



Curriculum - Tier 3 - Combination Play - Give and Go

Category: Technical: Passing & Receiving
Skill: U11

Pro-Club: Red Bulls New York Academy
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Technical Repititions (15 mins)

Organization:

10x20 yd areas

4 players per group, 2 balls per group

Instructions:

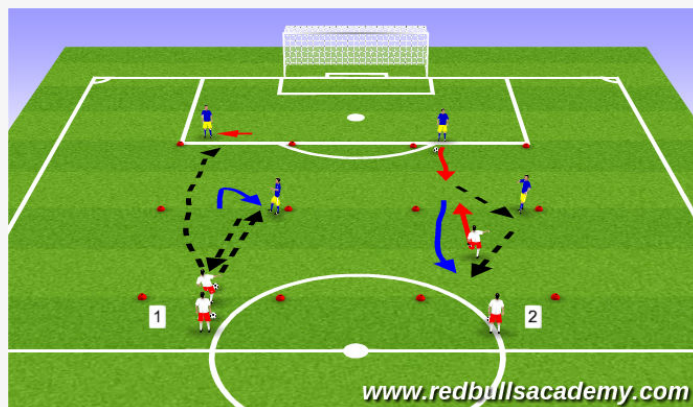
- player in middle checks away from ball then checks back at an angle to either side, player with the ball plays the ball to receiving player as they reach the cone on the side
 - player in the middle receives the ball and plays back to the same player
 - first player now plays longer pass to the third player
 - third player moves along the opposite line to find the passing lane
- (as seen in grid 1)
- Third player receives with a positive first touch and dribbles at the defender
 - defender puts pressure on the ball in the top half of the grid (defender is providing passive pressure)
 - player with the ball plays give and go with middle player to get around the defender
- (as seen in grid 2)
- each player rotates up one position
 - rotation is continued for 2 minute rounds
 - count each full rotation as 1pt, keep score in a race to a certain amount or until the round is over

Coaching Points:

- dribble at the defender to commit him to the ball
- play the pass with the outside of the foot that is closest to the supporting player
- release the pass at the last possible moment
- accelerate in behind the defender to receive the return pass
- supporting player use back foot to play return pass
- weight and accuracy of return pass to exploit space behind the defender

Progressions:

- 1 - allow the defender to try to win the ball



Technical Repititions (15 mins)

Organization:

20x10 yd areas

4 players set up as shown

Instructions:

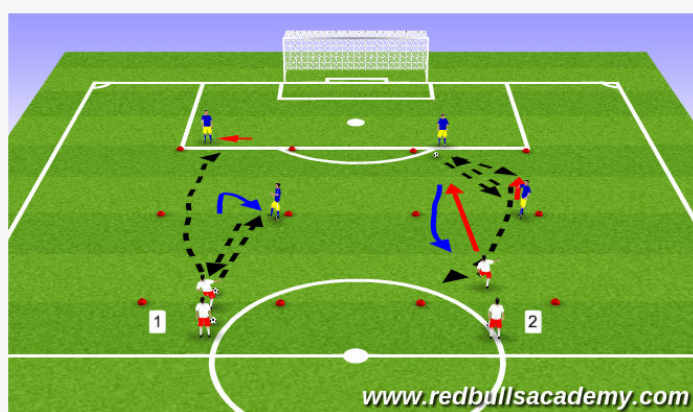
- activity begins same as previous, with a double pass then a long pass to the opposite end
- this time the defender follows the ball more slowly and hesitates before pressing the ball in the top half of the grid (defender providing passive pressure)
- player who receives the long pass now looks to play another double pass with the middle player to draw the defender closer to the ball
- after the double pass the end player and middle player now perform their give and go around the defender (who has pressed the ball by this point)

Coaching Points:

- use of double pass to draw defender in toward the ball in order to create space behind the defender to exploit with the give and go
- movement of supporting player to find the correct supporting angle as the defender presses the ball
- all previous pts.

Progressions:

- 1 - allow the defender to try to win the ball



1v1 Conditioned Game (15 mins)

Organization:

20x10 yd fields with small goals on each endline
4 players set up as shown, extra balls behind each endline

Instructions:

- activity begins with same passing pattern as previous activity
- 2 attacking players now play 2v1 to goal against the defender
- attacking players can only score in the attacking half of the grid
- defender tries to win the ball and score in the counter goal
- rotation is the same as previous activity

Coaching Points:

- all previous pts
- quality of end product
- ability to use supporting player as a decoy with the use of a scissor move

Progressions:



Small Sided Conditioned Game (15 mins)

Organization:

40x30 yd field with 5 yd free wide zone for wide target players on each sideline

Large goals set back from the endline 5-10yds

12 players set up as shown, including GKs

Instructions:

- 4v4 in central area with 1 neutral wide player in each side channel
- wide players provide additional opportunities for give and go's
- 1pt for scoring, 3pts for scoring after give and go

Coaching Points:

- all previous pts
- ability to commit the defender with the dribble to initiate give and go
- ability to use double pass to draw defenders in toward the ball to create space behind the defenders
- angle of support for supporting player
- move toward the pass to connect the give and go quicker

Progressions:

