

Modern Combination Play



Phil Roscoe



Modern Combination Play

**Train your team to keep possession
with more than 80 drills, exercises
and small-sided games**

by
Phil Roscoe

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Edited by Tom Mura

Front Cover Picture - PSV Eindhoven training session



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Modern Combination Play

**More than 80 drills, exercises
and small-sided games to train
combination and possession play**

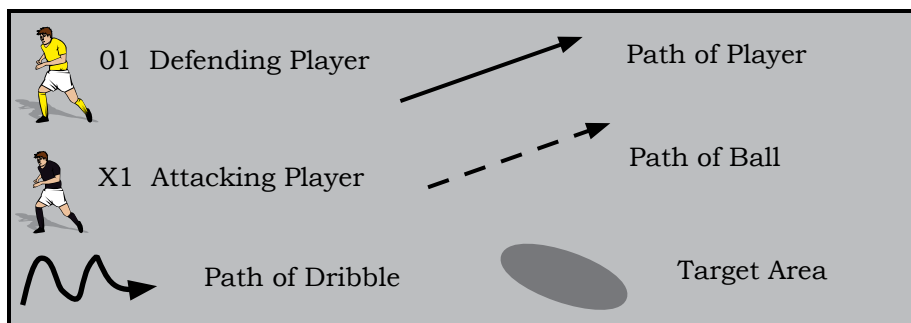


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In modern soccer there is a great deal of emphasis on organization and defending as a team. This has made it very difficult to break down the opposition and create goal scoring opportunities through individual efforts. This book focuses on the key principles of passing, receiving and possession which will enable you to break down the opposing team, individually and as a team to create goal scoring opportunities while playing attacking, attractive, free flowing soccer.

Modern Combination Play includes more than 80 drills, exercises and small-sided games to train your players to work together. Each one includes a detailed diagram and a complete description. The descriptions contain the organization, coaching points and progressive exercises for each practice.

The 11 chapters begin with technical topics and gradually progress to group games. The chapters include: **Basic Receiving Technique Drills, Myself, a Ball and a Wall, Passing and Awareness, Opening Out and Switching Play, Changing Your First Touch, Passing Combinations, Possessing Under Pressure, Quick Movement and Awareness and Possession Games**. Within each chapter there is also a progression that allows the players to move from simple movements without opposition to more complicated combinations that includes the pressure of an opponent.

Including the methods from **Modern Combination Play** into your training sessions will take your team to the next level.

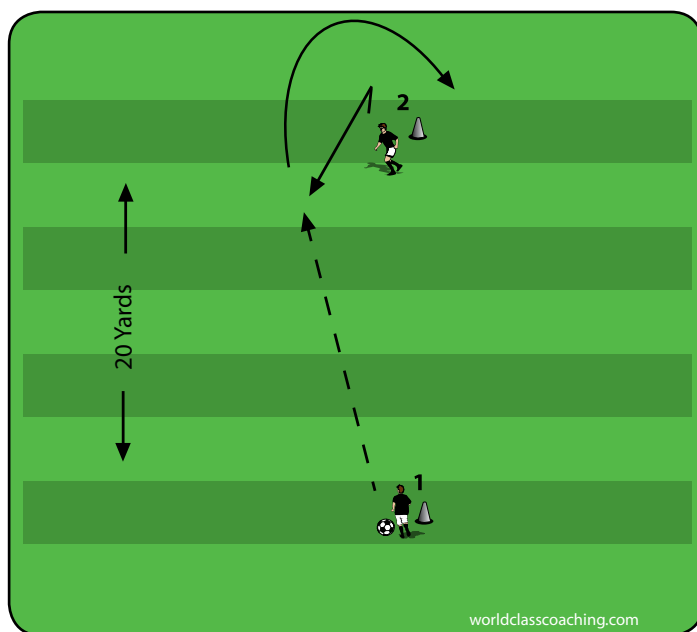
Phil Roscoe has been working within Elite Youth Soccer Development in England for over 12 years now. His experience has seen him work with a broad range of players within the professional academy environment of Stoke City Football Club and currently at Liverpool Football Club. Roscoe also has extensive experience working with elite soccer players within North America and has coached both male and female elite players throughout the United States. Phil holds a UEFA 'A' License and is also a qualified college lecturer on subjects related to coaching.

Chapter One

Basic Receiving Technique Drills

Task 1

Basic Receiving Technique Drills

**Task 1**

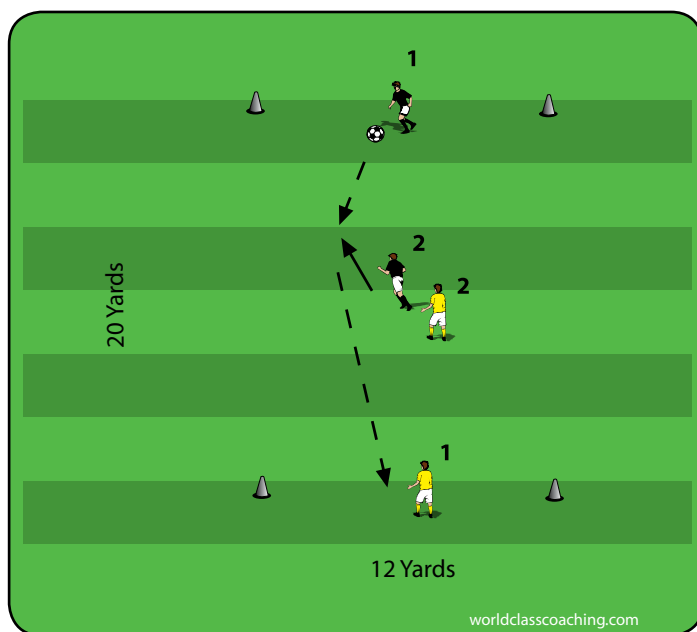
- X1 plays ball to X2
- X2 receives and takes ball around cone
- X1 then comes off cone and shows for the ball.
- Work one minute then rest
- Make sure players come off the cone from both sides as to work both feet

Key Points

- Pace of pass
- Movement off cone (wait till passer looks at you)
- Angle and distance (meet the ball as high up the area as possible and on a good angle)
- Body shape (side on, check shoulder)
- First touch (back foot, sharp turn)
- Communication (feet)

Progression

- take with front foot (outside/underneath of foot)
- Pass ball to yourself
- Let ball role down side of body (pace of pass must be less)



Task 2

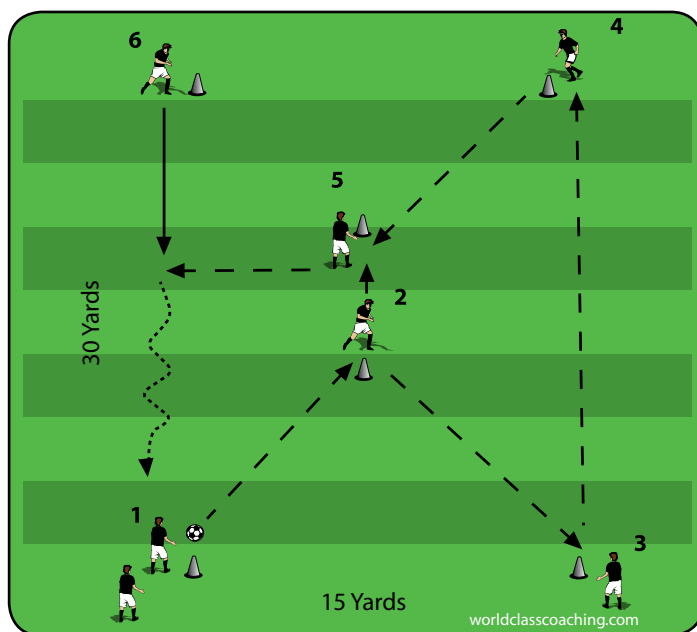
- X1 plays to X2 and X2 must try and get ball to O1
- O1 will then pass back to X2 who must keep it practice going
- X1 can pass straight to O1 and vice versa so O2 must position himself to stop this
- If O2 tackles X2 and keeps ball in then he carries on keeping ball
- After 1 minutes middle players switch with outside players
- After X's have attacked, O's have a go
- Make it a competition
- Points for scoring/tackling

Key Points

- Movement of player (wait until passer looks at you)
- Angle and distance (meet the ball on an angle but keep distance from end player so you have space to work)
- Body shape (side on, check shoulder)
- 1st touch decision (Where is the defender? What turn suits the situation?)

Task 3

Basic Receiving Technique Drills



Task 3

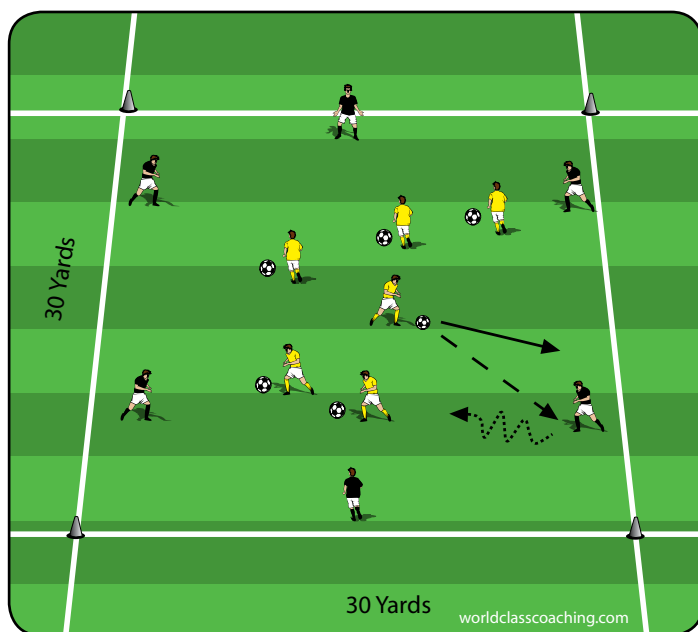
- X1 and X4 pass to X2 and X5 at the same time
- X2 receives and passes to X3's feet
- X3 then plays a long pass to player behind X4
- X5 passes ball into space and X6 runs onto the ball and runs it to the back of X1's line
- All players follow their pass
- To work both sides start drill on both from other side

Progression

- Both sides play long passes
- Both sides run the ball
- Must introduce a dribble if they run ball
- Different types of long passing

Key Points

- Pace of pass
- Movement of X2 to receive
- Body shape
- 1st touch
- Timing of X6's run (when X5 looks)
- Technique of long pass/running the ball



Task 4

- O's have ball in the middle of a grid
- They pass into X's on the outside
- X then takes ball into middle of grid and O takes his place
- Drill continues

Progression 1

- Player must take ball to another inside player and turn away from them before pass goes in

Progression 2

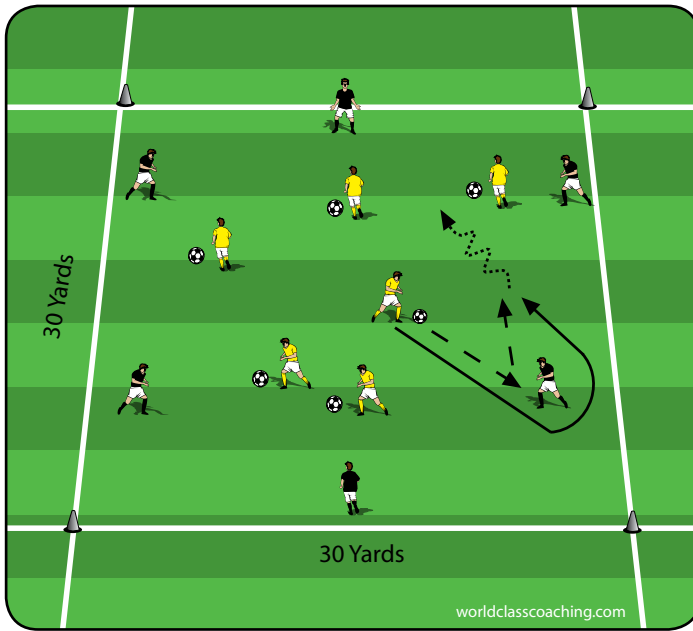
- O's plays ball to outside player
- Passer then comes off at angle
- Outside X's then plays ball back into him and goes for return pass

Progression 3

- Xs perform a take over to switch positions

Task 4

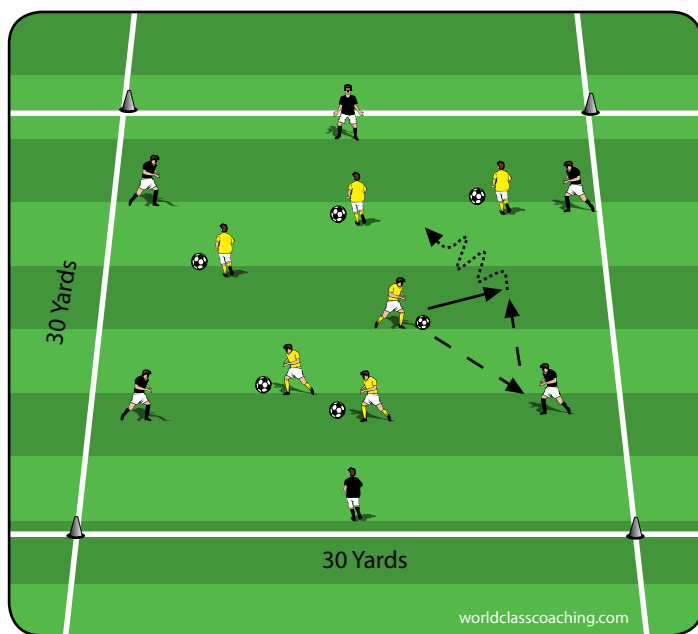
Basic Receiving Technique Drills



Task 4 (continued)

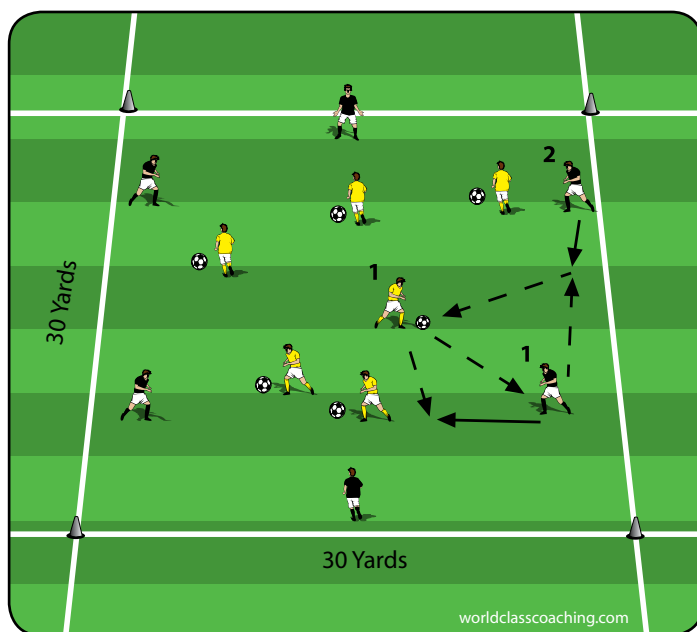
Progression 4

- O1 plays ball into X1 and shouts hold
- X1 controls ball and O1 makes an overlapping run behind
- X1 plays pass into space and it continues
- Middle players work for 1 minute before switching roles



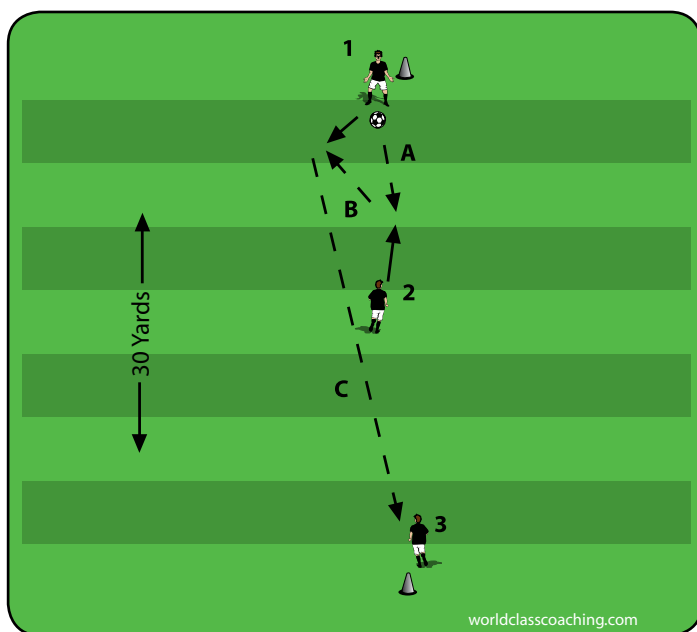
Progression 5

- O1 plays into X1
- X1 controls ball
- O1 peels off either side and receives a return pass side on and takes ball away
- Middle players work for 1 minute before switch



Progression 6

- O1 plays into X1
- X1 must play to the player stood next to him on side (for example X2)
- X2 then plays back into O1
- O1 plays ball into X1 who runs to receive it

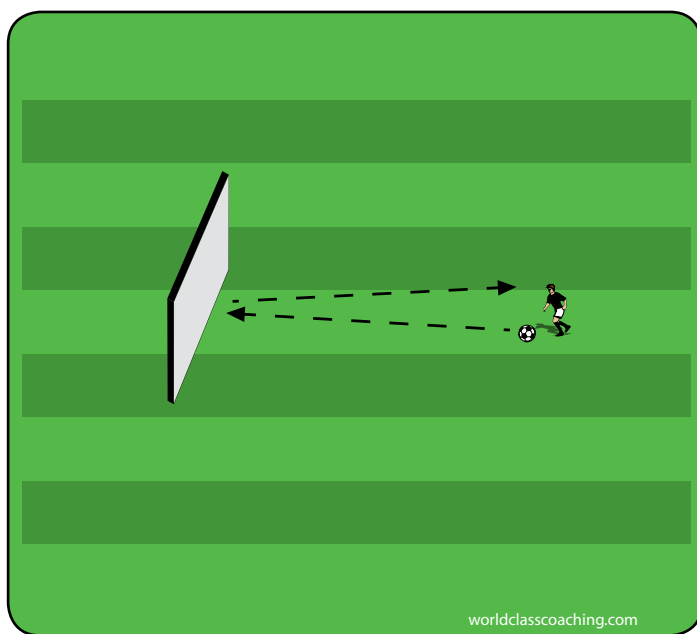


Task 5

- X1 plays into X2
- X2 sets back to X1
- X1 goes long into X3
- X2 spins and gets the set of X3 and the practice continues
- Switch the middle man after 1 minute

Chapter Two

Myself, a Ball and a Wall



When given the chance a player should practice soccer as often as possible. Preferably playing games against friends, training or scrimmages. Unfortunately though, this is not always the case and a player will find that they are only able to practice by themselves. This series of exercises will give a player a number of practices to improve their passing, turning, receiving, dribbling and 1st touch using only themselves, a ball and a wall.

