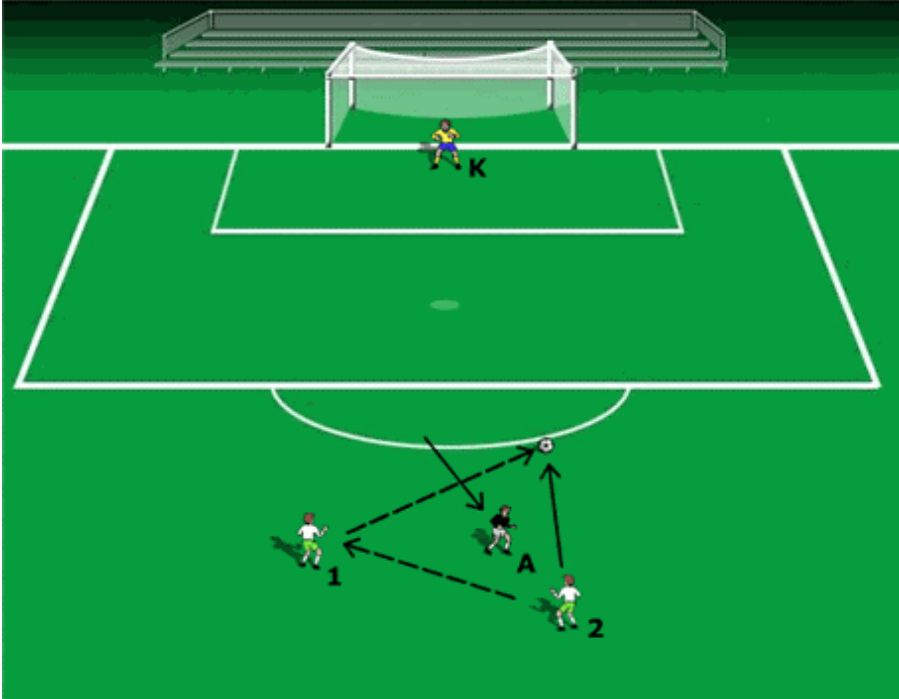
Decisions to make, do I pass, do I attack the goal myself?



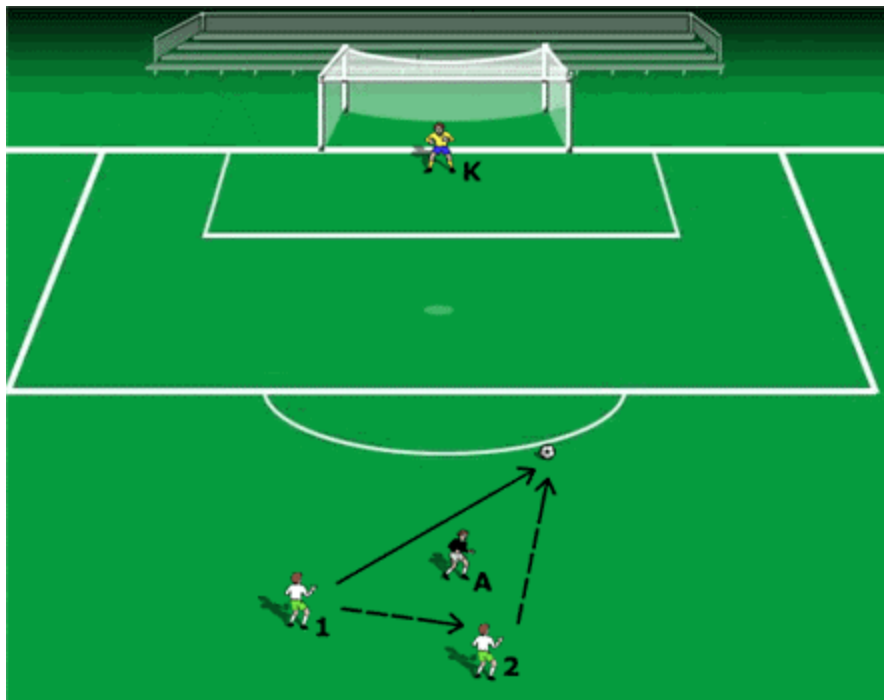
# An Overlap



# A 1-2 Movement



## A Diagonal Run in Front of the Ball



### Take-Over

1. Create Space – On either side of each player.
2. Change Pace – In slow, out quick escaping defenders.
3. Shield the Ball – Use the foot farthest from the opponent to play the ball using the body as a screen.
4. Communication – Between the players is vital. Have the player on the ball say take or leave to the supporting player, using this player as a decoy or actually letting them take it off them.
5. End Result – To confuse the two defenders so they aren't sure which player is taking the ball which may give them a vital moment to get free with the ball.

### Overlap

1. Create Space – Receiver brings the ball inside to create space outside for the overlapping player particularly in a wide position. Or do An outside to inside otherwise known as an under lap.
2. Communication – Overlapping player calls “hold”.
3. Timing of the run – When the receiving player is faced up forward.
4. Angle of the run – Wide away from the defender.
5. Timing of the pass – Into the path in front of the overlapping player.
6. Decoy or pass– Instead of passing use the run to take the defender away from the space inside and come inside with the ball.

