

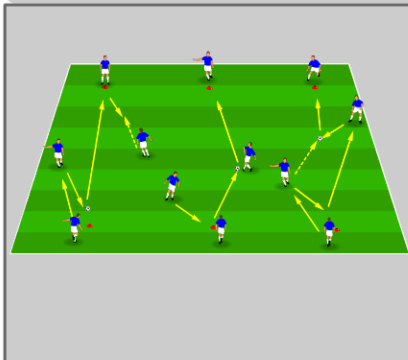
**99/98 Central District Boys ODP**

**Date :** 10/Sep/2014  
**Time :** N/A

**Duration :** 1:30 hour  
**Age/Level :** U11 - U18

**Session**      Combination Play  
**Objective:**

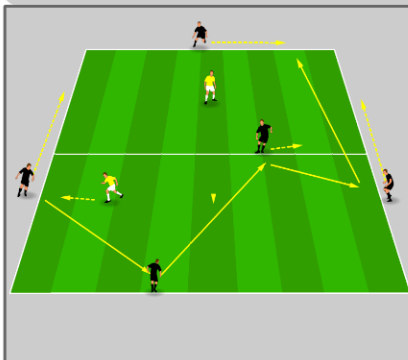
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**Description :**

**Coaching Points :**

**4v1 to 4v1**



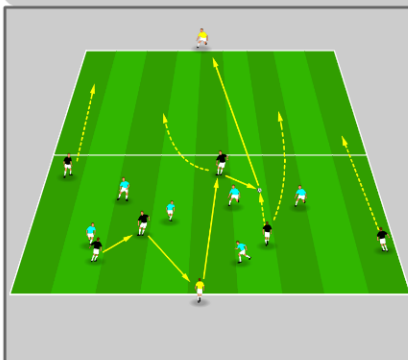
**Description :**

The field is split into two 12x12 Boxes with one defender in each box. The ball starts in one box with 4 attackers against 1 defender. The attackers are trying to keep the ball away from the defender and successfully connect 5 passes. Once they connect 5 passes the attempt to play the ball into the next box to the target attacker. Once the ball gets played over the two sideline attackers and the center attacker transition over and the game continues in the next box. If the defender wins it they try to dribble out of the box for a point.

**Coaching Points :**

- Sharp firm balls to keep the tempo high.
- lay off into the path of the attacker not to feet.
- Receive the ball facing the field of play.
- Targets ability and runs to find the ball.

**6v6 plus 2 (Combination Play to Targets)**



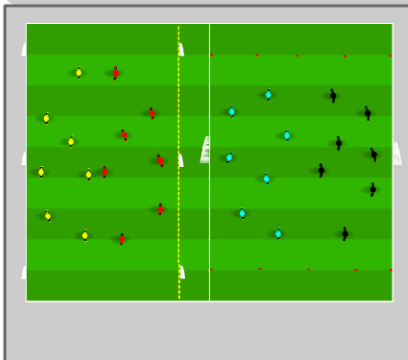
**Description :**

2 teams of 6 trying to keep possession from each other. If the team in possession is able to connect 6 passes in their half they then can look for the target on the other side and play the ball into their feet. Once that happens both teams transition to the other box and the game continues. Points are awarded by connecting 6 passes and successfully playing the ball to the target.

**Coaching Points :**

- Time and space on the ball can we find the target quickly.
- Can we find the open space/man to successfully play the ball to the target.
- Short quick combinations in tight spaces to the change the point of attack.
- Make runs against the movement of the defense.

**7v7 6 goal game / 8v8 to Goal**



**Description :**

Game play at the end. Normal match rules apply

**Coaching Points :**