

# Combination Play for U9s and under



DATE	VENUE Playing Field	DURATION 1 Hour, 15 Mins	NO OF PLAYERS All	ABILITY / LEVEL U9 and below	EQUIPMENT Balls, Bibs and Cones
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<p>SESSION GOALS</p> <p>To get your young players passing well with each other and getting into good movement habits so that they support each other.</p> <p>To work on developing first touch and ball manipulation skills in addition to improving the quality of passing and movement of players.</p>	<p>PERSONAL COACHING GOALS</p> <p>To coach your players on angles and distances of support so that they can make effective combination play.</p> <p>To work on simple passing and moving patterns that will allow your players to work with each other.</p>
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## WARM UP

TIME	TASK / ACTIVITY / SESSION CONTENT	COACHING POINTS
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### HANDBALL - WARM UP GAME

5 Mins	<p>Play a game of handball. In this game players are split into 2 teams, they pass the ball to each other with their hands and try to retain possession while the other team tries to win the ball.</p> <p>Everytime a transition in possession occurs the game stops and players can be questioned on the reasons for warm ups.</p>		<div>Coaching Tips</div> <p>No need to concentrate too much on stretching with this group.</p> <p>Its all about building their knowledge of why warm ups are important and how to do them.</p>	<div>Notes</div> <p>Players cannot snatch the ball from each other's hands, they need to win the ball from a loose pass and players are not allowed to run with the ball in hand.</p>	<div>Progression</div> <p>Up the tempo and add some pressure by saying a transition play will occur if a player with the ball is tagged.</p> <p>This will increase the rate of movement and passing (however passing may not be as successful as your players are now under increased pressure as they try to avoid being tagged).</p>
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## PASS AND MOVE TO SUPPORT

### PASS AND FOLLOW SQUARE

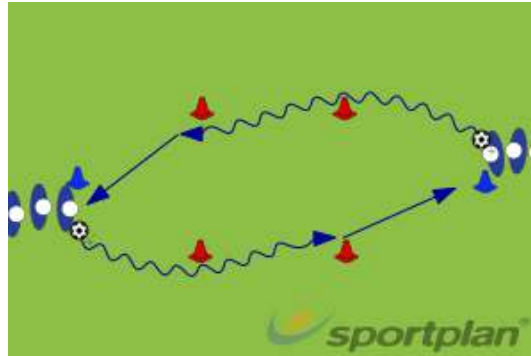
7.5 Minutes

#### Set up:

Have a square marked out by cones with players stood at either end. Players work in groups of 4-6 with 2 balls.

#### The drill:

Players dribble around the cone on their right and then cut inside the square and run with the ball to the other side where they pass to the first player waiting in the opposite line.



#### Coaching Tips

Demand sharp movements from players when accelerating towards the middle zone - thus taking large touches and moving off at pace.

Encourage smaller touches when near the cones and ask your players to shield the ball away from the side of the cone so that their body is between the ball and the cone.

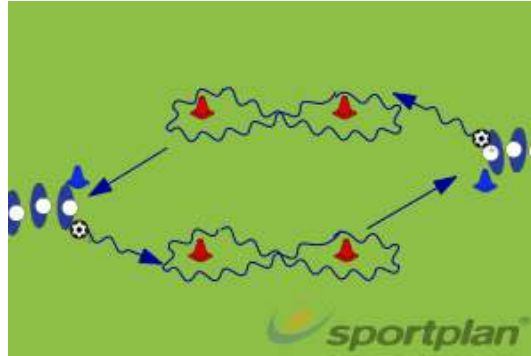


## PASS AND FOLLOW SQUARE - PROGRESSION

7.5 Minutes

To progress this exercise put more emphasis on dribbling in a figure of 8 round the cones prior to passing the ball.

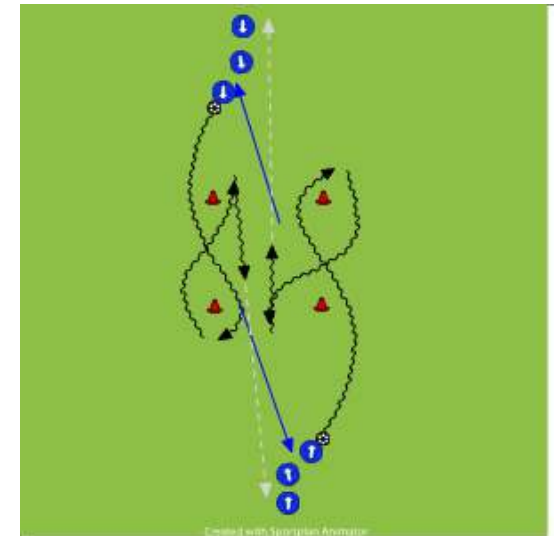
This will increase the difficulty of the exercise as players now have to control the ball with different parts of their feet, manipulating the ball in ways that allows them to perform the required skills of the drill (such as turning).