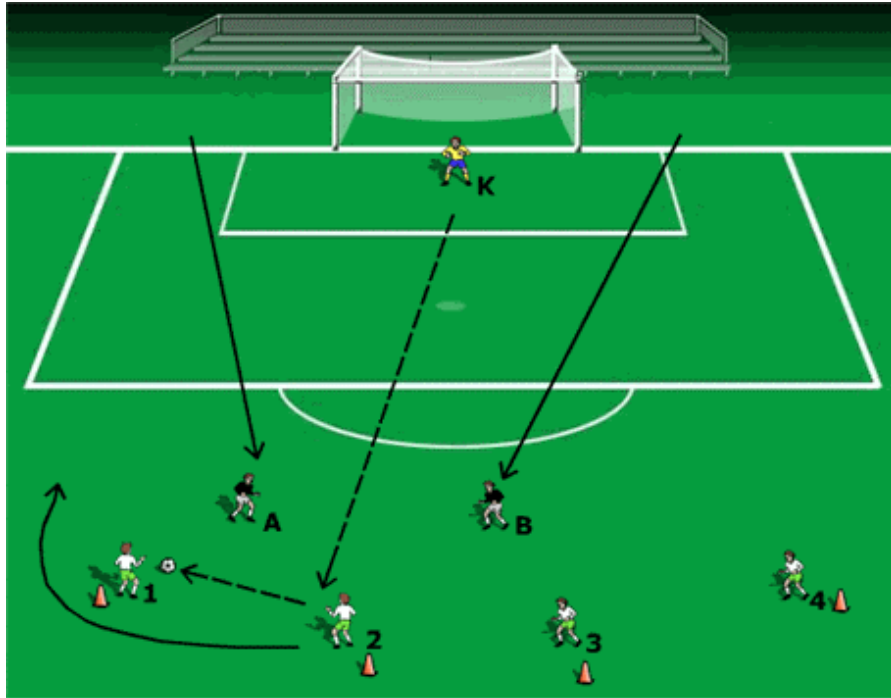
## **1 – 2 (Give and Go)**

1. Angle of approach – Of the player on the ball to commit the defender. Run straight at them.
2. Timing of the pass – Use the outside of the front foot for deception. Get as close to the defender as possible then pass the ball. This gives them less time to recover back after the pass.
3. Support – Angle and distance, 45 degrees and within 2 to 4 yards so it's short and tight.
4. Return pass – One touch if possible to be quick and effective into the path of the receiving player so they don't need to break their stride.
5. Timing of the run – beyond the first defender.

## **Diagonal Run in Front of the Ball**

1. Timing of the run – diagonally in front of the ball into space.
2. Angle of the run.
3. Quality of the pass – Timing, weight, and accuracy.

## Passing and Support Using Seven Players



With this overload situation it is a very good opportunity to practice overlaps, 1 – 2's, diagonal runs in front of the ball and takeovers.

If you include a keeper then this player can pass the ball into any of the four attackers and (A) and (B) can close them down as the ball travels. Try to create a 2 v 1 set up somewhere on the field of play from the 4 v 2 situation.

Players can make their plays using each other's movement as a decoy as well as an exchange of possession of the ball.

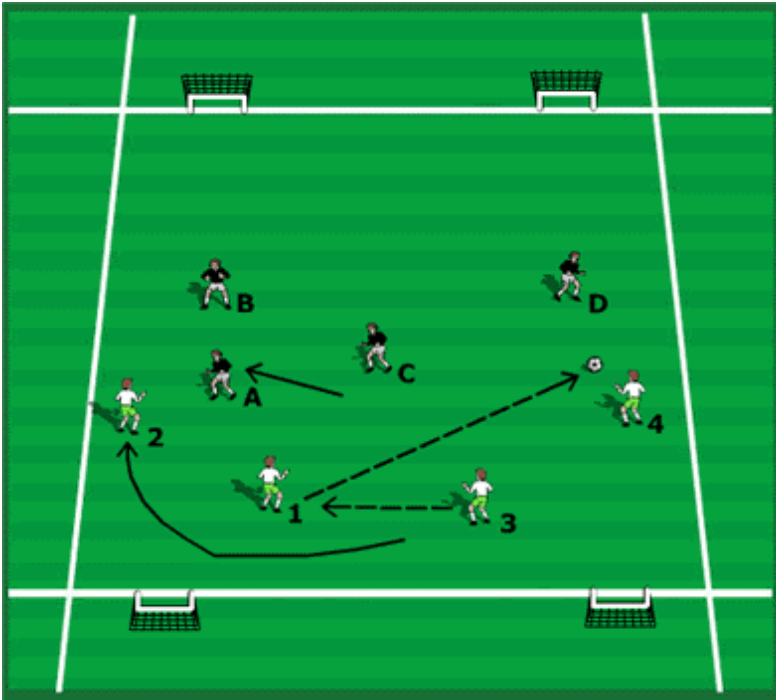
Playing offside makes this set up more realistic.

Condition the attacking players where they can only score with two touches (or only one touch if possible).

The above set up shows a typical overlap situation. (1) Can make two decisions; to pass to (2) on the overlap or use (2)'s run to take (B) out of position and come inside with the ball creating a 2 v 1 against (A).

It is important for players to realize (in this case player 2) that they make runs to create space for themselves and also for their teammates.

## Session 54: Passing Support and Combination Work Game



### 4 v 4 – Basic Diamond Shape (20 x 40 Area Approximately)

Using two wide positioned goals for each team to attack. This is designed to encourage players to spread out when they attack and switch play; changing direction if one route is blocked. Here the players orchestrate an overlap. Looking for quick transition and movement off the ball to create space but attacking the space when it is on to do so. The first thought of the player on the ball should still be “Can I run or pass the ball forward”.

### Coaching Points:

1. Creating Space – for yourself and your teammates.
2. Decision – When, Where and How to pass the ball.
3. Technique – The Quality of the pass (Accuracy, Weight, Angle).
4. Support Positions of teammates (Angle, Distance and Communication). Support in front and behind.
5. Introducing Combination Plays to switch the play, including overlaps, takeovers, 1-2's, diagonal runs in front and so on.
6. Switching Play using width in attack, drawing defenders to one side of the field then switching the play quickly to attack the other open side to score. Here the ball is played to (3) from (1), the defending team are drawn towards defending their right side goal. The attacking team stay spread out and this situation shows how a pass back to (1) then quickly across to (2) can open up an attack to the other left side goal.

**Coaching:** There is NO coaching performed during competitive matches – no raised voices, no disciplining, and no “playing – the – game – for - the – player” commentary from the sidelines. Instead, consistent encouragement and praise are given to players of both teams for brave attempts and creative decision making. Players are repeatedly encouraged to make their own decisions.

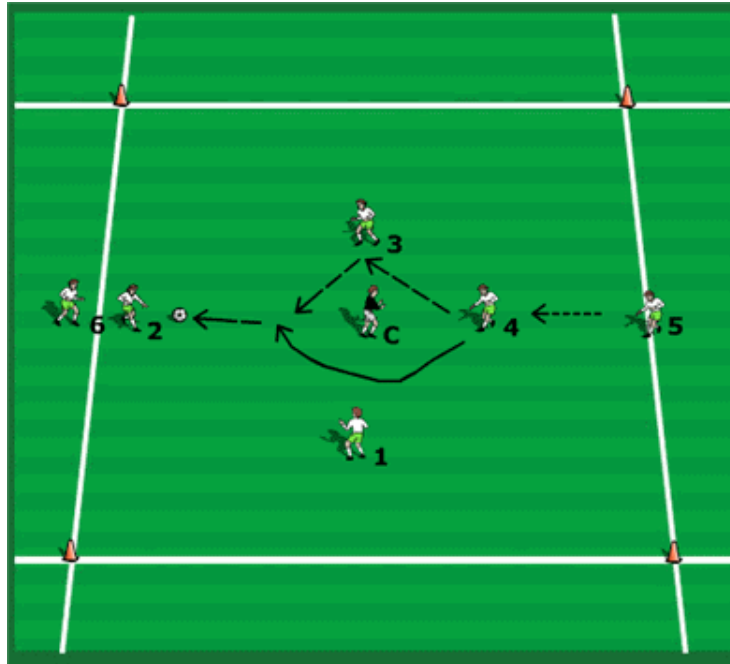
## CONCLUSION

It is our responsibility to provide the players with a secure, vibrant and challenging soccer environment for them to learn their technical skills.

Consistent practice in this small sided game format will go a long way to helping them develop these skills to their fullest potential.

As well as this type of festival, “All” regular training sessions should include at least one third of the time the session lasts, playing small sided competitive games where they “just play”!

## Session 55: Developing Passing Techniques Focusing On the Wall Pass



Wall passing with the coach as the passive defender to time the movement off. Rotate the players so everyone has the chance to be the passer and the wall passer. (4) works the wall pass with (3) and passes to (6) then (2) goes, works the wall pass with (10) and passes to (5) and so on. Outside players move inside to receive the pass so they are in forward motion.

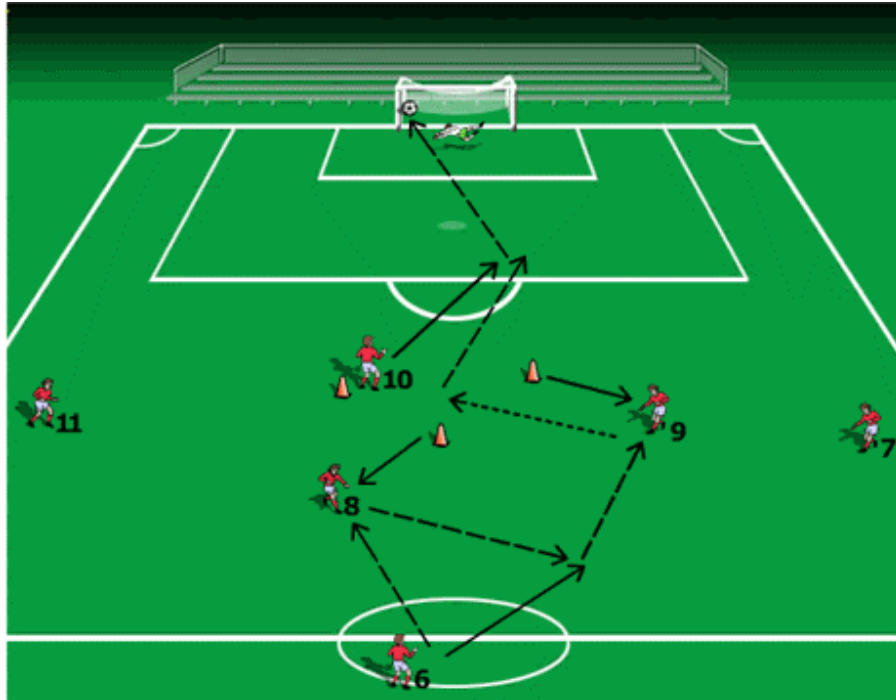
### Coaching Points of a Wall Pass:

1. Run with the ball in a straight line at the coach (representing a defender)
2. Use outside of the front foot to pass for deception.
3. Quality of the pass (especially the timing, not too far away so a defender could drop off and cover the run or too close so a defender can intercept)
4. Quality of One touch layoff by supporting player (outside opposite foot is best to open up the angle of the pass)
5. Quality of First touch reception and pass.

**Progression:** The coach can try to intercept the wall pass to help the player on the ball get a better “feel” for the distance they have to be away to make it a successful wall pass. Distance should be where a defender steps forward as far as he or she can without being able to touch the ball that is the position to pass so they are leaning forward and out of the movement.

**Competitive:** Have two groups and over a given time period have them count the number of successful wall passes they can do.

## Session 56: More Advanced Combination Plays to Try If the Players Are Ready



(6) Passes to (8) who has come off at an angle to receive, and gets the pass back. (9) Checks and receives a pass from (6).

(9) Then turns and moves infield with the ball and plays an angled pass to (10).

### Coaching Points:

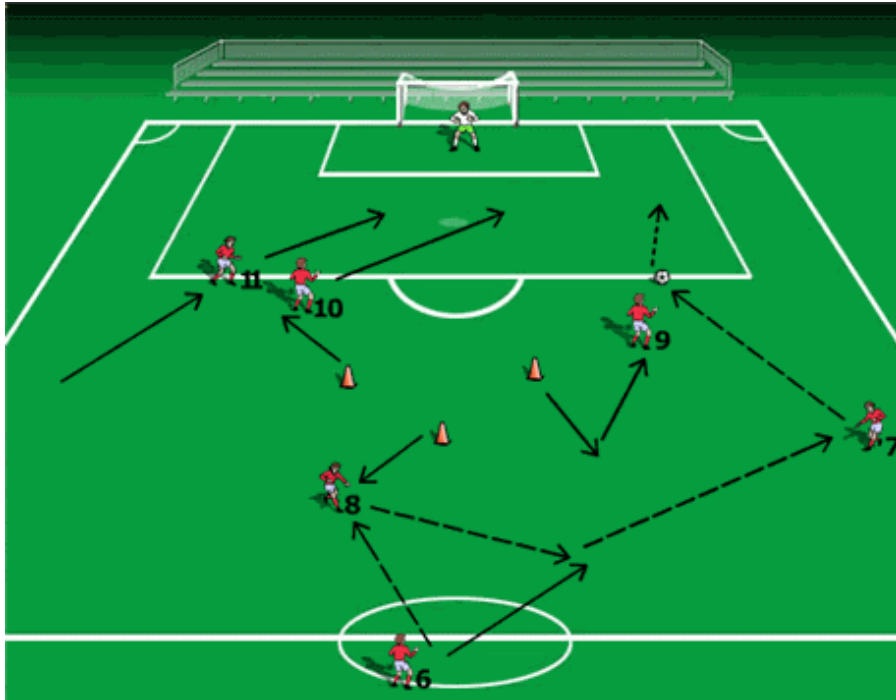
1. Communication.
2. Receiving the pass “side – on”.
3. Timing and angle of the run from (10).
4. Timing and pace of the pass from (9). Try to pass with the outside of the front foot for deception.

During any of these progressions you can include defenders if you feel it is more realistic, you can have them defending passively to begin just “getting in the way”.

Sometimes players can make their movements easier if there is a defender as a reference point.



## Combination Play Linking with The First Striker



### First Striker In

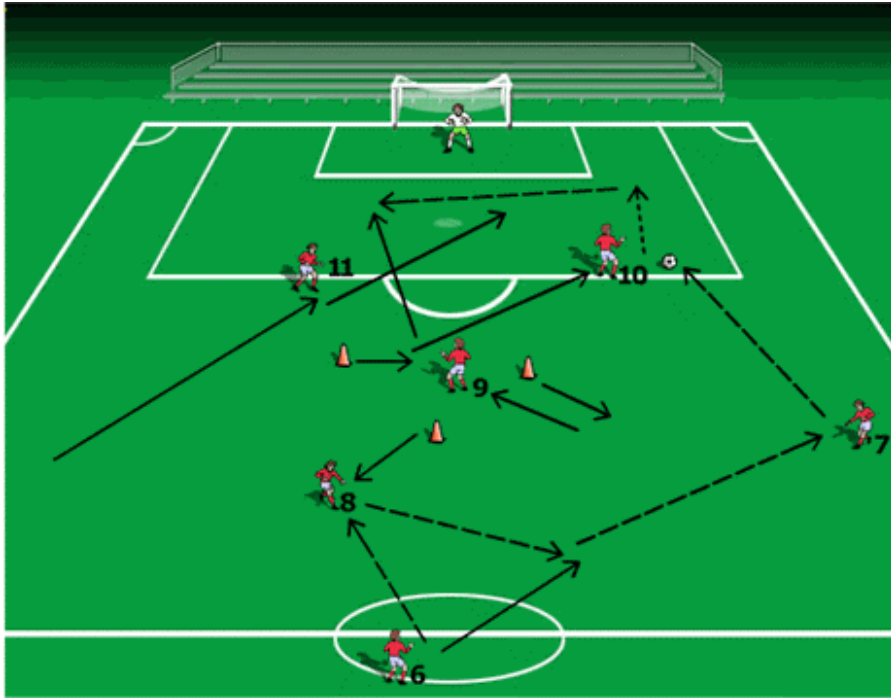
You can do this without defenders to begin, and then introduce passive defenders then progress to full scale defending. This applies to all the upcoming sessions in this segment.

Combination work using the wide midfielder to link with the front players. Pass to the wide player on their left foot away from the defender. Defenders always show the player inside.

Slide the first striker in down the side with a pass off the front foot of (7) for deception of pass.

Coaching Points as before but also the first striker must create space to go into before the ball arrives.

## Combination Play Linking with The Second Striker

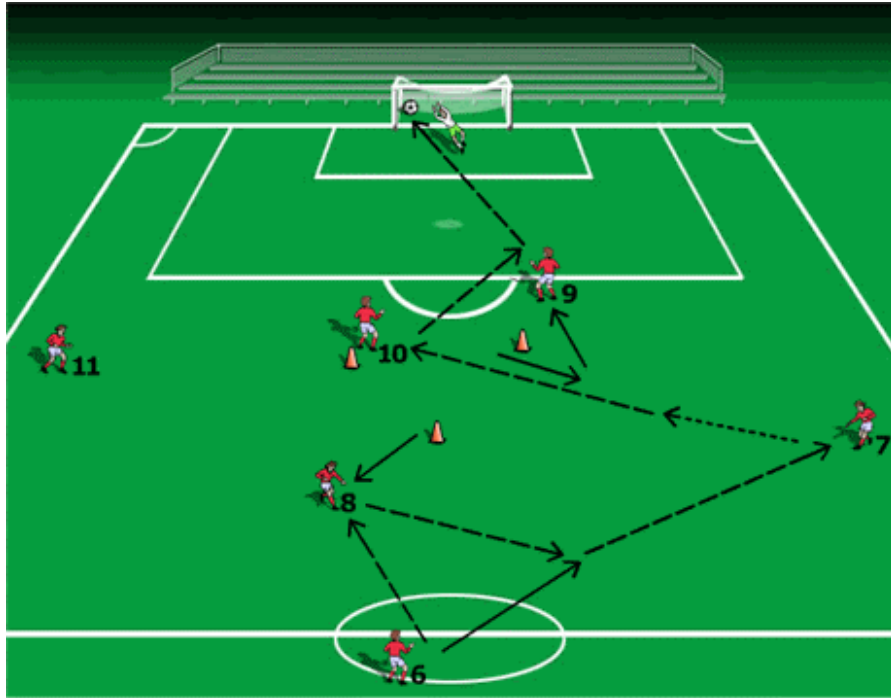


First striker (9) goes short and deep to pull the defender out and create space behind for the second striker (10) to get in off the through ball.

If the defender doesn't go short with (9) then (7) can play the ball to the feet of (9) to receive, turn and attack.

Coaching Points as before but also the timing of the run by the second striker (10) is crucial, they must not run offside or get ahead of the ball being played in.

## Linking Play Between the First and Second Strikers

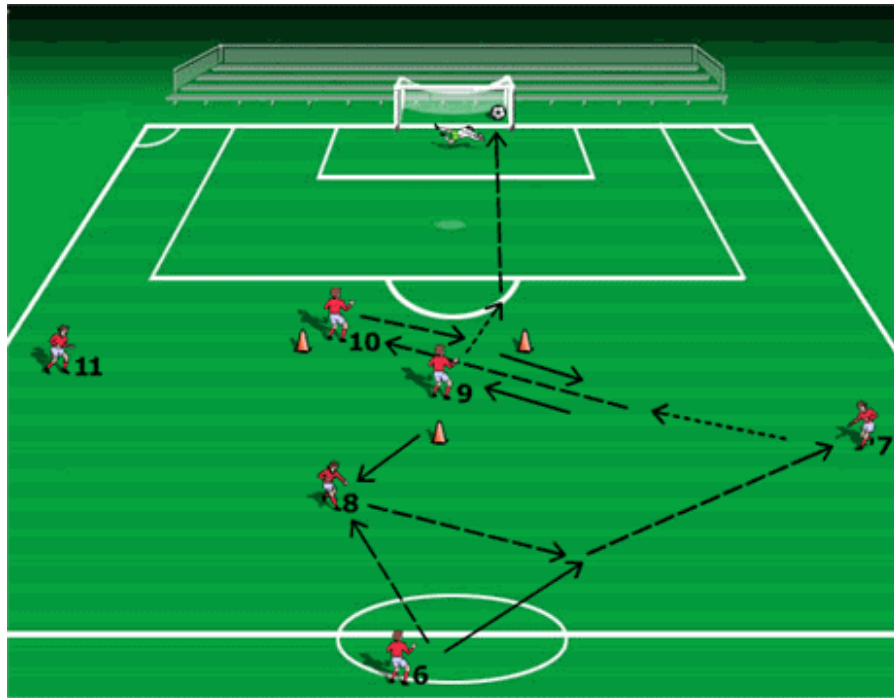


Same build up getting the ball wide. (7) Brings the ball inside to attack the space. (9) Goes short as if to receive the ball and lets it run across and inside the body away from the defender to (10). As the ball passes, (9) spins forward to receive the through ball from (10) who has played it one touch in behind the defense.