Task 1

- The Player plays ball against a wall in the air
- He controls it with his foot and plays back in the air

Progression

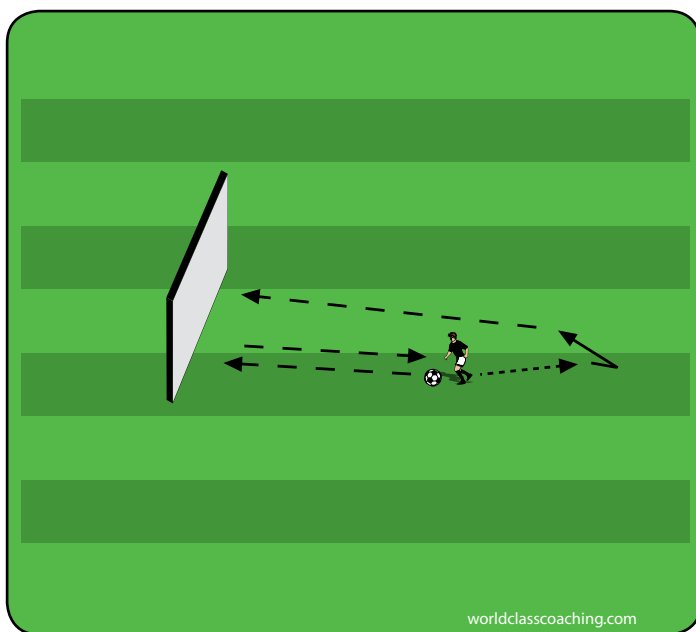
- 1 bounce
- No bounce
- Work alternate feet

Progression 2

- Play ball into the wall and deal with aerial ball with thigh and then play back
- Work alternate feet and thigh

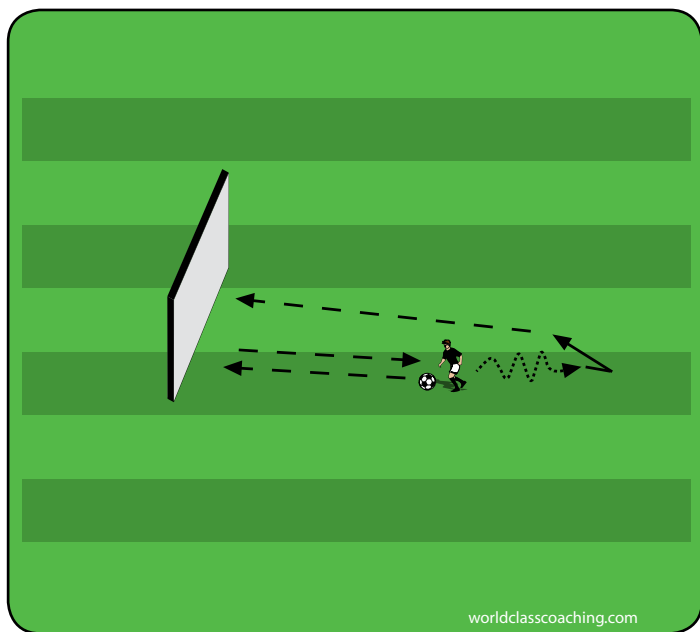
Task 2

- Volley ball against wall using different surfaces (Laces, Inside, Outside)
- Work both feet/alternate feet.
- Introduce using thigh and chest into practice. For example – Laces, inside, thigh, laces, inside chest etc



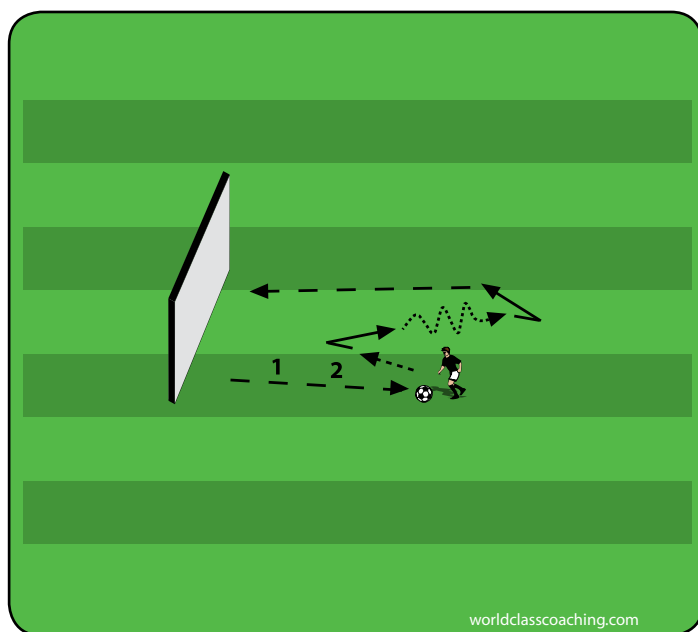
Task 3

- Pass ball into wall using inside of the foot technique
- Receive ball back half turned and with the back foot and then take the ball away 5-6 yards
- Produce a turn (Cruyff, inside, outside, stop etc) and play pass back into wall
- Work both feet
- Vary turns
- Match Pace



Task 4

- The Player plays ball into wall
- He receives ball back off wall and turns using back foot, half turned
- The Player then produces a dribble (Scissors, step over, Maradonna etc)
- After the dribble The Player then produces one of the turns done in Task 3
- The Player then plays ball back into wall and drill continues
- Use both feet
- Vary turns and dribbles

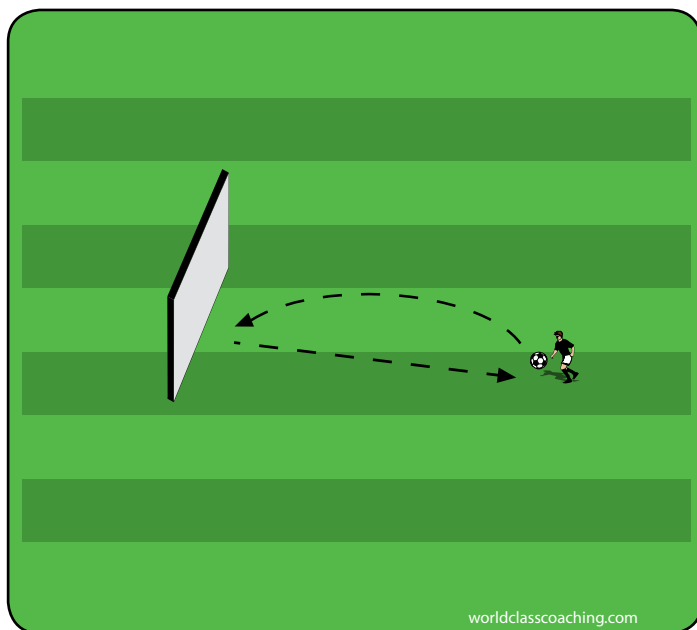


Task 5

- Task 5 is the same set up as Task 3
- However, The Player receives the ball not only using back foot but letting the ball roll down the side of the body,
- Receiving front foot and protect then turn
- Receiving the ball with the front foot and changing 1st touch
- Pass the ball to yourself (pass it back towards wall) and spin and face away from wall – here you then do the same routine as Task 4 - Dribble then turn
- Work both feet
- Match pace

Progression

You can do Task 3, 4 and 5 but use long striking of the ball onto the wall.

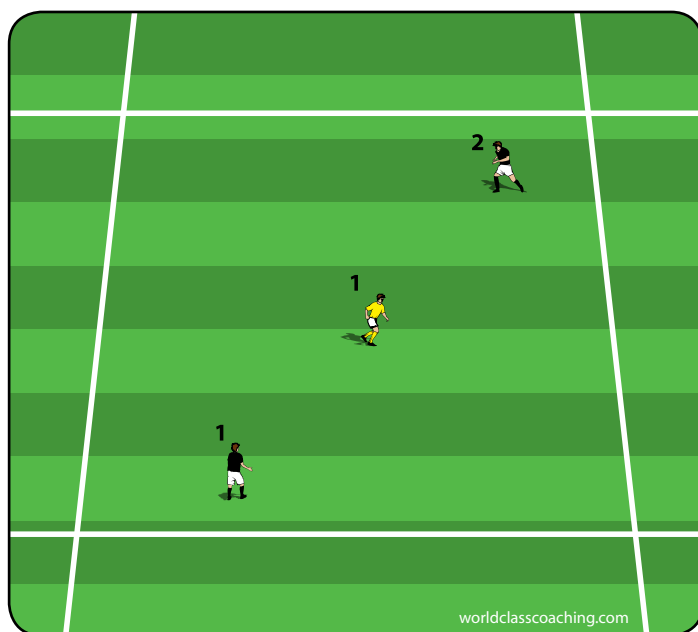


Task 6 - Volleys

- Same set up as Task 1
- The Player however starts with the ball in hand
- Half volley
- Full Volley
- Full dipping volley
- Side volley
- Use both feet
- Can you deal with the return bounce using a surface of the body to play back into your hand (thigh, chest, foot etc)
- Can you deal with the return bounce using a surface of the body to play back using a volley again (thigh, chest, foot etc)

Chapter Three

Passing and Awareness

**Task 1**

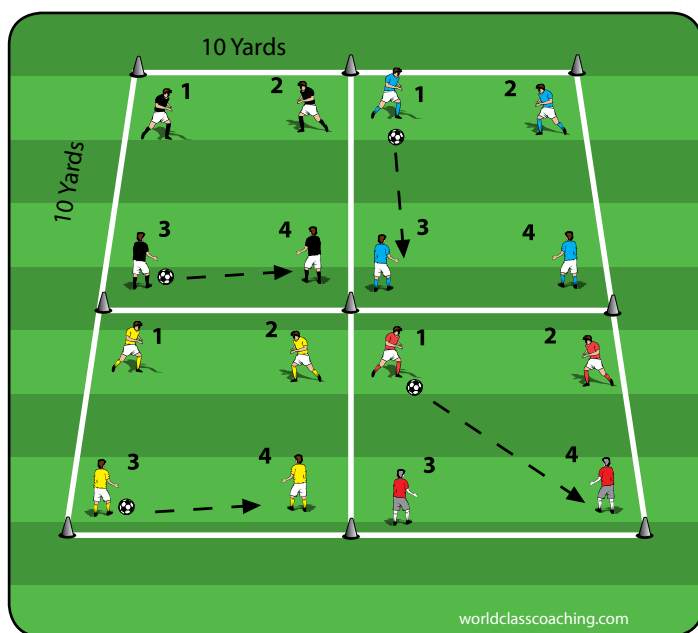
- X1 and X2 stand with O1 between them
- X1 and X2 move around the grid
- O1 must try and stay between the two players but also be able to see both of them (open body)
- Change players every 30 seconds

Progression 1

- X1 and X2 do the same but they now have a ball each
- O1 must still try to stay between them and see both

Progression 2

- All players now have a ball



Task 2

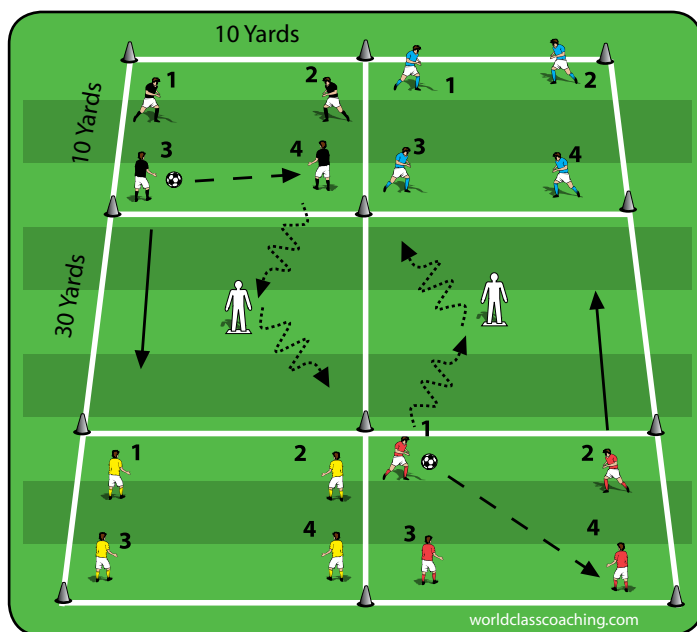
- Players are put into 4 different teams
- Players are asked to pass the ball to each other

Organization

- Players are numbered 1 – 4 in their squares
- On the shout of 1,2, 3 or 4 the allotted player must move to the grid next to them without the ball clockwise or anti clockwise
- Once a player moves to the next grid they continue the same passing stipulation
- Players can also move diagonally to boxes
- Or last player to move into a box losses his team a point etc

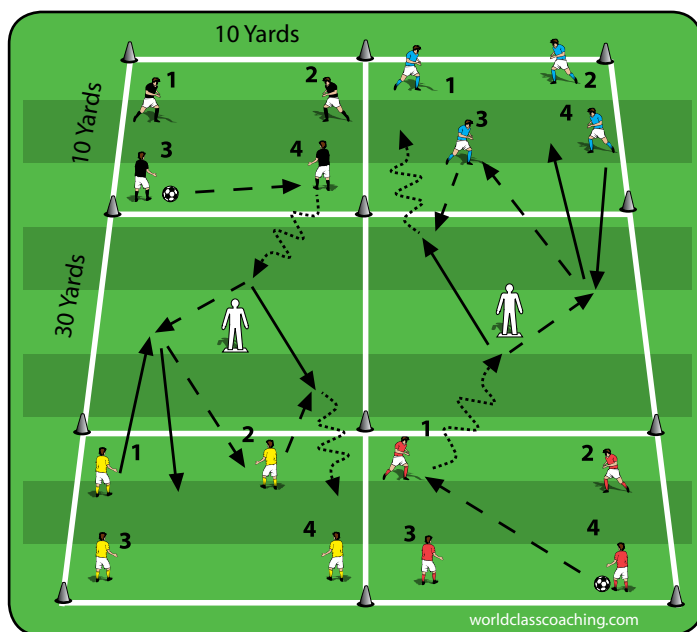
Key Point

- Every time you pass the ball move around a cone
- 1 touch
- One player takes 1 touch, 2nd player takes 2 touch etc
- Perform a turn before the ball is passed
- Perform a dribble before the ball is passed
- Perform a take over
- Perform an over/under lap once you have passed
- play the way you are facing



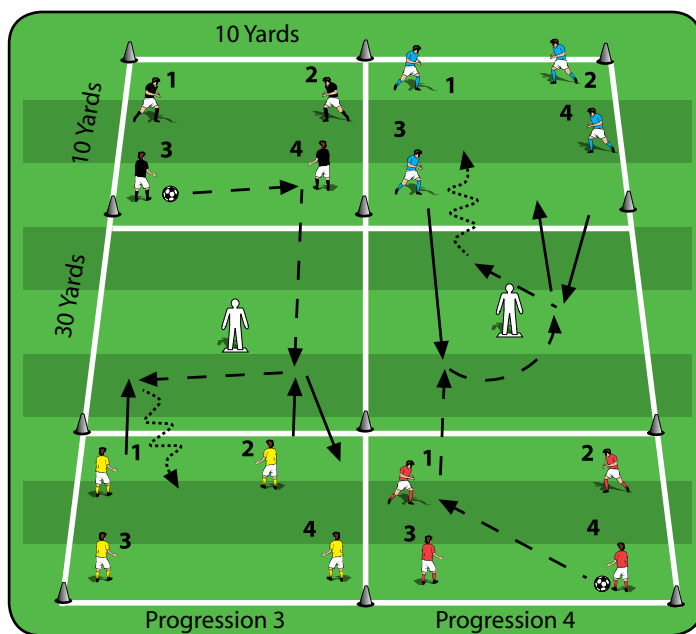
Task 3

- Numbered teams are put in 4 squares apart from each other
- Mannequins are placed in between each box
- On the shout of 1,2, 3 or 4 the allotted player must move to the grid next to them clockwise or anti clockwise by:
- Pass the ball and following it (type of pass around/over the mannequin)
- Run the ball over by beating the mannequin with a dribble



Progression 2

- Four has been shouted so Y4 receives the ball
- An X player must drop in to help Y4
- Y4 plays into X2
- X2 receives side on and plays into X in box (X1)
- Y4 runs for the pass
- X1 plays into Y4 who runs ball into X's box



Progression 3

- Four has been shouted so Y4 receives the ball
- Two X's must drop in to help Y4
- Y4 plays into X1 who is the 2nd striker
- X1 sets for X2 who has spun to get ball to feet
- Both X's then go back into original grid
- Y4 stays in his original grid
- Note: This happens with all boxes at the same time

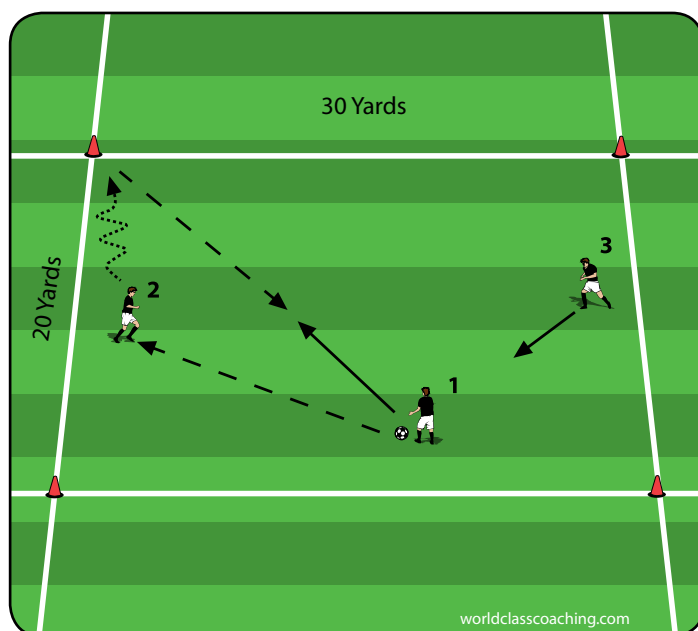
Progression 4

- Four has been shouted so Y4 receives the ball
- Two X's must drop in to help Y4
- Y4 plays into X2 and who plays round the corner into X1
- X2 then spins for the return pass of X1
- Both X's then go back into original grid
- Y4 stays in his original grid