### Coaching Tips

Get players on their toes and ready to receive, taking a good first touch forward and into space.

Look for good accurate passes with good power and demand acceleration after the passes.



## KEEP BALL

### 4V2 - ATTACKING POSSESSION

15  
Mins

#### Set up:

Split your players into two groups with a 4v2 in each half of the playing area. Have a goal at each end.

#### The game:

The attacking teams of 4 need to combine and keep the ball in order to play the ball from one side of the pitch to the other as they try to score in each goal, changing the sides that they attack every time.

You can set passing targets for the teams of 4. For example 6 passes in one side prior to attacking the other side and then 3 passes on the attacking side prior to being allowed to try and score a goal.

This will increase the emphasis on passing and moving and increase the amount of combinations. This will however reduce the emphasis on direct attacking play to goal.



#### Coaching Tips

Coach players on angles and distances of support (triangles) in order to help them understand the different angles of support they can take in order to keep the ball for longer.

Look for and encourage communication, in particular any information from players to their team-mates ("I'm open, don't pass I'm marked etc").

Highlight the importance of giving good information, which could be as simple as "time, turn, 1,2, left shoulder" etc. The more specific, short and sharp the information is the better!



#### Notes

Change the teams around, so that each team has a go at defending and attacking.

## WORKING TOGETHER TO GOAL

### WORK TOGETHER - 2V1

15  
Mins

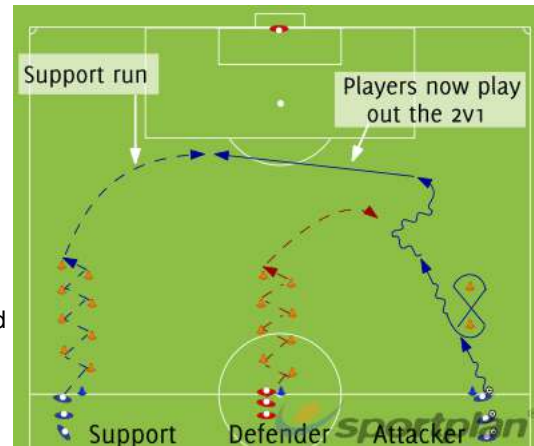
#### Set up:

3 starting lines on the half way line for attacking players, defending players and supporting players.

#### The drill:

1. The attacker starts by running with the ball and dribbling around the orange cones.
2. At the same time the defender has to weave through the cones and run out ready to defend the attacker.
3. The supporting player sidesteps between through the orange cones, ready to run and support the attacker.

Once the attacking player has dribbled around the cones the game becomes a 2 vs 1 to goal. If defender wins the ball he/she tries to get a shot at goal.



#### Coaching Tips

Work on good ball manipulation from attacking player and encourage close control near the cones and good shielding of the ball away from the cone side (this will get players thinking and using both feet to manipulate the ball).

Instead of setting out cones (to weave through or around) for defenders and supporting players you can include ladders and hurdles to set different types of challenges to your players.

Ensure places are changed to players experience different roles, challenges and opportunities.



## FINAL GAME

### STAY IN YOUR DESIGNATED HALF - 2V2 SMALL SIDED GAME

25  
Mins

Play a 5 vs 5 game.

1. During the first 10 minutes limit players to playing only in their designated half, meaning you get a 2 vs 2 in each zone (+ goalkeepers). Ensure you change player positions.
2. After playing like this for 5 minutes allow players to dribble or pass their way into the attacking half, meaning they can now create 3v2 overloads.
3. Play a normal game for the last 10 minutes.



#### Coaching Tips

Encourage defending players to play out from the back and combine with the goalkeeper to make it 3 vs 2.

Look for attacking players to move and create good space (this can be behind the defence, in front or to the sides).

Once you have progressed to allowing overloads encourage players to make the most of 3 vs 2 situations when they occur and to finish with an end product. (ensure players do not move to the other side of the field if they do not have the ball to make a pass or dribble with).

Offer solutions to problems that they encounter while playing with these rules and regulations. The main issue that will arise is movement and how they should move to find/create space in order to make effective combinations.



#### Notes

You can add a joker into the game. The joker plays with both teams and he is the only one allowed in both halves of the field.

Playing with these different rules, and manipulations allows you to see how your players combine in different situations.

#### OTHER COMMENTS

"It's not the load that breaks you down, it's the way you carry it" Lou Holt

#### EVALUATION