As (10) receives the ball another option would be for that player to shoot directly on goal and (9) can follow up for any rebounds.

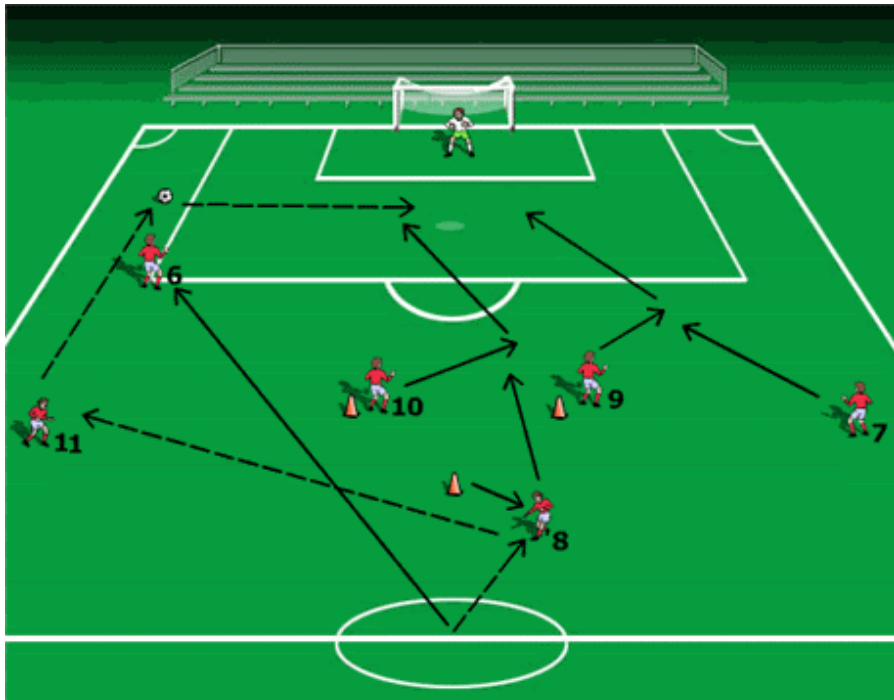
A variation on this can be (9) going short and turning away from the goal (opposite to above) and (10) setting up a shot from behind instead of in front. If it's tight (9) can play the ball wide to (11) to change the direction of play and everyone adjusts off (11)'s cross.

## Linking Play Between the First and Second Strikers



A variation on this can be (9) going short and turning away from the goal and (10) setting up a shot for (9) from behind instead of in front.

## A Central Midfielder Linking with a Wide Midfielder



(6) Begins the play with a pass to (8) who checks off at an angle to receive. (8) Plays the ball wide to (11) and (6) make a third man run beyond (11) who plays the ball into the path of that run. (6) Must decide if there is an angle to shoot or cross the ball.

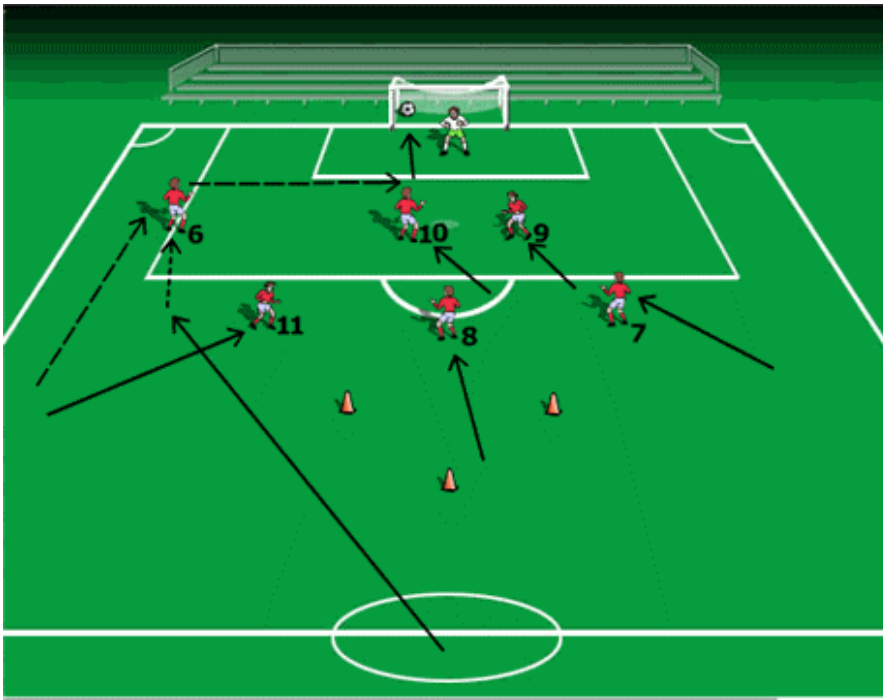
You could call this an “under-lap” rather than an overlap.

(7), (9) and (10) make runs into finishing positions to receive the cross.

This is also a good example of a “third man run” off the ball to receive. This is a harder run to pick up defensively.

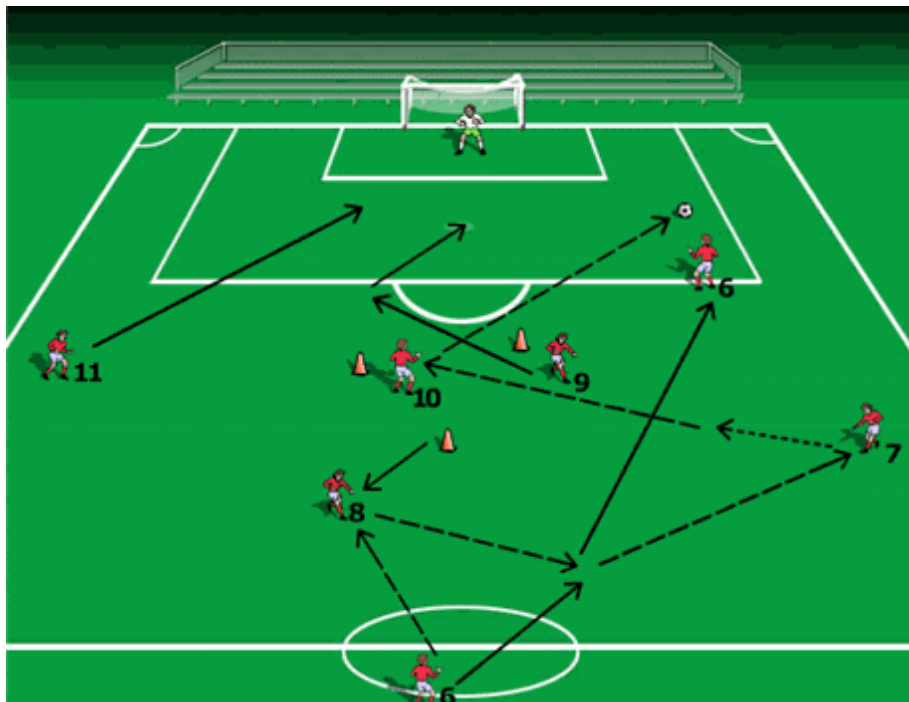
The end product of the move is shown in the diagram on the next page.

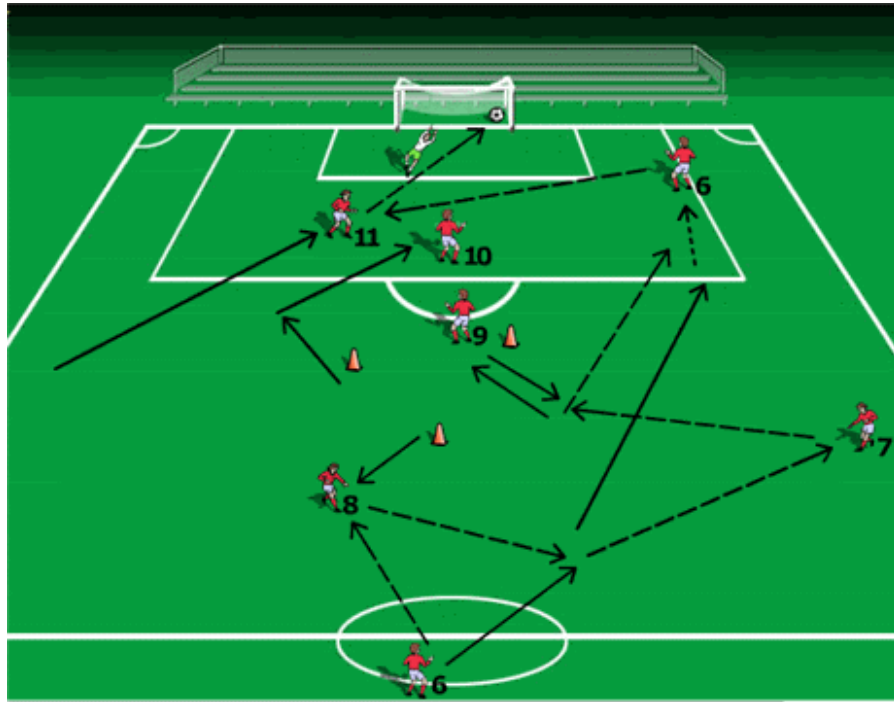
## A Midfielder Linking Off the First Strikers Pass



Midfield player passes the ball wide and continues the run forward, the first striker (9) comes short pulling a defender out and receives a pass from (7). (9) Plays a first time pass into the path of midfield player (6). (6) Can shoot or cross.

