

Individual & combination play

Practice organisation

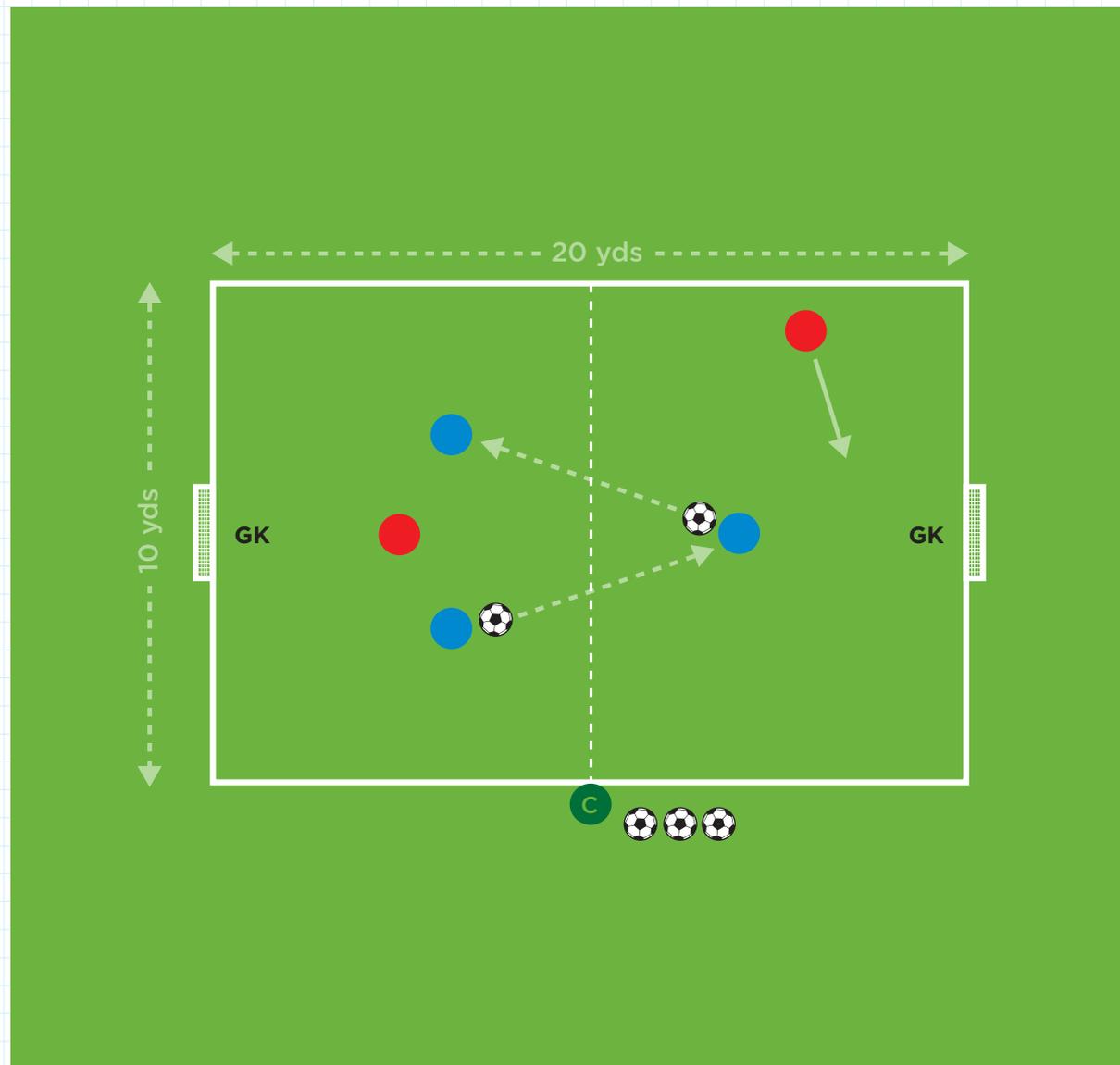
- Area 20x10yds, divided into 2 equal halves, as illustrated.
- Appropriate size goals at each end, 2 balls.
- 7 players arranged 2 Attackers v 1 Defender in one half & 1v1 in the other, as shown in diagram.
- Supply of balls with coach.
- Practice starts with: pass into A's from each half, between team mates.
- A's attempt to score in each goal.
- A in 1v1 attempts to retain possession &/or score past D.
- If 2A's score (in 2v1): one A can join team mate in 1v1 in other half to create 2v1, if team mate still has possession.
- If D wins possession: attempt to turn & strike on goal, with A attempting to regain possession & re-establish attack.
- Practice restarts with original set-up arrangements & balls fed-in by coach.

Detail

- Area modified depending on age & ability of players.
- Effective individual defending.
- Passing, moving & dribbling techniques.
- Game awareness (in build-up).
- Simple progressions for this practice are:
 - If A's score in 2v1: as A runs to support team mate in 1v1 & create overload: D can recover to balance numbers (& create 2v2).
 - Increase numbers in each area by one to create 2v2 & 3v2 in each area.
 - A's make pre-determined number of consecutive passes before being able to strike at goal.
 - Coach/supporting player can operate as an 'auxiliary winger' for A's, to retain possession.

Key coaching points

- A in 1v1 looking to retain individual possession under pressure: shielding, twisting & turning.
- A in 1v1 looking for opportunities to turn D & strike at goal, whilst being aware of progress in other half of area.



- A assessing need to turn versus ability to hold-up & wait for support from other half.
- Combination & individual moves in 2v1 to create goal scoring opportunity.
- Use of disguise & faking to use team mate to score.
- Timing & delivery of final passes for team mate to shoot.

- Individual dribbling & shielding skills to evade D's & create time & space to pass.
- Composure in tight-marked situation & awareness of need for patient build-up play/ball retention.
- Seeking opportunities & selecting appropriate methods to shoot & score.
- Reacting to loss of possession to defend or attack quickly.