Note: This happens with all boxes at the same time

Chapter Four

Opening Out and Switching

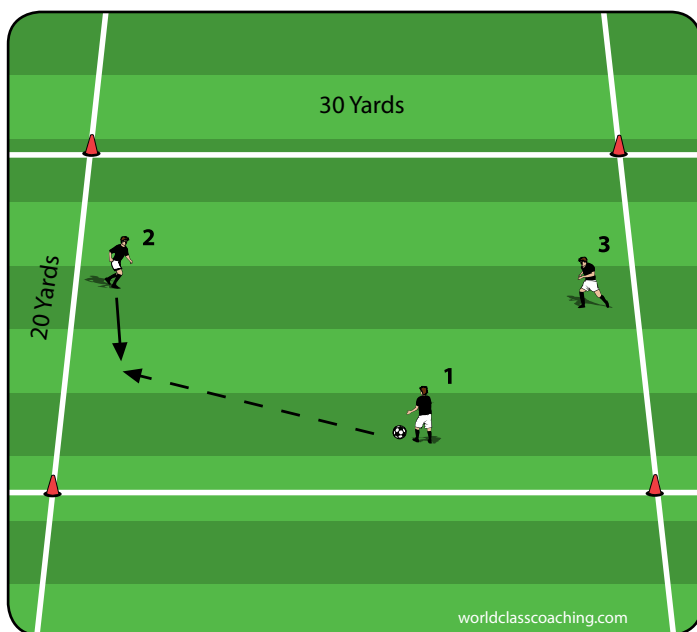


Task 1

- X1 plays ball to X2
- X2 opens out and attacks cone
- X2 then performs a turn and then plays ball back to X1
- X1 opens up and plays ball to X3
- X3 repeats the practice

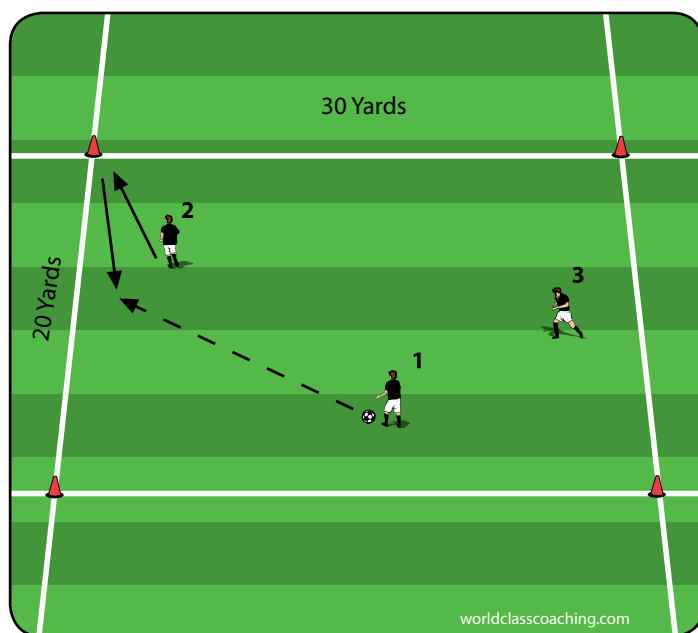
Key points

- Movement/Timing/body shape of X2 or X3 to receive (get wide first then different movements to get on the ball – see in movement progressions)
- Support positions of X1 and X3 (X1 on an angle to X2, X3 tucked in and level with X1)
- Body position of X1 (open – see both sides of the pitch)
- 1st touch (prepare for pass)
- Technique of pass/turn/dribble
- Communication (Feet or Space)



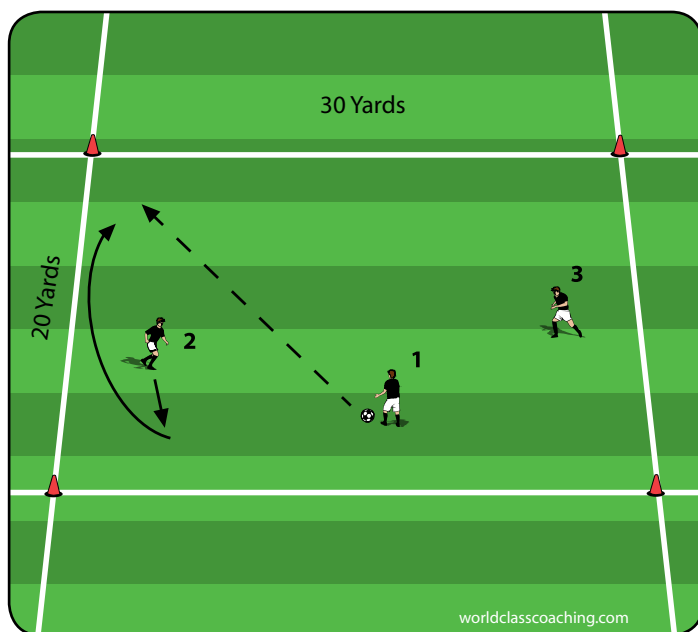
Movement Progression 1

- X2 is not marked so has no need to come forwards then go back
- Just get wide and side on
- Show for ball when X1 looks at you
- Communication = FEET!



Movement Progression 2

- X2 is marked tightly so must go away and then check back down the line
- when X1 looks at you
- Communication = FEET!



Movement Progression 3

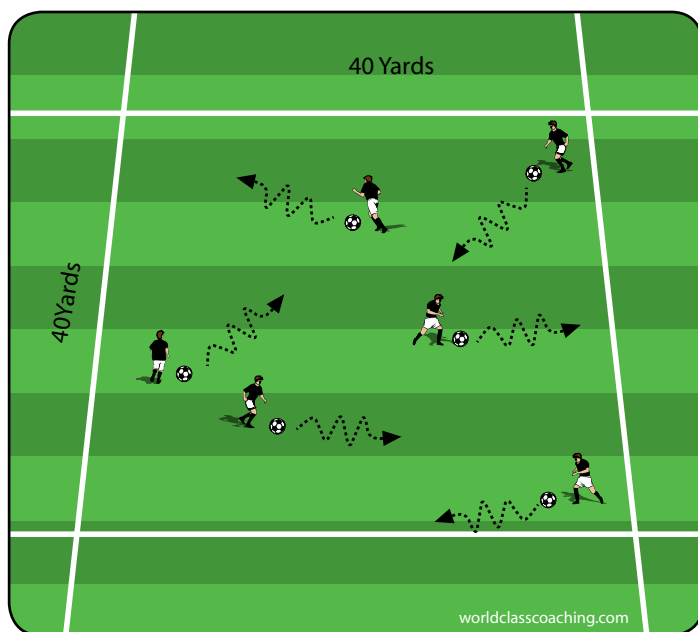
- X2 is marked tightly and when he drops in for ball is still marked so he then spins and looks for ball into space
- Communication = SPACE!
- X1 plays a weighted ball into space

Progression 1

- A mannequin is added so that when X2 receives he must beat mannequin before turn
- Vary the turn so you work on different techniques.

Chapter Five

Changing your First Touch



When trying to keep possession one of the main problems where breakdown occurs is the players 1st touch going back towards where the ball came from. This specific build up of practices looks to address the importance of changing your first touch and also allowing the player to develop techniques to travel with the ball, turn away from pressure, change the picture the player sees on the ball if a passing option is not obvious. This session needs lots and lots of practice and constant repetition of these drills should be encouraged to enable improvement.

Task 1

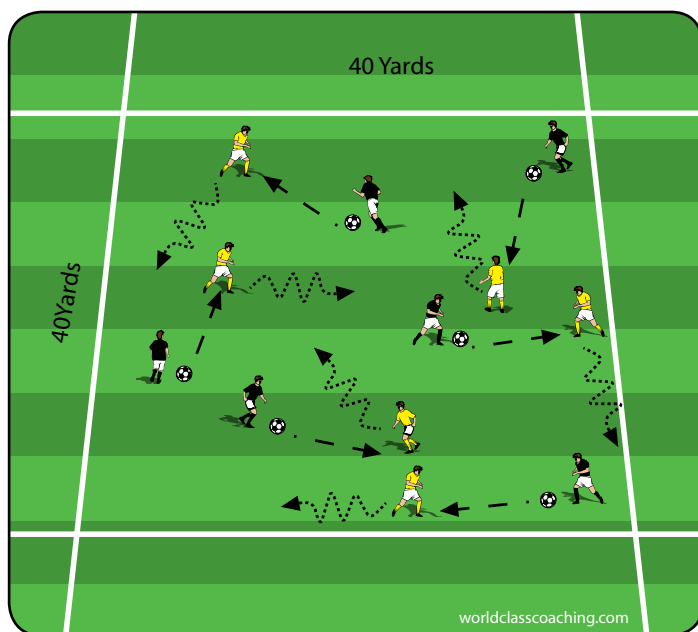
- X's have a ball each
- They are encouraged by the coach to move the ball around the area
- A specific way of moving the ball around must be encouraged

Key Points

- Touch and look (every time you touch the ball look up and around – where you are going, where the pressure may be coming from)
- Different weight and frequency of touches on ball (if there is lots of players around = smaller/tighter touches, if you have lots of space in front = bigger touches, let the ball role)
- Work at different speeds
- Every touch change the picture you see change the direction of the ball so you see different options which will come in usual later
- When working past a player, shift the ball on foot furthest away and get your arm out to protect
- Find a player and turn away from him

Task 2

Changing Your First Touch

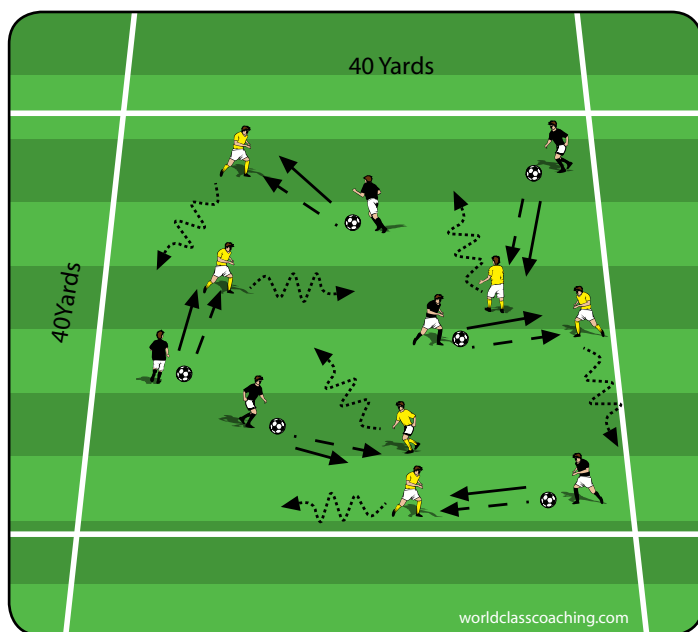


Task 2

- X's start with ball and pass to the O's
- O's receive the ball and move it away to find any other free player to receive pass
- Once X's have passed they look to receive a pass from any other player

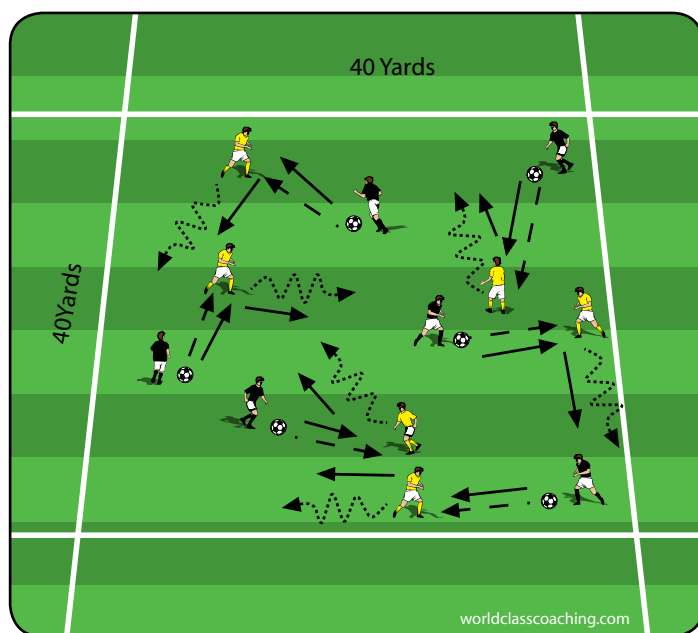
Key Points

- Pace of the pass
- Body position to receive the ball
- Let ball come across body and take with back foot
- Don't play the first pass you see, move the ball around the grid first as previously done in Task 1 changing the picture and seeing other options



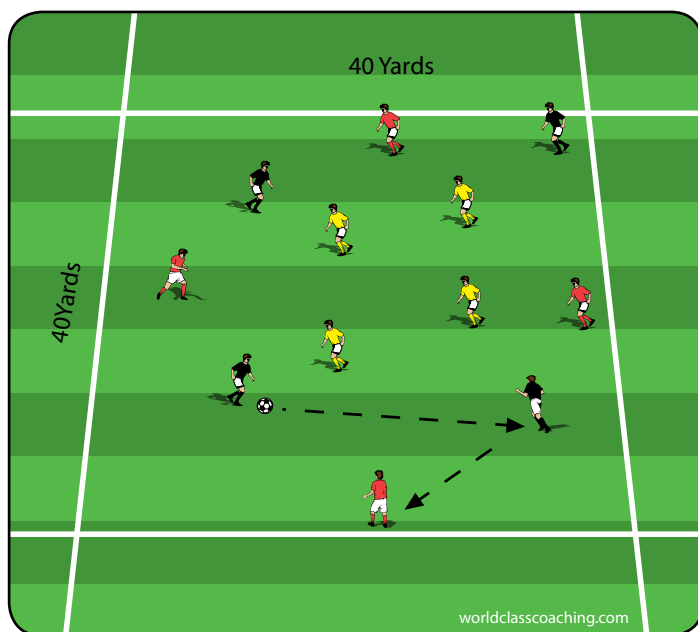
Progression 1

- X plays ball into O
- X then runs straight at O
- O must change 1st touch to avoid collision
- Emphasise not to pass to close or far away (about 10 yards)



Progression 2

- Same as P1 but now X not only follows pass but chases defender for a period
- This works on not only changing your 1st touch but travelling with the ball under pressure away from X
- Once O has got away from pressure they then must find another player with a ball to turn away from and protect ball again



Task 3

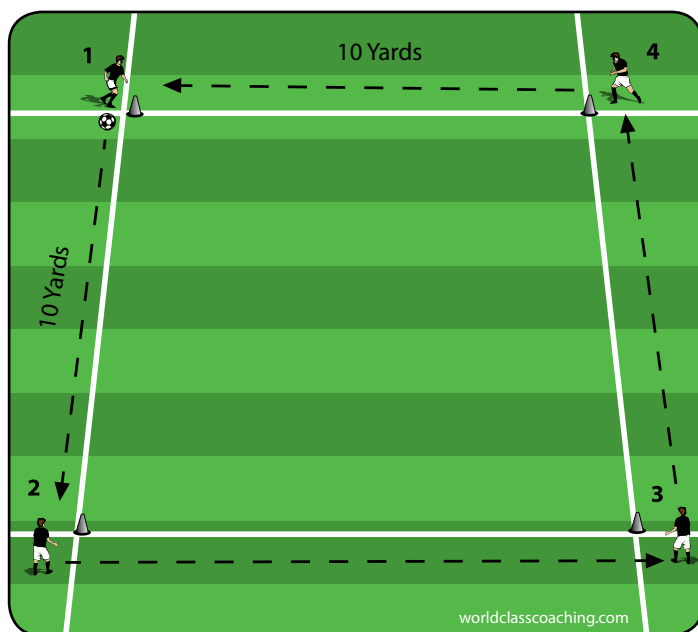
- There are 3 teams – X's, O's and Z's
- X's and O's keep possession from Z's
- Which ever team gives away possession, for example – X's misplace pass or get tackled by Z's then X's become chasers
- Look to bring out the key points worked on previously

Progression

- You must change your 1st touch
- When you receive the ball you must travel with it no matter what. This looks to work on the travel technique in previous tasks
- 10 complete passes scores 1 goal

Chapter Six

Passing and Receiving in Fours



Task 1

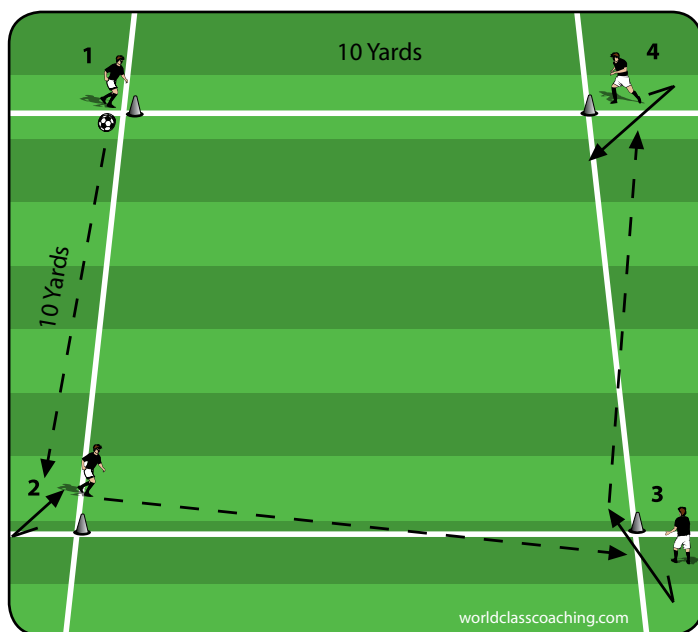
- X1 passes to X2
- X2 receives and passes to X3
- X3 receives and passes to X4
- X4 receives and starts practice again by passing to X1
- Work 1 minute working receiving on right foot, passing with right foot
- On the shout of change, receive on left and pass with left
- If you have more than 4 players, once the player has passed the ball he follows pass

