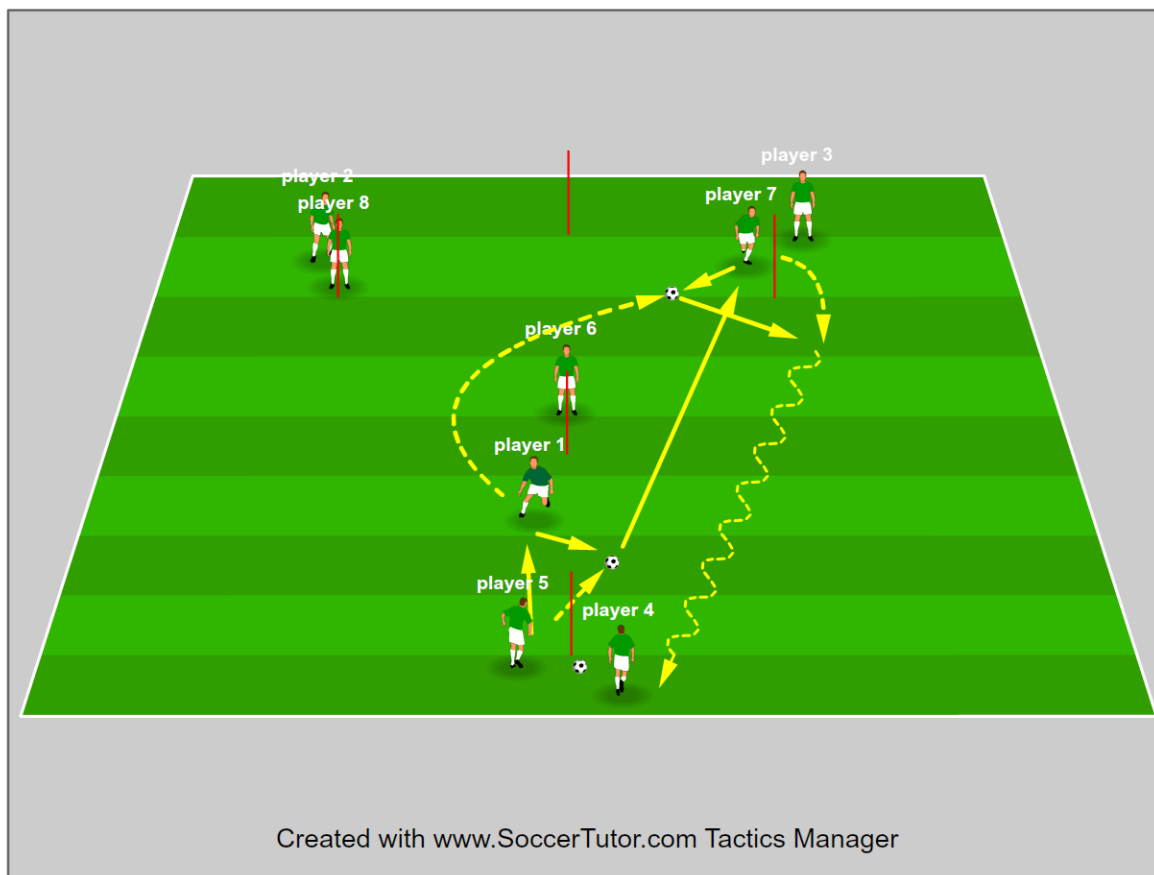


(Y) Combination Play 1



Date:	20/Jan/2014	Measurement:	20 x 20 Yards
Time:	N/A:N/A	Players:	10
Duration:	10	Level/Age Group:	U11 - 18+

Description: Player 5 Starts with the ball and plays it to Player 1. Player 1 checks away and then checks to the ball to receive it. Player 1 lays the ball off at an angle to Player 5 to run on to. Player 5 then plays the ball into Player 7. While this happens Player 1 turns away from the lay off and runs towards Player 7. Player 7 then lays the ball off to Player 1 for a give-n-go around the flag. Player 7 then speed dribbles back to the front of the line. This repeats with the next set of players turning the other way.

Objective: -Establish the tempo and pace of training through sharp quick Combination play.

Coaching Points:

- Sharp, quick movements to create space.
- Put the weight back into the pass.
- Take the weight out of the layoff.
- Limit the time between your touch and your strike.
- Quick give-n-go to maximize the space to receive the ball.

Progression: Increase/Decrease players for more reps.