In this kind of run (6) is very hard to pick up and a defensive midfielder has to be very disciplined and track the run. The first striker must check the position of the defender who is their marker because that defender may spot the run and go with the midfielder (6). In such a case (9) can hold the ball, turn and attack instead of playing the through pass. Second striker (10) and (11) become the two target players in the box.

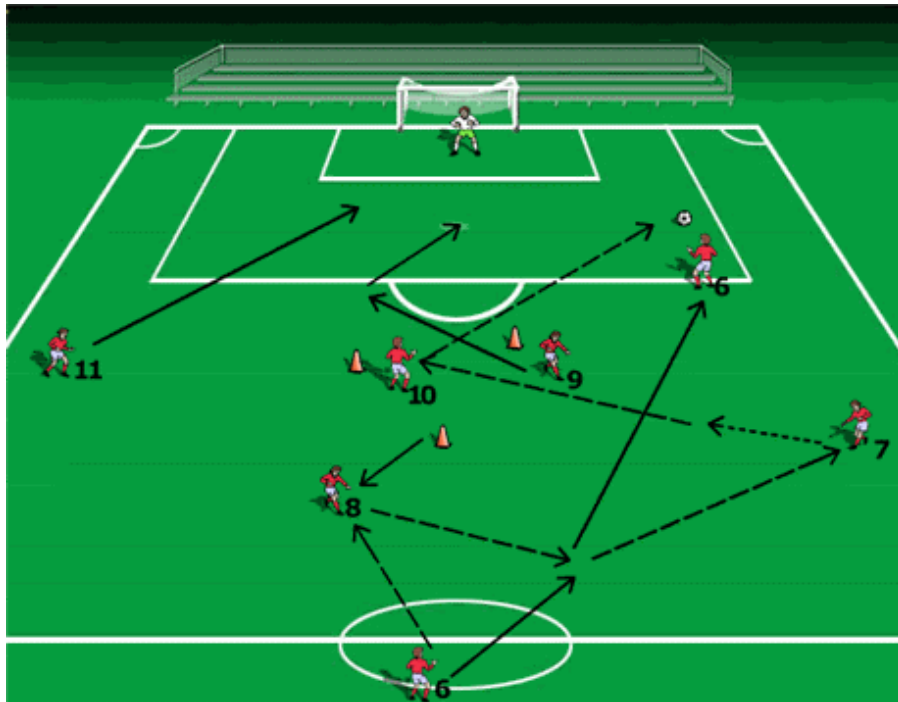




Here is the finish with (11) at the far post meeting the ball from the cross and scoring in the far corner of the goal.

One near post (10), one far post (11) and one in behind them for the pull back (9).

## A Midfielder Linking Off the Second Strikers Pass

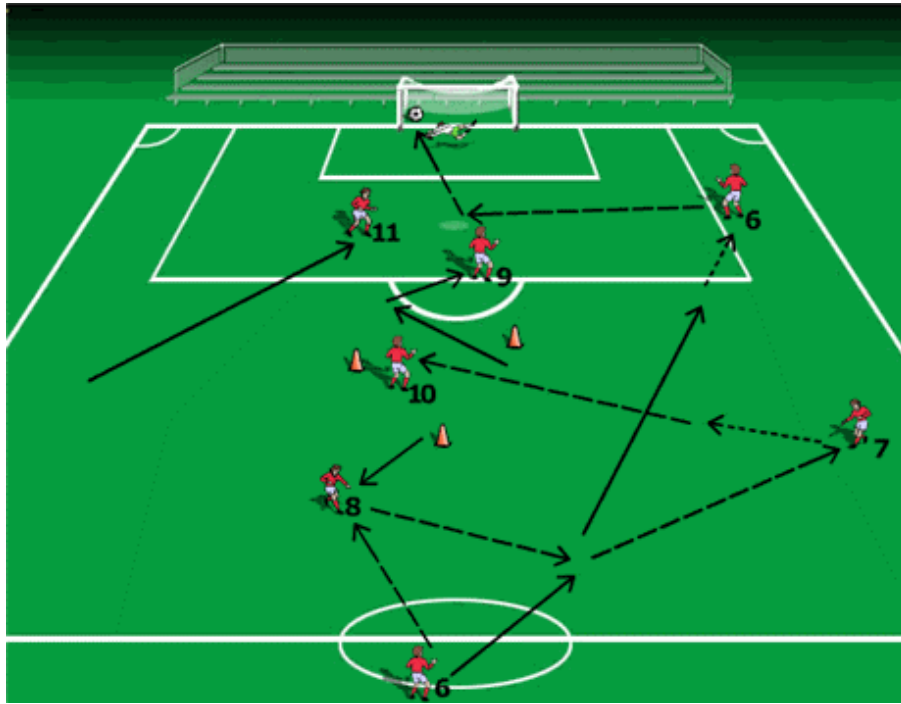


(6) Begins the move again and passes to (8) who plays the ball wide to (7). (6) Continues the run forward (third man run), (9) comes short and pulls the defender out of the space created for (6) to run into.

(7) Comes inside and plays the ball inside to the second striker (10) who plays the ball in one touch to (6).

The other option for (10) is to have a shot on goal if there is necessary space.





The final movement with a finish and score on goal with a header by (9) attacking the near post, (11) attacking the far post.

(10) Follows in behind for the pull back behind the two front attackers.