Key Points

- Movement off cone
- Body shape
- First Touch
- Quality of pass

Task 2

Passing and Receiving in Fours

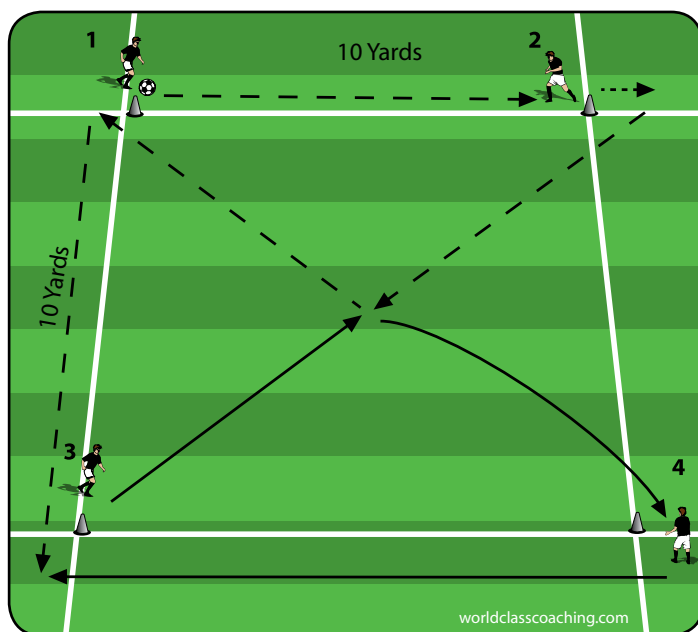


Task 2

- Same practice but when working round the right side, X1 passes to X2 and X2 receives with right foot and with first touch takes ball back to where it came from
- X2 then passes ball to X3 with left foot and drill continues all the way round
- On the shout of change, receive on left and pass with right
- If you have more than 4 players, once the player has passed the ball he follows pass

Key Points

- Movement off cone
- Body shape
- First Touch
- Quality of pass



Task 3

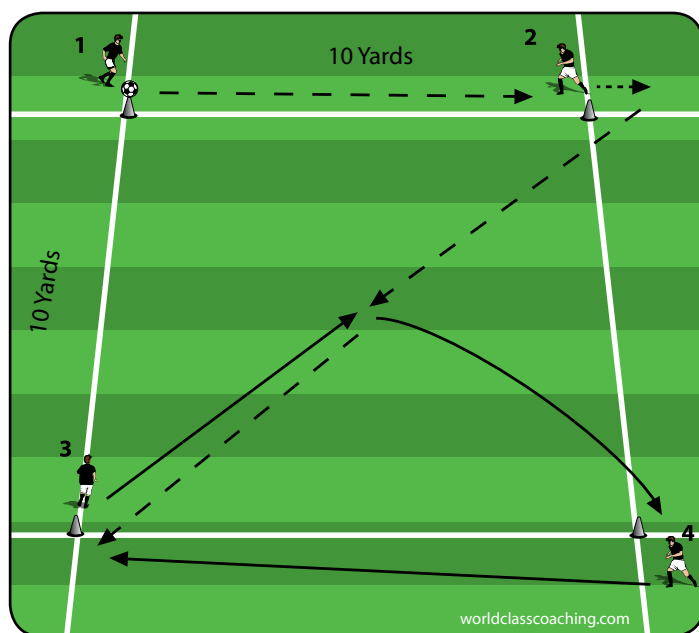
- X1 plays ball to X2
- X2 opens up and plays into X3 who has run to the middle of the grid
- X3 bounces pass off to X1 and spins off
- X4 takes X3's space
- X1 plays pass into X4 run
- Drill continues with X3 passing to X4
- X4 opening up and playing into X1's run
- Work 2 minutes then break
- To vary task up start with the opening up pass going the other way

Key Points

- Pace of pass
- Opening up techniques
- Timing and speed of X3's run
- Quality of set
- Timing of X4's run
- Weight of pass

Task 4

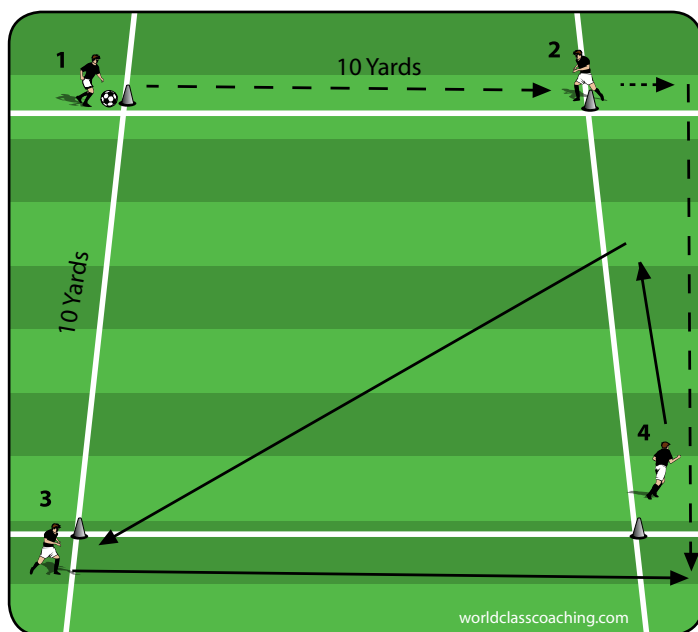
Passing and Receiving in Fours

**Task 4**

- X1 plays to X2
- X2 opens up and plays pass to X3
- X3 receives and gets turned
- X4 makes run to opposite corner
- X3 weights pass into X4's run
- X3 then sprints to where X4 has come from
- Session begins again with X4 passing to X3
- X3 opens up and plays in X1
- Work 2 minutes then break
- To vary task up start with the opening up pass going the other way

Key Points

- Pace of pass
- Opening up techniques
- Timing and speed of X3's run
- Quality of turn
- Timing of X4's run
- Weight of pass



Task 5

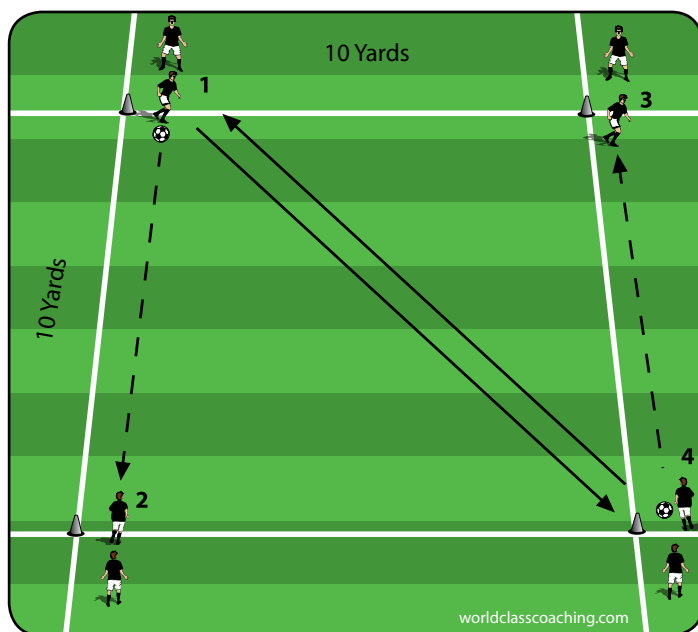
- X1 passes to X2
- X2 opens up
- X4 shows for ball down the line
- X4 then spins out and makes run to opposite cone
- X3 makes run to X4's cone
- X2 plays pass down line
- X3 receives and plays to X4
- X4 opens up and plays down the line for X2 (X1 spins out)
- Work 2 minutes then break
- To vary task up start with the opening up pass going the other way

Key Points

- Pace of pass
- Opening up techniques
- Timing and speed of X4's run
- Weight of pass
- Timing of X3's run

Chapter Seven

Passing Combinations



Task 1

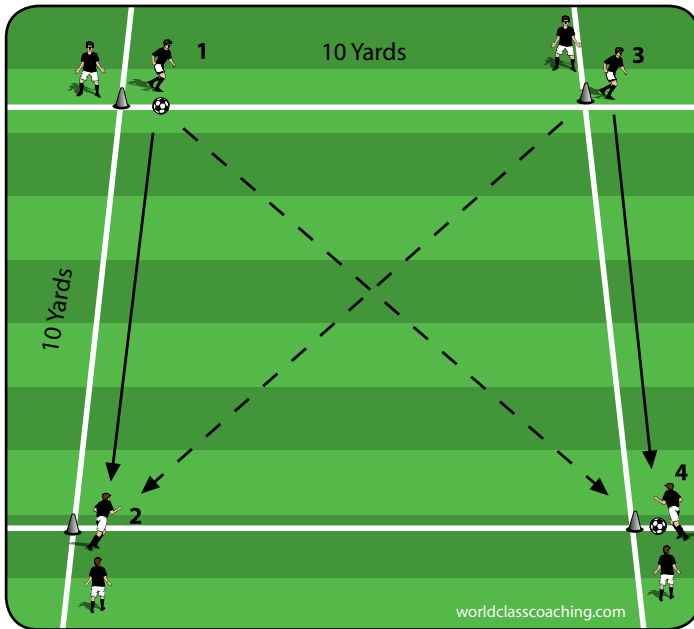
- X1 plays to X2 and runs to X4's cone
- X4 plays to X3's cone and runs to X1's (Straight pass, diagonal run)
- Exercise keeps going with X2 and X3

Key points

- Pace of pass
- 1st touch
- Match pace

Task 2

Passing Combinations

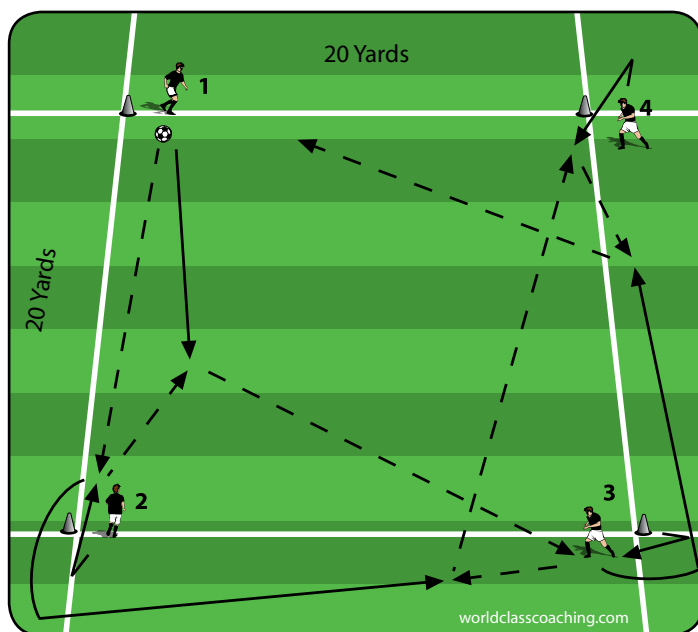


Task 2

- X1 passes to X4 and runs to X2
- X3 plays to X2 and runs to X4 (diagonal pass, straight run)
- Drill continues with X2 and X4

Key Points

- Pace of pass
- 1st touch
- Match pace

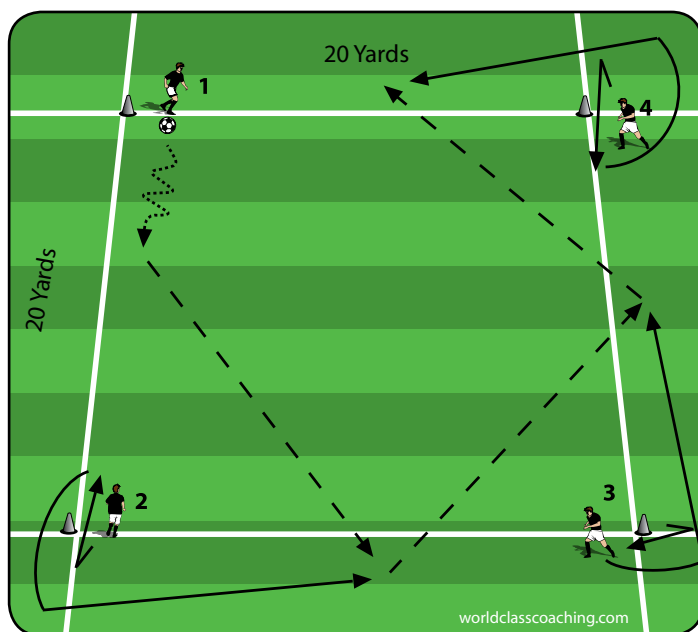


Task 3

- X2 check away and shows for the ball
- X1 plays into X2
- X2 sets and spins around cone
- X1 plays into X3 who sets and X2 plays direct into X4 etc
- Work 1 minute on the right side and then switch to work 1 minute on left side

Key Points

- Pace of pass
- Movement to receive
- Quality of set
- Type of movement away

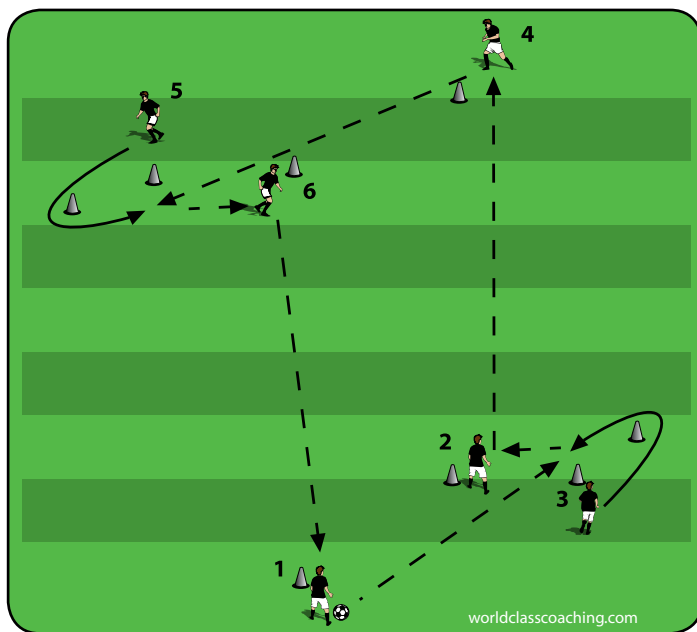


Task 4

- Drill starts with X1 rolling ball out of feet
- X2 shows for ball and then spins for pass
- X1 plays ball into X2's path
- X3 shows for ball and then spins
- X2 plays 1st time path into X3's path
- X4 shows for ball and then spins for pass
- X3 plays pass 1st time into X4's path
- Drill continues with X5
- Work 1 minute right foot only then 1 minute left foot only
- Very difficult practice

Key Points

- Quality of movement
- Pace/angle of pass



Task 5

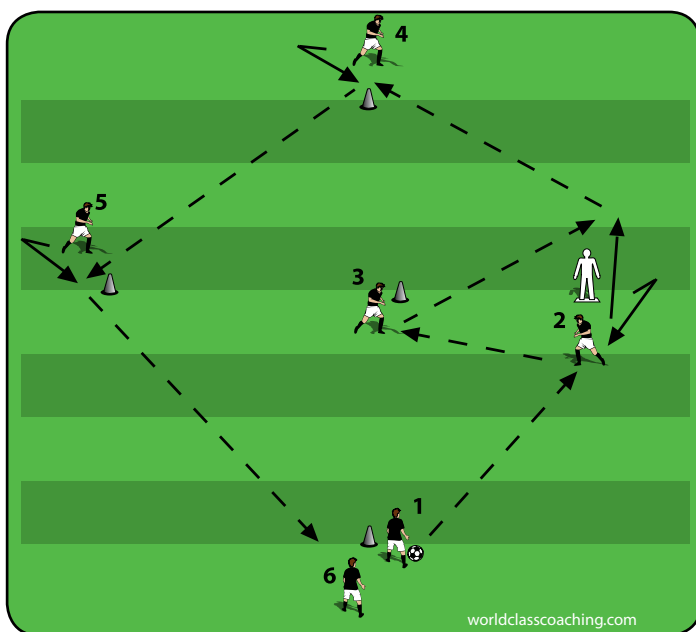
- Drill starts with X2 making a run round the cones
- As he finishes run, X1 plays pass to X2
- X2 sets to X3
- X3 plays long, 1st time into X4
- Drill continues with X4
- Every player follows pass.
- To work other side move X3, X2 and X6, X5's cone over to the other side

Key Points

- Timing of pass (X1 and X4)
- Timing of run (X2 and X5)
- Quality of pass
- Match tempo

Task 6

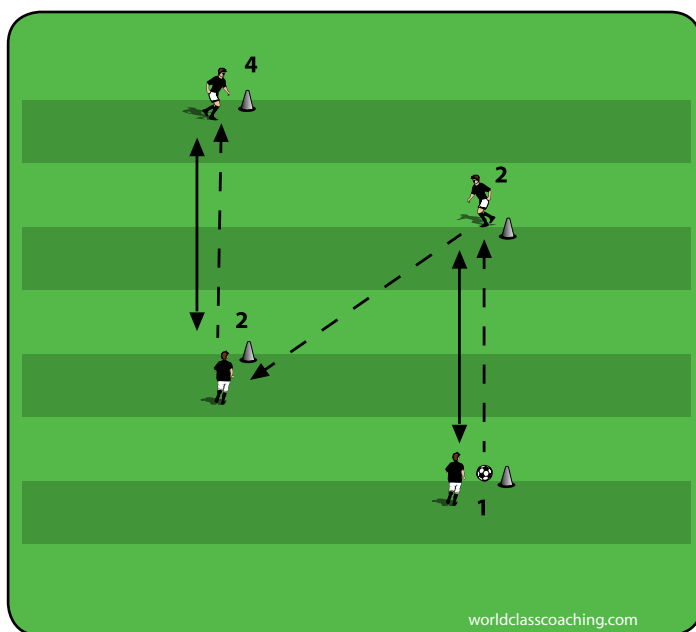
Passing Combinations

**Task 6**

- X2 moves away from ball and then checks back
- X1 plays to X2
- X2 plays wall pass to X3 and runs behind mannequin
- X3 plays pass back to X2
- X2 plays pass into X4
- X4 opens up and plays ball to X5
- X5 opens up and then passes to X6 who starts drill again
- Every player moves down a position except X3 who works 1 minute as setter before another player has a go
- Work both sides by changing mannequin position going to X5's cone.

Key Points

- Movement to receive (Away and come to)
- Quality of set
- Movement after set (sharp spin away)
- Weight of return pass
- Opening up technique



Task 7

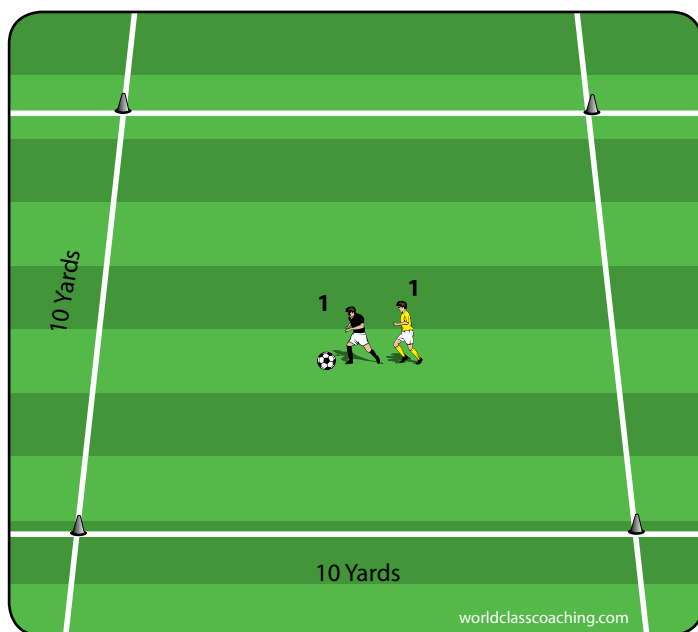
- X1 plays ball to X2
- X2 sets to X3
- As soon as X2 passes to X3, X1 and X2 switch positions
- X3 plays into X4
- X4 returns pass back to X3
- X3 sets to X1 and drill continues
- After X3 sets to X1 they must switch positions.

Key Points

- Match tempo
- 1st touch (instant control)
- Body position to receive (X2 and X3)

Chapter Eight

Possession Under Pressure



With the game of soccer becoming so athlete and physical the chances for a player to be surrounded in an area of the field with lots of time and space are very limited. A player will usually be under some form of pressure. These series of practices look to work with players to deal with the ball and take care of the ball in varying situations when under extreme pressure. The main goal, to not loose the ball and still be able to produce and end product = shot, pass, dribble, turn etc.

Task 1

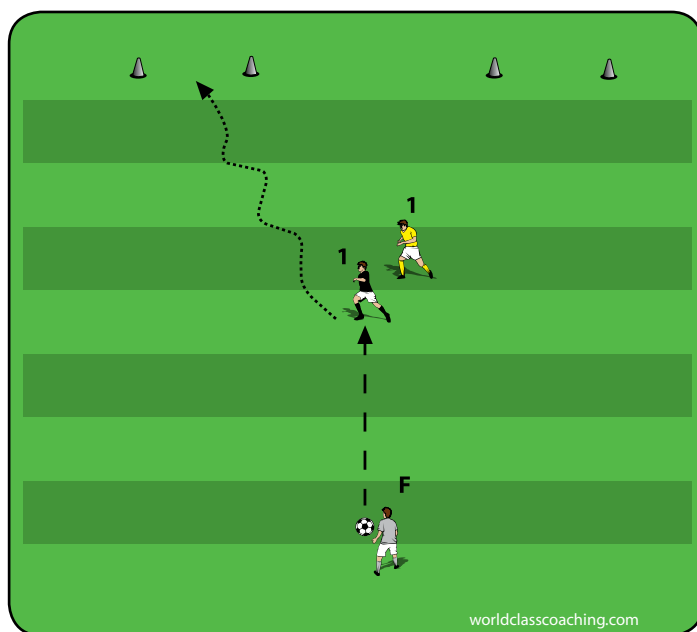
- X1 protects ball from O1 for 20 seconds passive pressure
- After this O1 receives and protects ball from X1

Progression

- X1 must try and beat O1 who is still passive
- X1 must try and beat O1 who can tackle

Key Points

- Body Position (side on, low position, arm into player)
- Touch and look (get your head up – where is my opponent?)
- Use foot furthest away from player (long extended leg with a bent back one to balance)
- Keep ball the moving to shift defender (Use all surfaces – inside, outside, underneath of foot etc)
- Use of skills to beat the man (Roll player, face him etc)
- Don't forget, work on defending technique, body position etc as well.



Task 2

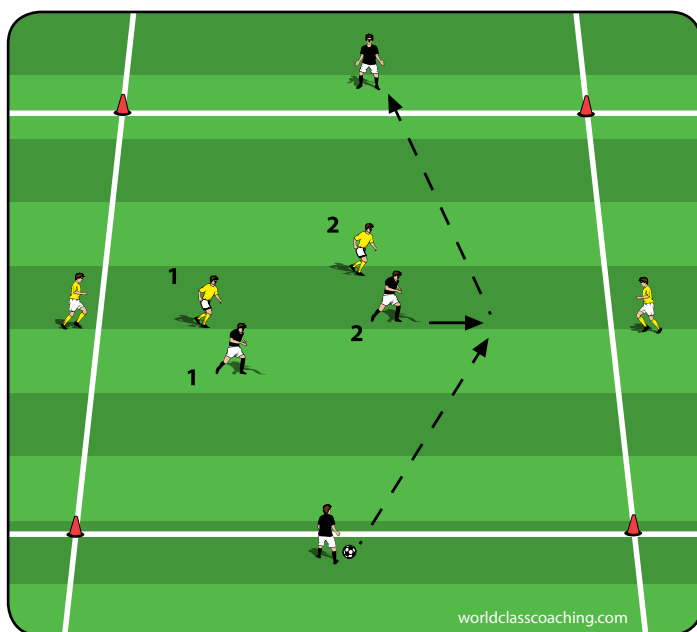
- F plays the ball into X1
- X1 receives the ball and tries to run it through either one of the goals
- If O1 tackles him, he can score himself
- After one go everyone rotates around and has a different role

Progression

- X1 can set ball back to F to keep possession and try and create space to receive again

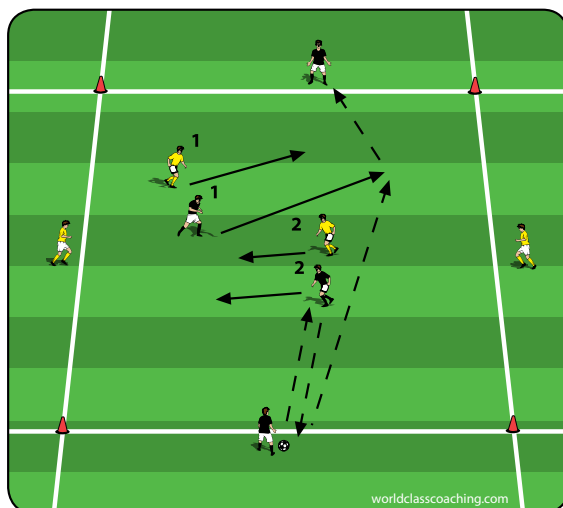
Key Points

- Create space to receive (Lots of movement – go left to receive right etc)
- Angles and distance to receive (Give yourself space to work)
- Body position (side on, check shoulder – where is the defender)
- Decision on 1st touch – (Turn, protect, change touch etc)
- Don't forget, work on defending technique, body position etc as well.



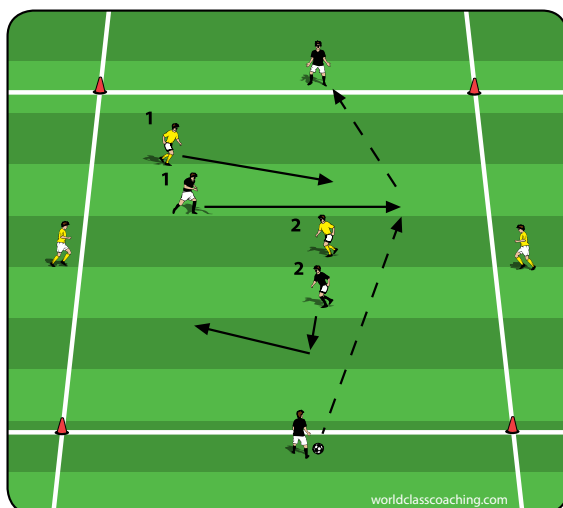
Task 3

- X's try and get ball from outside X to other outside X
- If O's intercept they do the same using their outside players
- Insist during the game that if X2 can play ball straight into end player himself, well do so without using X1
- Work 2 minutes then rotate end players.
- Change which team starts with the ball



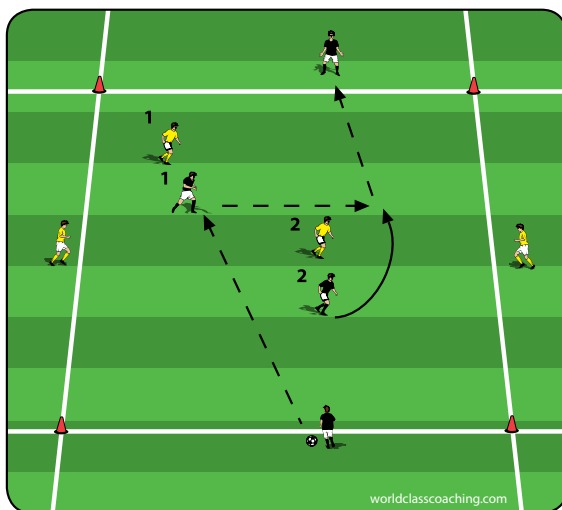
Progression 1

- Look to bring these movements out from your two players
- X2 shows for ball of end player
- X2 receives pass and sets back
- X2 then spins out and X1 takes his space behind
- Outside X plays pass into X1's run



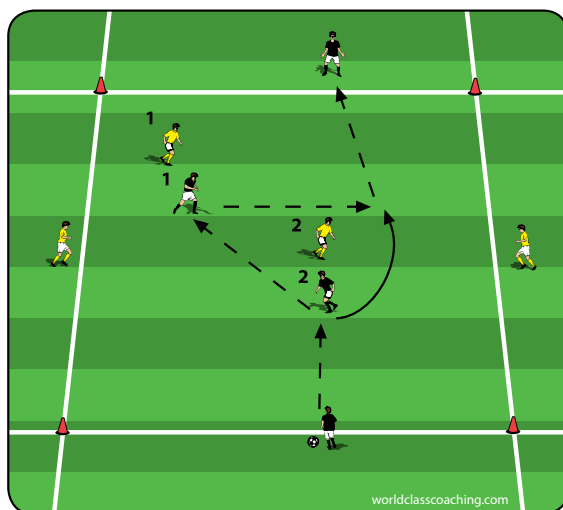
Progression 2

- X2 shows for ball but gets too close to receive pass
- X2 spins out and X1 takes space
- Outside X plays pass in



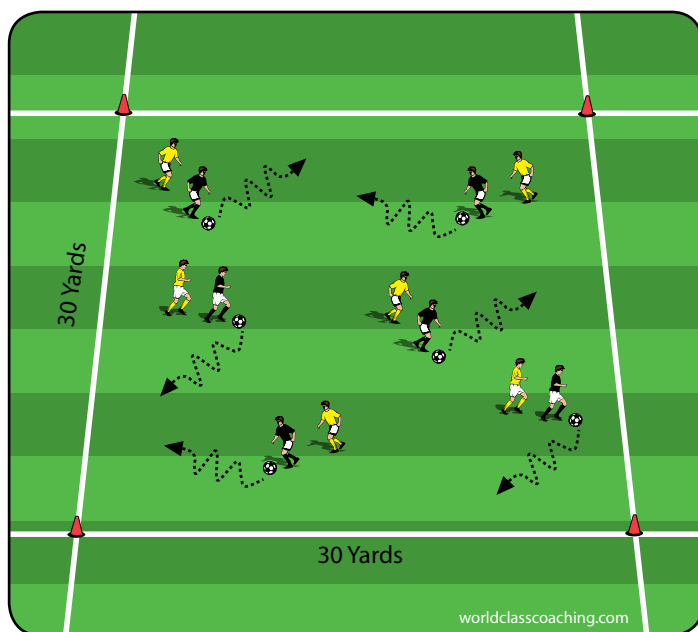
Progression 3

- Outside X plays straight into 2nd striker (X1)
- X2 spins for the return to feet or space behind



Progression 4

- Outside X plays ball into X2
- X2 plays round the corner to X1
- X2 then threatens to get ball to feet or threaten behind for ball into space



Task 4

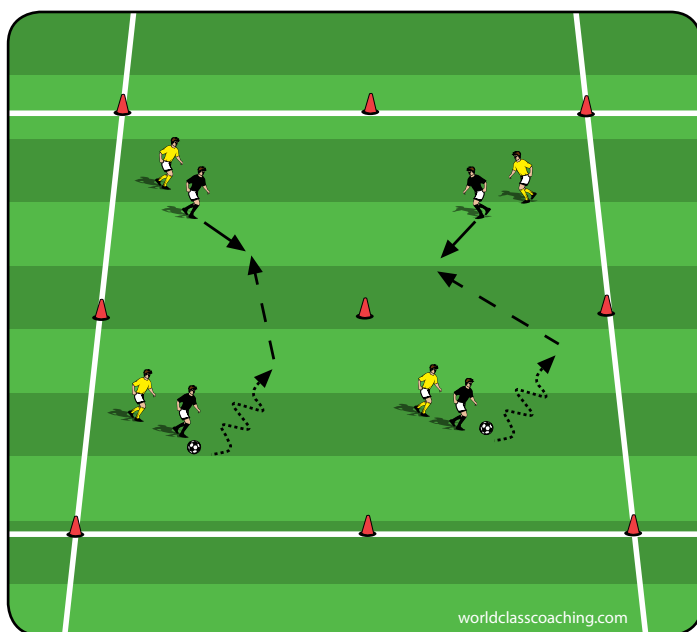
- This session involves the players working in pairs
- This is a very high work rate session so be sure that rest time is given – 30 seconds work, 30 seconds rest then switch players then 30 seconds again
- X's are put under passive pressure by their O partners. X's must run the ball all round the grid looking to keep the ball.

Progression

- Players are allowed to tackle

Key Points

- Touch ball and look up (look for space and opponent)
- Keep ball on foot furthest away from player when moving it
- Use your arm to feel opponent/keep distance
- Use different speeds
- Changes of direction
- Protect ball when you run out of space



Task 5

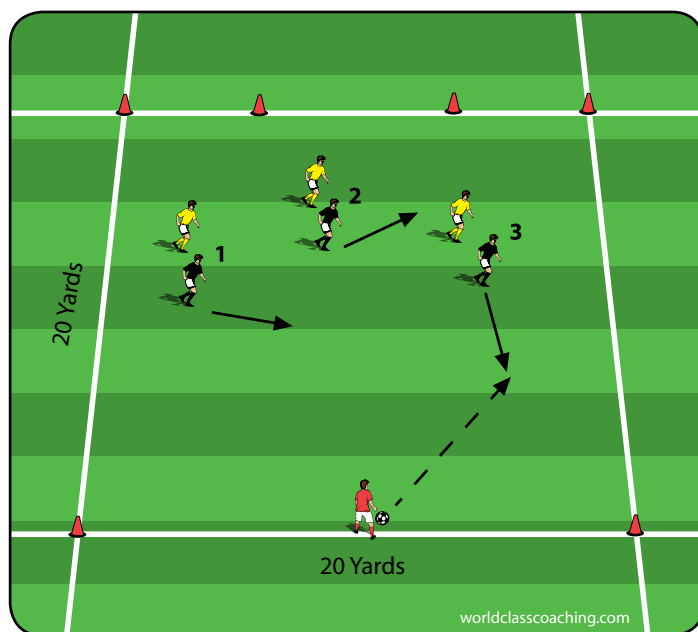
- X's and O's must stay in their half
- X1 + X3 have ball each and must move ball around grid keeping passive defending O's off their ball using running with the ball technique and protection of ball
- When X2 or X4 become free X1 or X3 play ball over to player
- X2 and X4 when receiving ball use the movement and receiving skills worked on to take ball and then travel around the grid in the way X1 and X3 have just done.

Progression

- All players can tackle and win ball back
- No use of halfway line, use whole pitch

Task 6

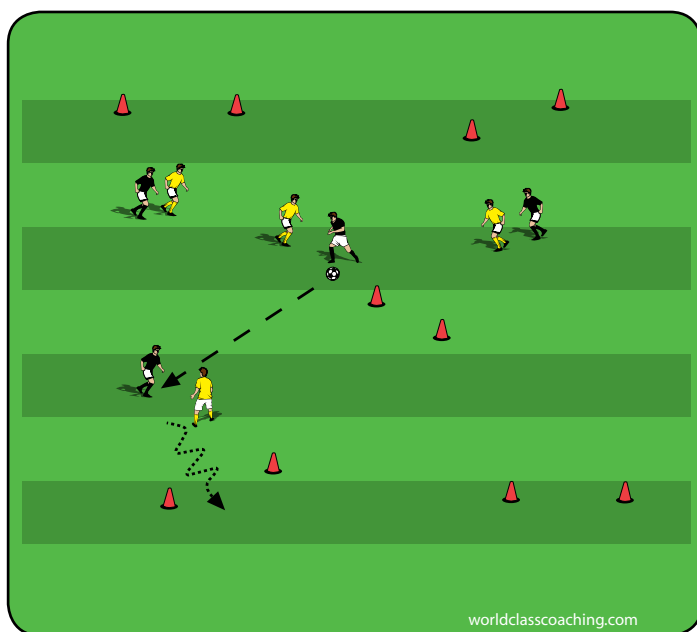
Possession Under Pressure

**Task 6**

- Again this is a man for man practice, O's must stay with their given X's
- F plays ball into X's and they score by running the ball through the marked end goals
- If O's win the ball back, they have to get it back to F who then plays to O's to score in end goals
- Ball can go back to F to keep possession
- Again this is a very high intensity practice where 2 minutes should be played and then a rest and a player swapped with F from any team.

Key Points

- Create space as an individual/Team
- Angle/distance
- Body position to receive
- Decision on touch
- Combinations with team-mates



Task 7

- Again this is a man for man practice, O's must stay with their given X's
- A goal is score by X's or O's running the ball through the little goals or passing through and a ball being received by their own player
- Note, that there is always a free goal as there are more goals than partners.
- After several goes, rotate the players to have a different partner and a different challenge

Progression

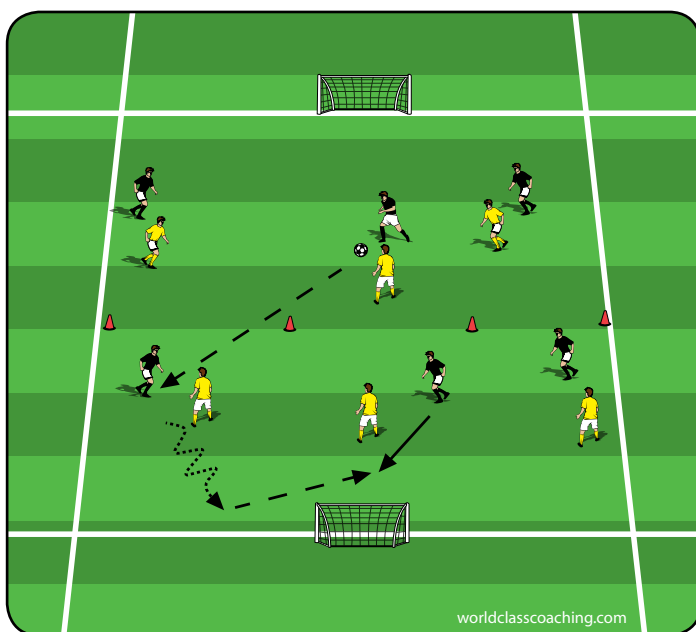
- You must face up your partner before you pass
- You must face up your partner and beat him before you pass
- Look and score points for wall passes

Key Points

- Identify the free goal and attack it
- Create space as an individual/Team (If not needed, get out)
- Same as above

Task 8

Possession Under Pressure

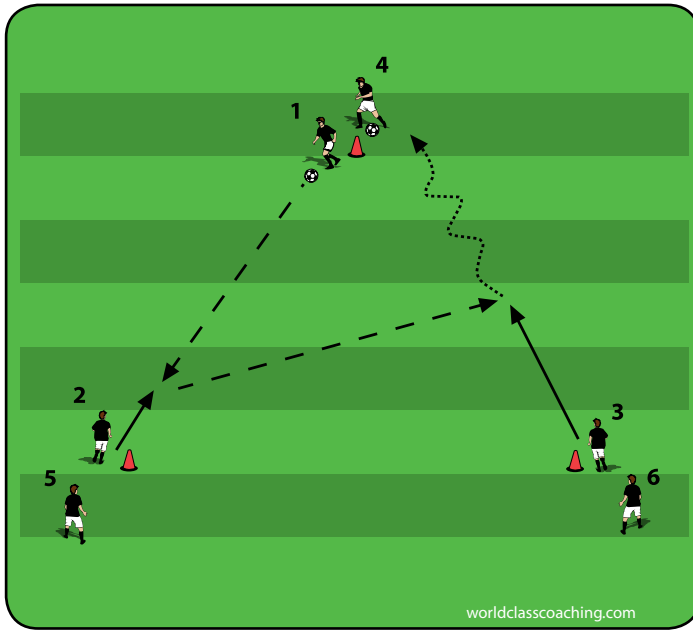


Task 8

- Again this is a man for man practice, O's must stay with their given X's
- Players are put into 2 halves
- The players can not leave their half
- X's attack one end and O's the other
- You must pass the ball to someone in your half before the ball get transferred over
- Players must not be attracted to the ball and hang around the half way line, they must spread out and create their own individual space.

Chapter Nine

Receiving Drills

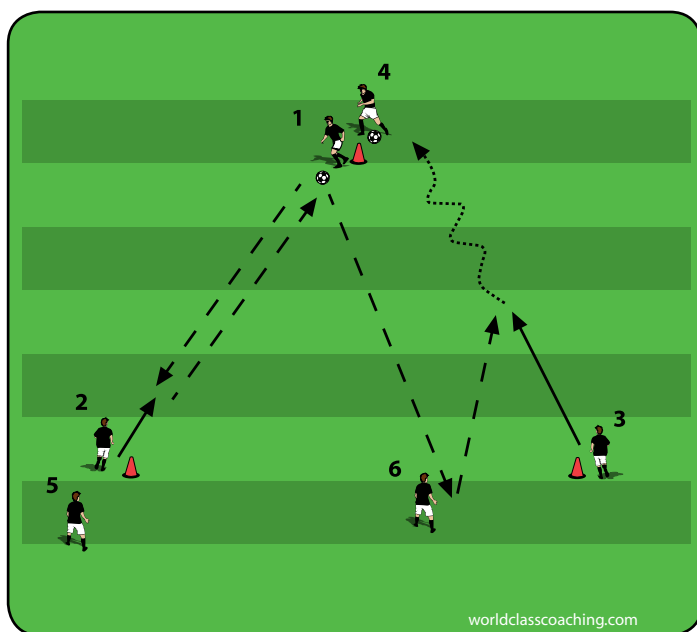


Practice 1

- X2 Checks off X5 and Receives pass off X1
- X2 Plays first time pass to X3
- Move around in a counter clockwise direction after you have played the ball

Coaching Points

- Players communication
- X2 checking off defender X5
- X2 weight and accuracy of pass
- X3 timing of run and acceleration with the ball



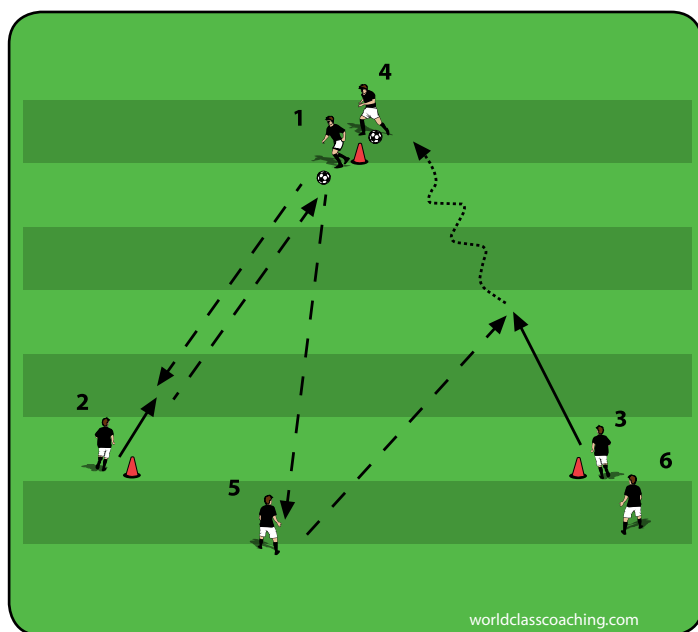
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Practice 2

- X2 checks off X5 and receives a pass from X1
- X2 plays the ball back to X1
- X1 plays to X6
- X6 plays a first-time pass to X3
- Move around in a counter clockwise direction after you have played the ball

Coaching Points

- Players communication
- X2 checking off defender X5
- X1 and X2 weight and accuracy of the pass

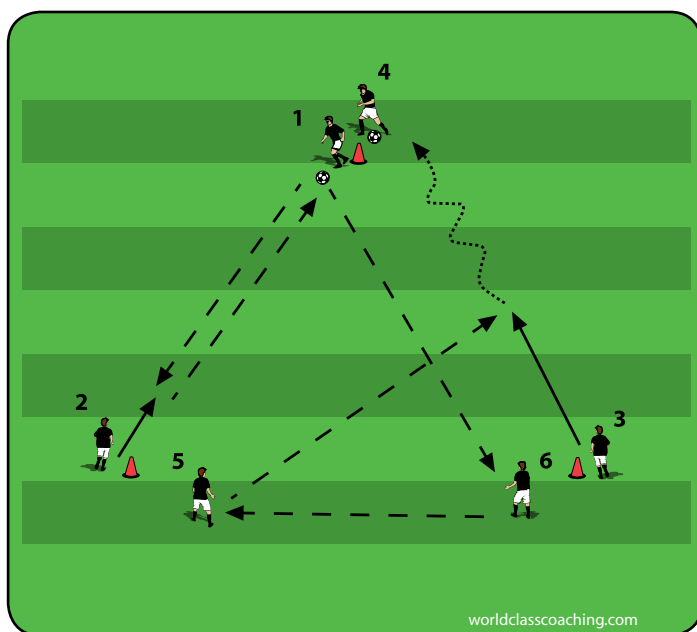


Practice 3

- X2 checks off X5 and receives a pass from X1
- X2 plays the ball back to X1
- X1 follows his pass and plays a pass to X5
- X5 plays a first-time pass to X3
- Move around in a counter clockwise direction after you have played the ball

Coaching Points

- Players communication
- X2 checking off the defender X5
- X1 and X2 weight and accuracy of the pass
- X5 movement, weight and accuracy of the pass
- X3 timing of the run and acceleration with the ball

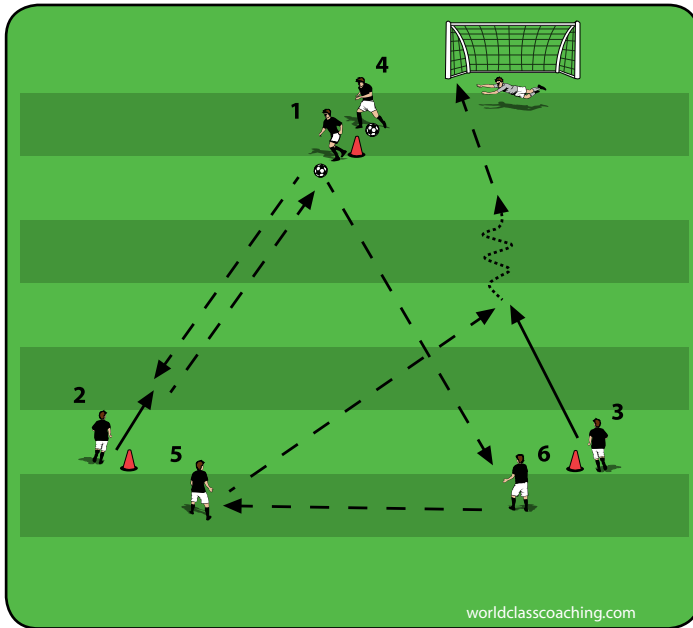


Practice 4

- X2 checks off X5 and receives a pass from X1
- X2 plays the ball back one-touch to X1
- X1 passes to X6
- X6 sets to X5
- X5 passes to X3
- Move around in a counter clockwise direction after you have played the ball

Coaching Points

- Players communication
- X2 checking off defender X5
- X1 and X2 weight and accuracy of the pass
- X6 movement, weight, and accuracy of the pass
- X5 movement, weight and accuracy of the pass
- X3 timing of run and acceleration with the ball

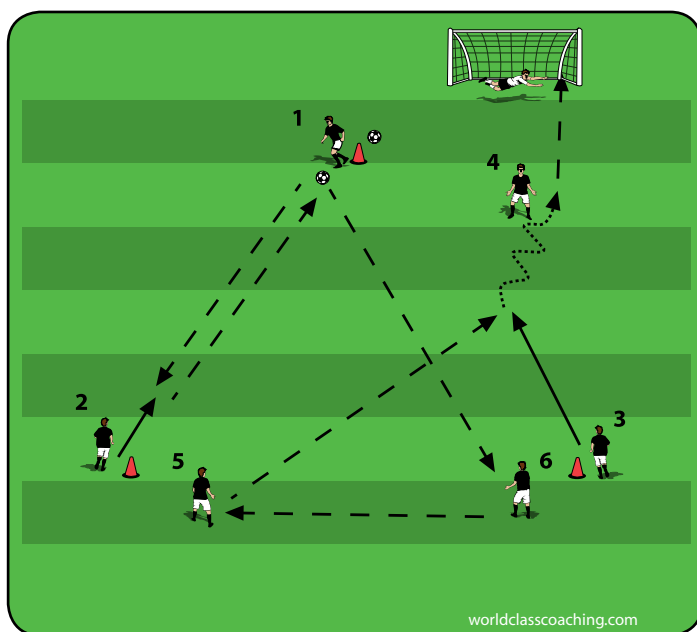


Practice 5

- X2 checks off X5 and receives a pass from X1
- X2 plays the ball back one-touch to X1
- X1 passes to X6
- X6 sets to X5
- X5 passes to X3
- X3 runs with the ball at speed and shoots on goal
- Move around in a counter clockwise direction after you have played the ball

Coaching Points

- All of the previous coaching points



Practice 6

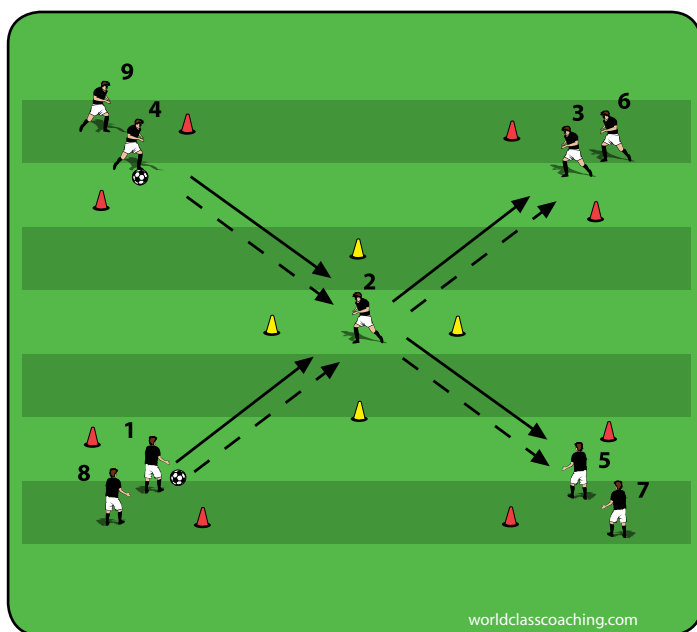
- X2 checks off X5 and receives passes off to X1
- X2 plays the ball back one-touch to X1
- X1 passes to X6
- X6 sets to X5
- X5 passes to X3
- X4 Becomes a passive defender
- X3 runs with the ball at speed, beats X4 and shoots on goal
- Move around in a counter clockwise direction after you have played the ball

Coaching Points

- All previous coaching points plus moves to beat players

Chapter Ten

Quick Movement and Awareness

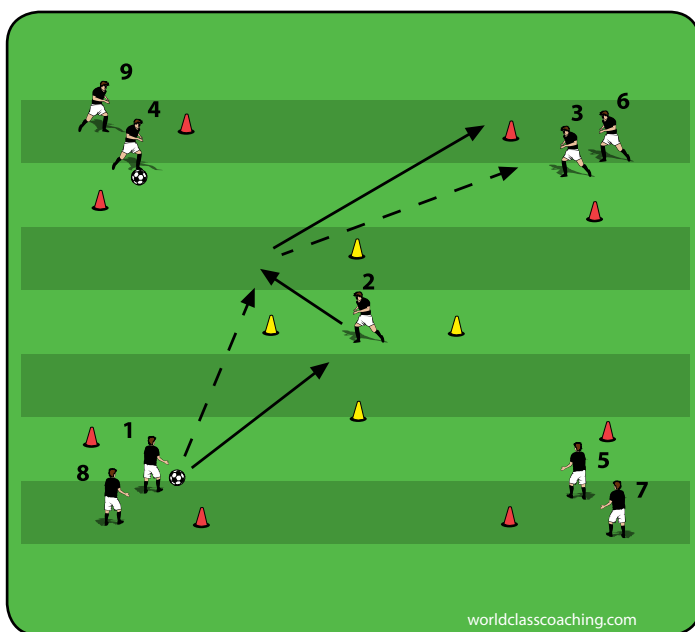


Practice 1

- X1 plays into X2
- X2 receives on the back foot inside the box, then passes out to X3
- X4 passes into X1 two receives on the back foot and passes out to X5
- All players follow their passes and the pattern continues

Coaching Points

- Players communication
- Front foot passing (Body shape, forcing the ball down)
- Players movement away from the ball to create space
- Receiving the ball on the back foot
- Looking over your shoulder
- The ability to receive the ball late in a small area

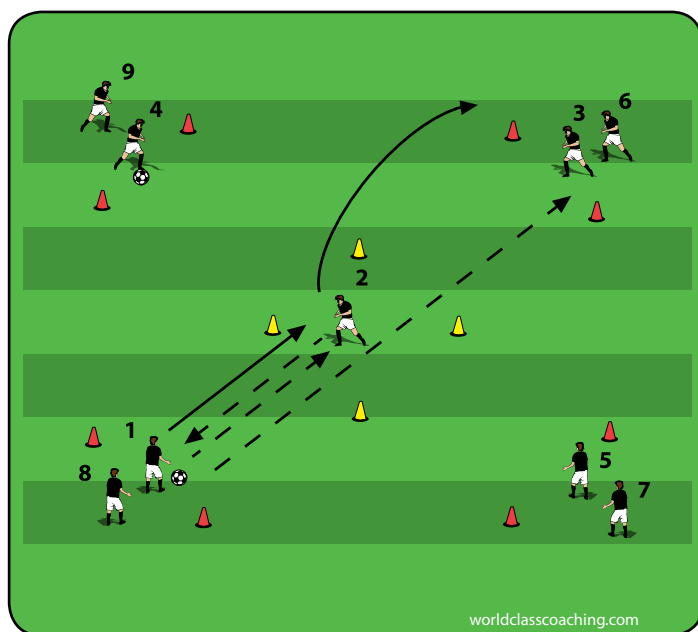


Practice 2

- X2 moves outside the area (box) on an angle
- X1 plays into X2
- X2 receives on the back foot outside the box and passes out to X3
- All players follow their passes
- X4 passes into X1 who receives with the back foot and passes out to X5
- All players follow their passes and the pattern continues

Coaching Points

- Players communication
- Front foot passing (body shape, forcing the ball down)
- Players sideways movement to create space
- Receiving the ball on the back foot
- Looking over your shoulder
- The ability to receive the ball in a tight area
- Plays to vary the side they receive the ball on



Practice 3

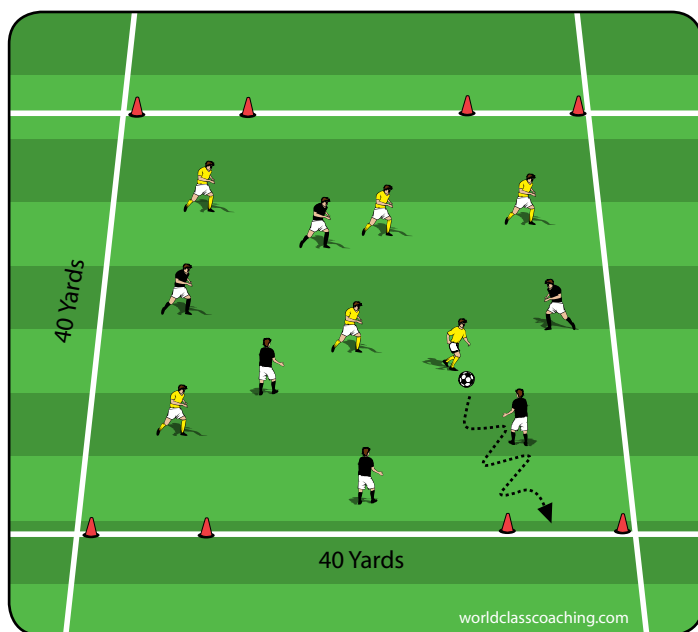
- X1 passes to X2
- X2 sets to X1
- X2 moves out of the box
- X1 passes to X3 and moves into the middle

Coaching Points

- Players communication
- Front foot passing (body shape, forcing the ball down)
- Players in the middle sideways movement to create space
- Looking over your shoulder

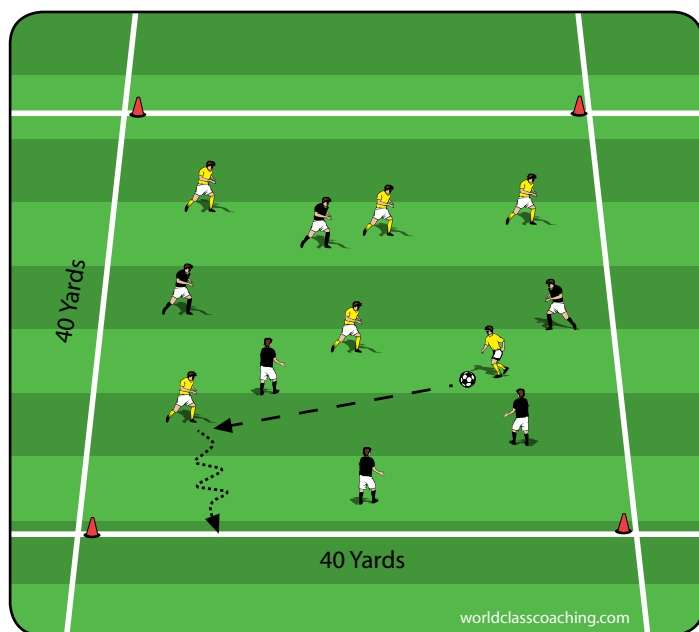
Chapter Eleven

Possession Games



Task 1

- Possession practice is done with even numbers or 6v6 + a floater
- In this game a goal is scored by running the ball through either one of the goals
- Once O's score X's gain possession and try and score at the other end



Task 2

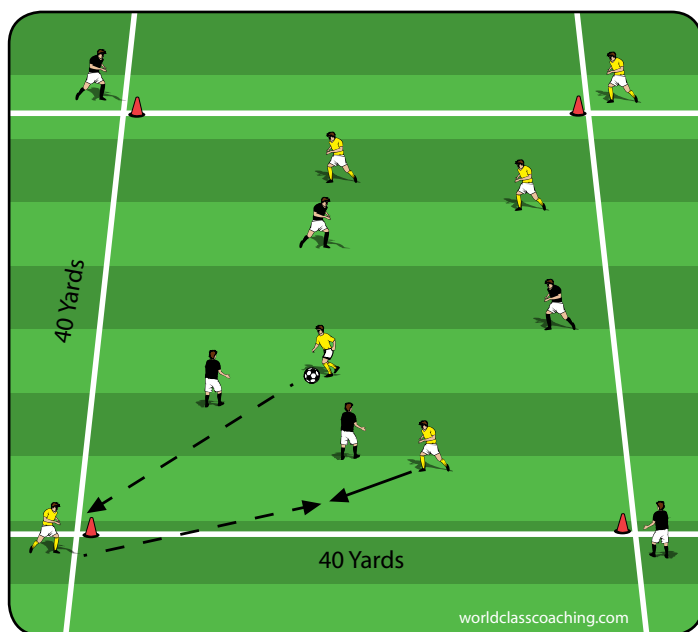
- Same set up but goal is scored by stopping ball on opponents line (X1)

Progression

- This is progressed by the ball being played over the end line into a players run.

Key Points

- Quality of pass
- Body position to receive (can you play forwards?)
- Weight/timing of pass
- Timing of run (don't be off side)
- Identify the place to play into space or keep the ball

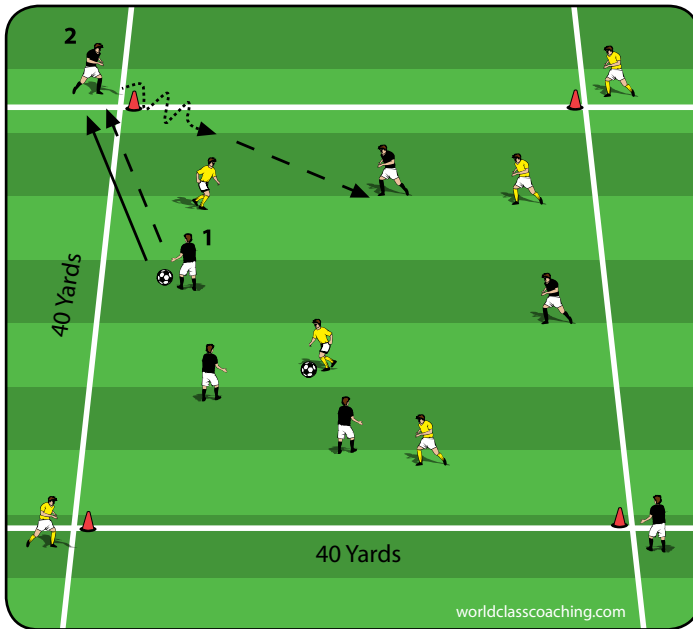


Task 3

- Possession is kept with the players playing from one diagonal to the other
- The players can spend 2 minutes as end players and possession is kept with O1 playing to O2 and him having a maximum of two touches playing out to another O.

Key Points

- Create space (Specifically angles to get ball off end player)
- Body shape (Can you see the other diagonal end player)
- Decision off pass (Why play three passes when you can go straight into the end player)
- 1st touch of end player (Change the angle of the ball)

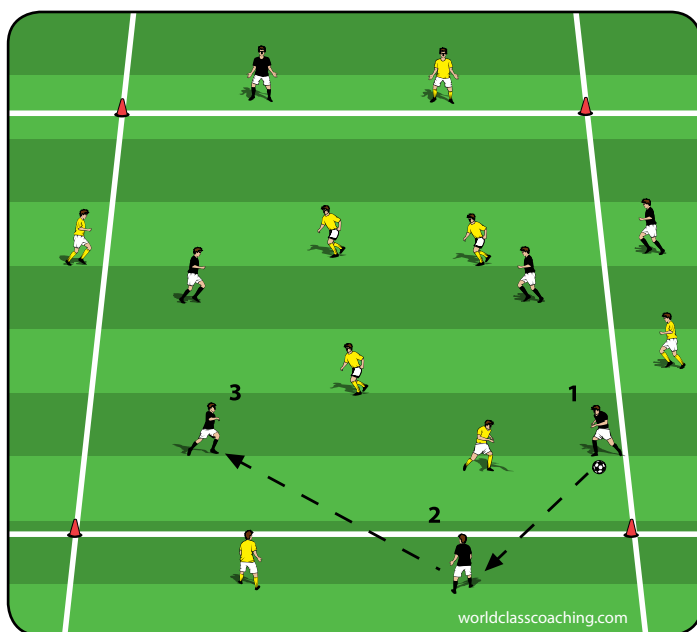


Progression

- X1 plays to X2
- X2 takes ball into grid and X1 takes his place

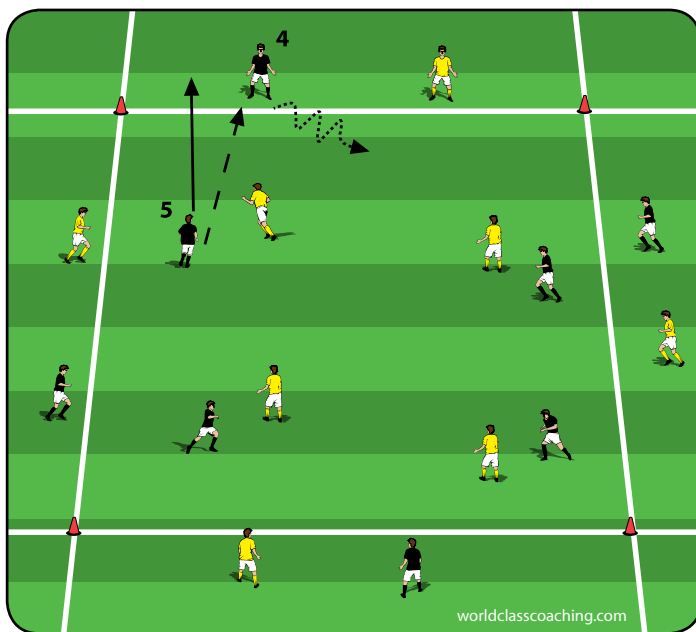
Key Points

- Create space (Specifically angles to get ball off end player)
- Body shape (Can you see the other diagonal end player)
- Decision off pass (Why play three passes when you can go straight into the end player)
- 1st touch of end player (Change the angle of the ball)



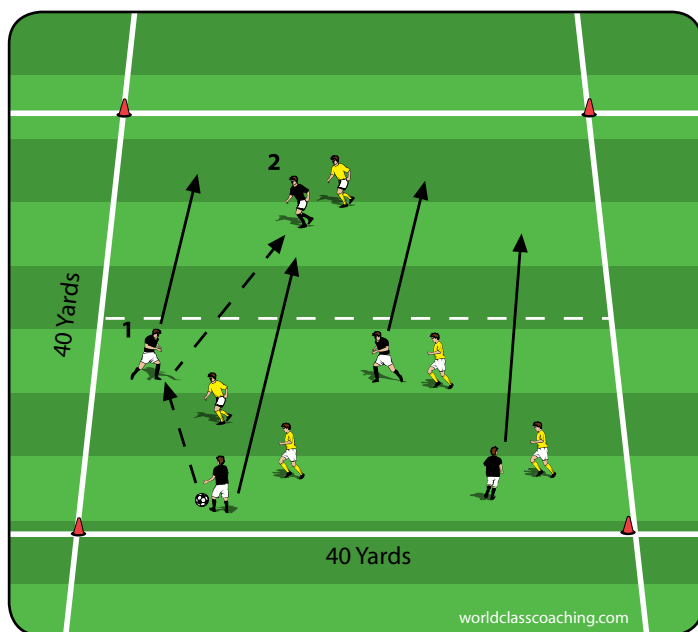
Task 4

- An equal amount of players is in the inside of the square (3v3, 4v4)
- Not a problem if you have uneven number as you can have a floater (4v4 + 1 floater)
- Possession is kept for two minutes with outside players staying on the outside
- X's can only play to outside X's and O's to outside O's (For example, X2 to X1 to X3)
- Extra points can be scored for getting a wall pass off outside player
- Extra points can be scored for overlapping and outside player once you play the ball into him



Progression

- Once the ball goes into outside player he comes into the grid and inside player goes outside (For example, X5 plays to X4 and he runs out)

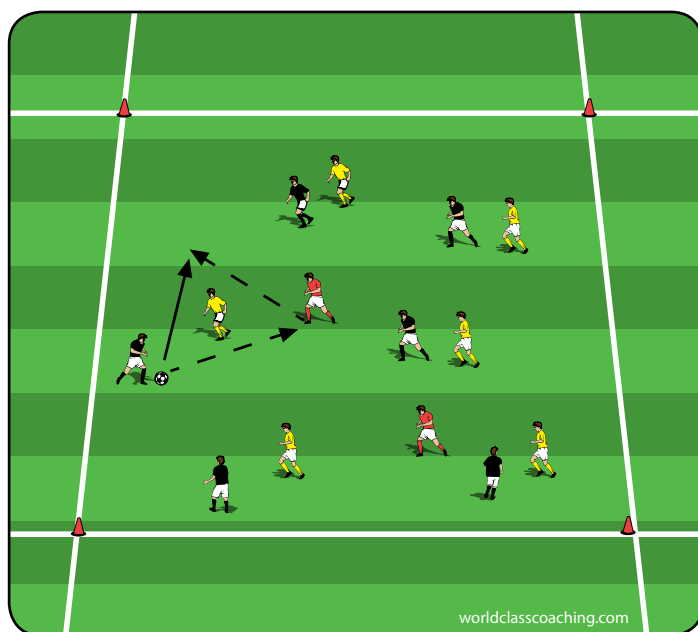


Task 5

- Field is split into 2 20 x 40 sections
- The players must keep possession within 1 zone and achieve a certain number of passes before possession can be transferred over
- You must keep a 1v1 situation in the other half of the practice
- To start off with defender marking X2 must let him have the 1st touch
- As practice progresses the defender can step in and win the ball at will
- Once the ball is transferred over to X2 all X's and O's bar 1 each must go over and practice continues
- To progress, instead of passing the ball to X2, you could run it

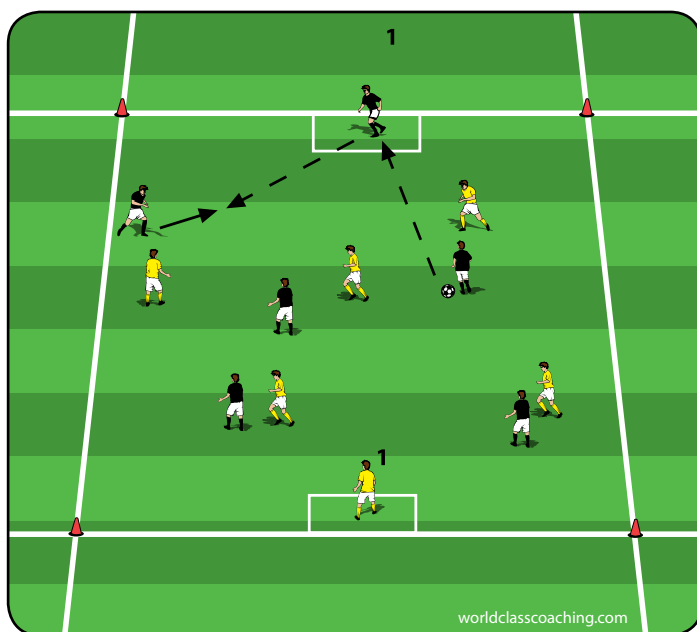
Key Points

- Create space to receive (1v1 and larger possession)
- Body shape (Can you play forward or run the ball forwards as a progression?)
- 1st touch (Away from pressure)
- Ability to receive, protect and keep possession in a 1v1 situation
- Type of pass into 1v1 situation (Space/feet/lofted/driven)
- Combination with 1v1 player (Wall pass etc)



Task 6

- Possession is kept with a 6v6 and two neutral players
- Players are encouraged to use Neutral players to not only keep possession but try and incorporate third man running, wall passes, overlaps, under laps and take overs

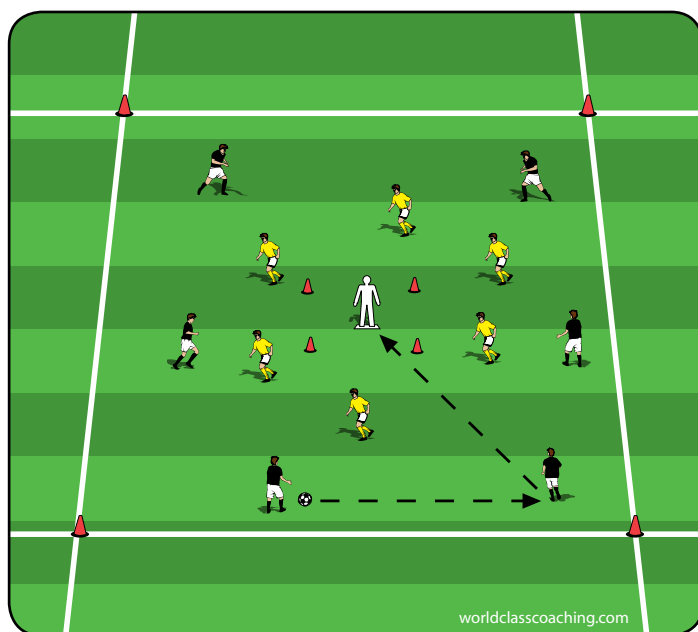


Task 7

- Practice has a 5v5 with players of each team operating as neutral players in a small 6 yard box (O1 and X1)
- You must keep possession and score points by getting the ball from each neutral player to the other
- Each neutral player is swapped after 2 minutes
-

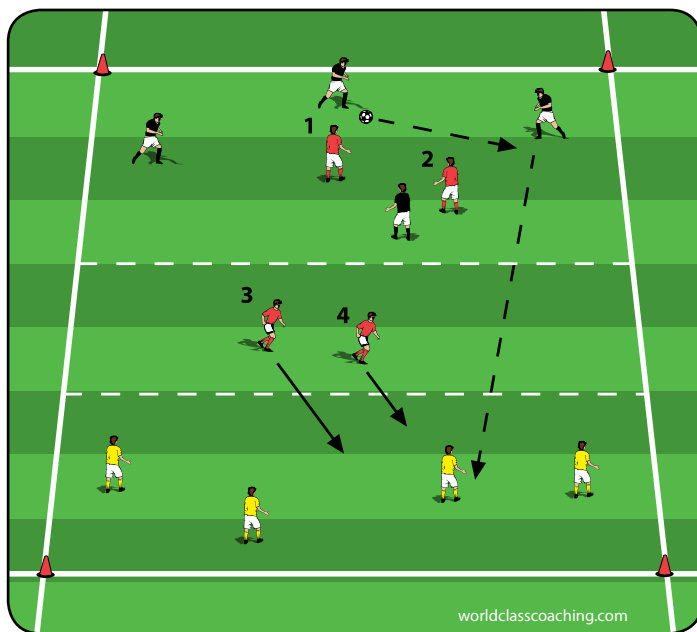
Progression

- You can progress practice on by only allowing the ball to be played into the end players aerially
- Also you can only allow the end players 1 touch
- The ball can go into them but it can't touch the floor (Aerial control and 1st touch)



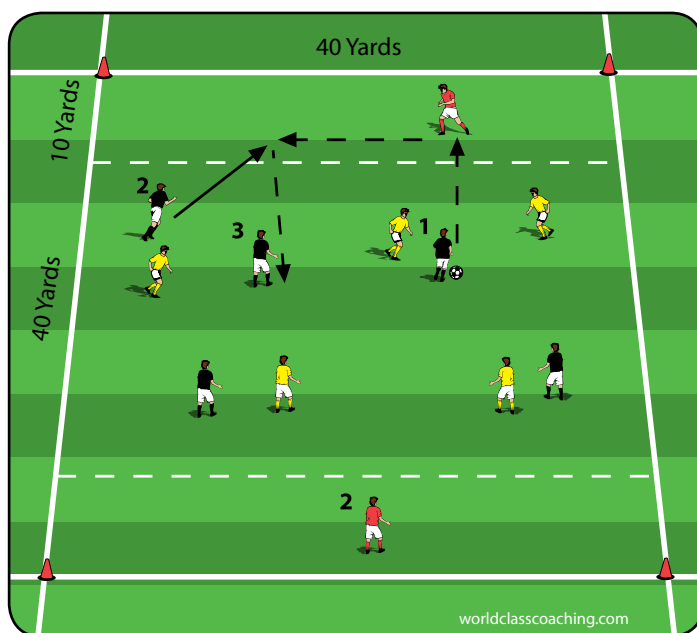
Task 8

- Possession is kept with a goal being scored for every time a player hits the mannequin
- Once this happens the same team regain possession with a ball from outside the practice
- Specifically look at passing through players and shifting players by moving the ball to create space to play through



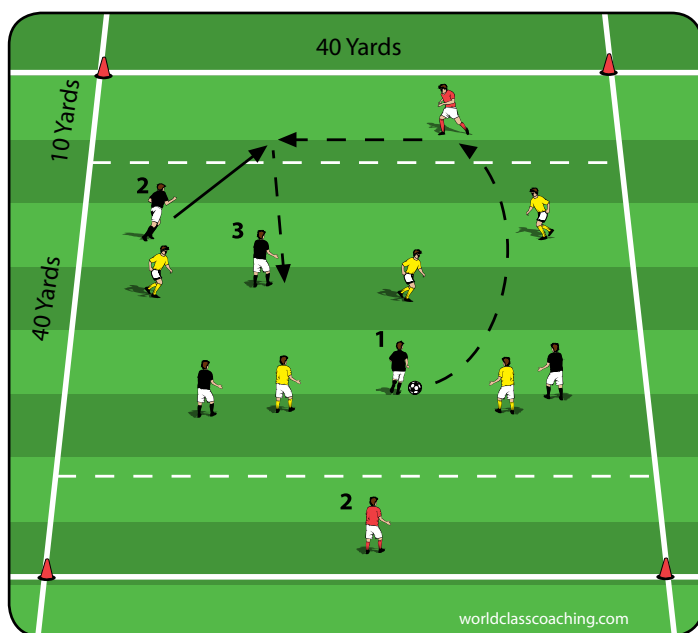
Task 9

- X's keep the ball from Z1 and Z2 who close down
- Once a certain number of passes are kept then X's transfer ball over to O's
- At this point Z3 and Z4 close down the O's who try and replicate what X's did
- Z1 and Z2 by this point have gone back into middle area
- If Z's tackle then the team that lost possession enter the middle area
- To progress this, the player left in the middle can try and intercept the transferring pass.
- Z's can not enter end box until O's or X's have had their touch



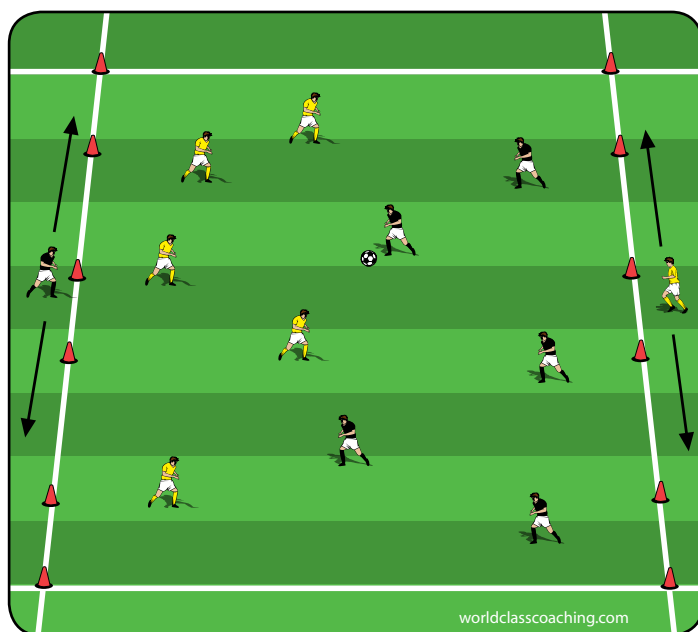
Possession Game with Neutral Players

- The game has 5v5 or 6v6
- You also have 2 N (neutral) players who stand in each end zone
- The N players stay there for 2 minutes before switching
- The teams score by getting the ball into N1 and then trying to get it into N2
- Once the ball goes into N1 by X1, a player must drop in on the other side (X2)
- N1 then opens up and then plays in X2 who has dropped in
- X2 then opens up and plays in a team-mate (X3)
- Once X2 goes into end zone he cannot be tackled
- X2 can only drop in once the ball has been played into N1



Progressions

- N1 only has 1 touch
- Ball must be played aerially into N1 who must deal with it without the ball bouncing
- N1 must receive the ball and then play a take over with player who has dropped in
- Defending player can drop in and a 2v1 is formed – N1 and X2 must play 2 passes before ball can go out

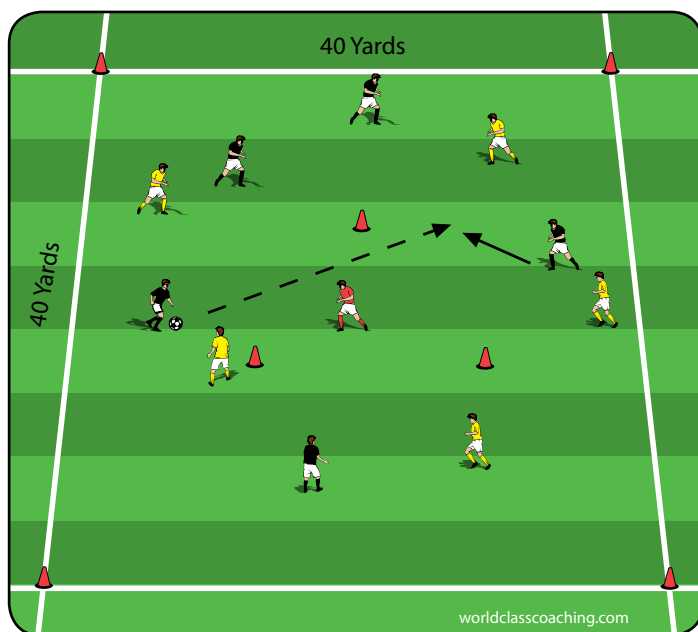


Task 1

- To score a goal X's and O's must attack one side
- They must run the ball between one of the three goals marked out
- If you have a great number of players you can put passive defender behind the goal to defend and get in the way of anyone trying to run the ball between the goal

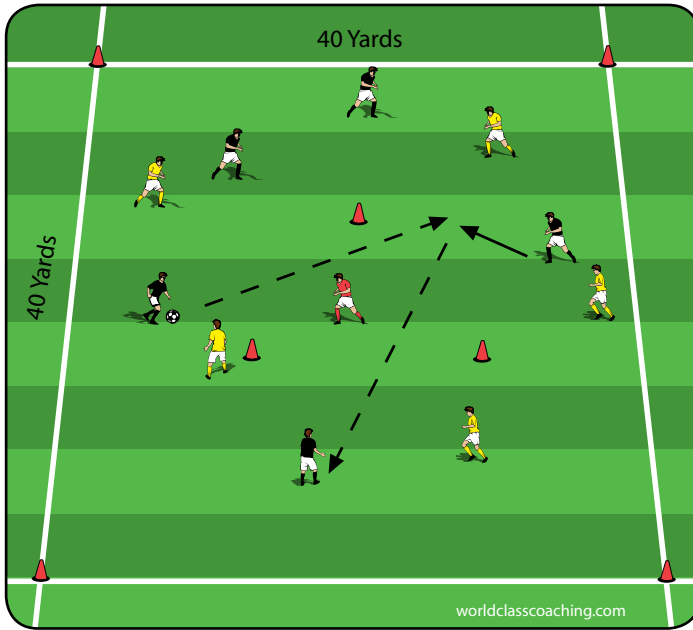
Key Points

- Create space (width, depth, length)
- Body position to receive (look to be able to play forward or change the play)
- Quick changes of direction (keep the opposition moving)
- Patience (don't risk the ball – if in doubt – go back)



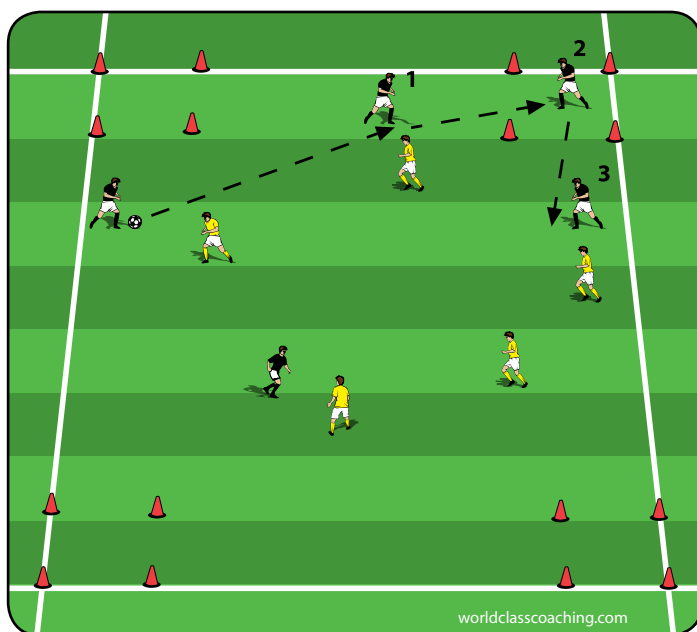
Task 2

- X's and O's keep possession from each other
- A goal is scored by playing the ball on the floor through the triangle where the goalkeeper is
- If X's have a shot and the Keeper catches it, he must throw ball to the other team
- Goal can only be scored if ball goes through triangle to another X



Progression

- You score 2 goals by playing the ball through the triangle and then the X receiving wall passes the ball back through to another X



Task 6

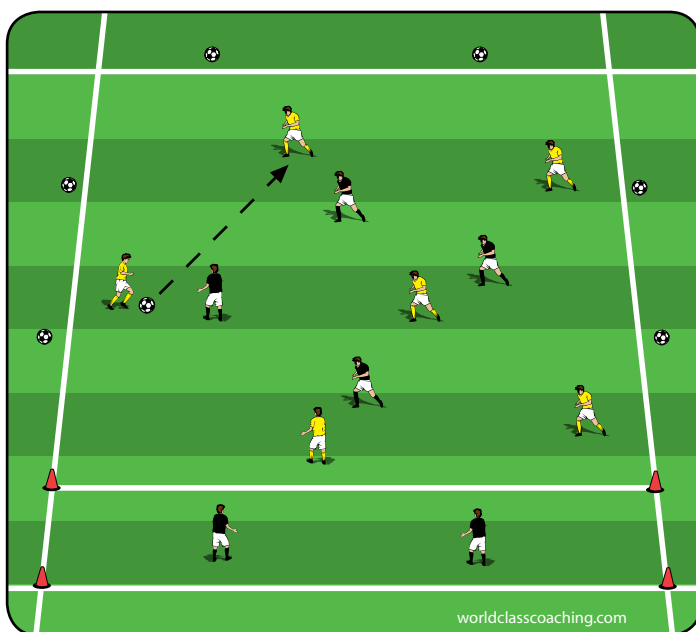
- X's and O's keep possession from each other
- A goal is scored by playing the ball into a waiting player in one of the 4 end zones (5x5 yard squares)
- Player in end zone can't be tackled

Progressions

- Players in end zone can only have 2 touch
- Players in end zone must receive the ball from one side of the square and play it out of another (Opening up)
- A goal can be scored by running ball into end zone

Key Points

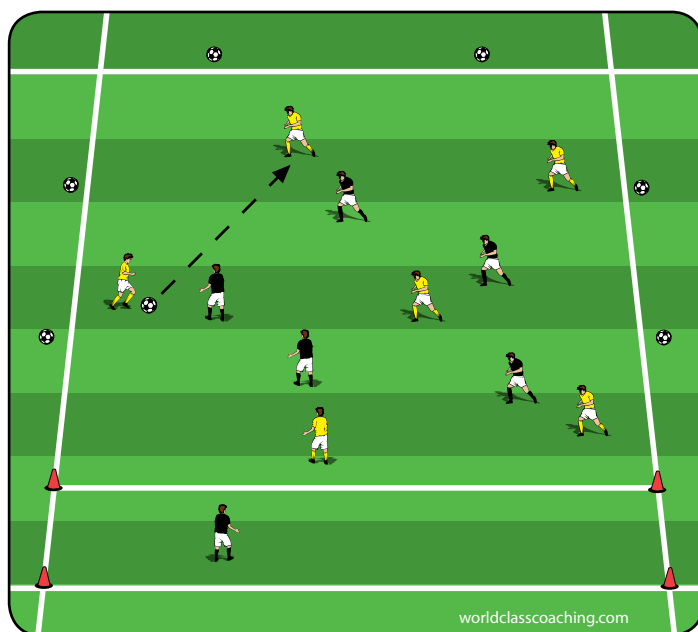
- Create space
- Type of pass – Feet, space, short, long?

**6 v 4 + 2**

- Six passes to score a goal
- White team starts with the ball
- Dark team must win the ball and transfer the ball to one of the Dark players to bring them into the play
- If the ball is transferred to the Dark players in the end zone they run the ball into the main area
- Two White team players must move into the end zone and play continues

Coaching Points

- Simple passes
- The link player
- Players getting wide and into space early
- Players staying away from the ball
- The longer pass
- Receiving skills
- Decision making
- Players in the end zone concentration

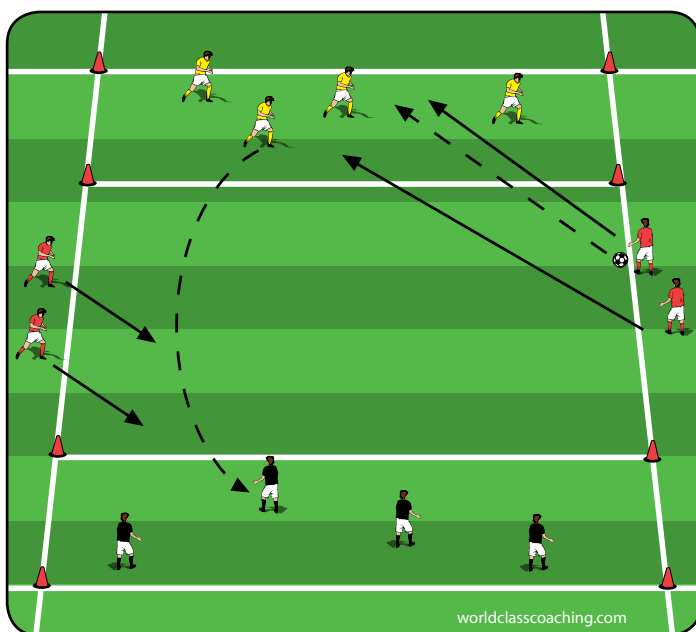


6 v 5 + 1

- Five passes to score a goal
- Two touch
- The white team starts with the ball
- The Dark team must win the ball and transfer it to the Dark team player in the end zone to bring them into the play
- If the ball is transferred to the players in the end zone they run the ball into the main area
- A White team player must move into the end zone and play continues

Coaching Points

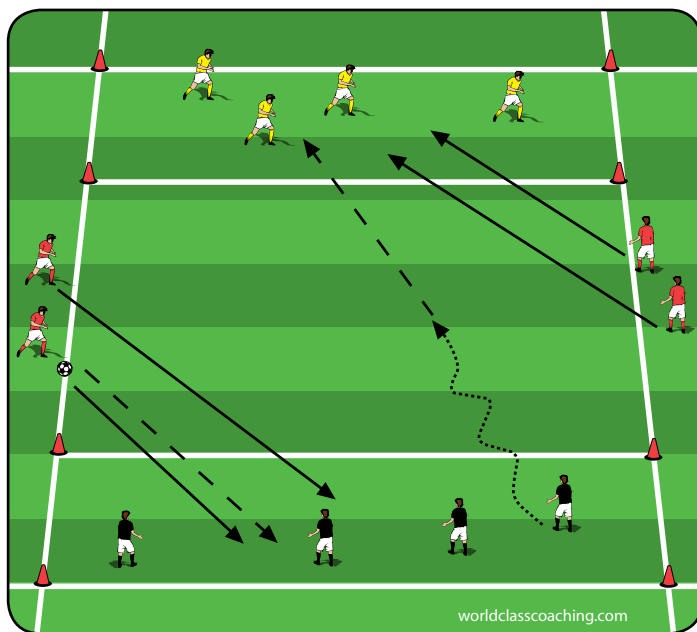
- Simple passing
- The link player
- Players getting wide and into space early
- The longer pass
- Receiving skills
- Decision making
- Player in the end zone concentration

**4 v 2**

- The Yellow players pass the ball into the Black team
- They follow the pass and pressure the ball
- The Black team tries to complete six passes
- If successful the play stops and one of the Black player with the ball makes a long pass to the White team without the ball hitting the ground to earn one point
- If successful, the Yellow players on the opposite side close down the White team on their first touch
- If the Yellow players win the ball or the long pass is not completed the Yellow players start again by passing the ball to the other group
- The first team to score three points wins

Coaching Points

- Simple passing (early and easy)
- The link player
- Players getting wide and into space early/supporting the ball
- Decision making
- Ball striking



Progression

- The Grey players pass the ball into the Dark team
- They follow the pass and pressure the ball
- The Dark team tries to complete six passes
- If successful the play stops and one of the Dark player with the ball runs it halfway into the central area and then passes it to a White team palyer
- If successful, the Grey players on the opposite site close down the White team on their first touch
- If the Grey players win the ball or the long pass is not completed the Grey players start again by passing the ball to the other group
- The first team to score three points wins

Coaching Points

- Simple passing (early and easy)
- The link player
- Players getting wide and into space early/supporting the ball
- Decision making
- Ball striking