



Curriculum - Tier 3 - Combination Play - Takeover

Category: Tactical: Combination play
Skill: U11

Pro-Club: Red Bulls New York Academy
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technical repetitions (20 mins)

Organization:

20x20 area with a line to split the area in half
4 groups of players set up as shown, 1 ball

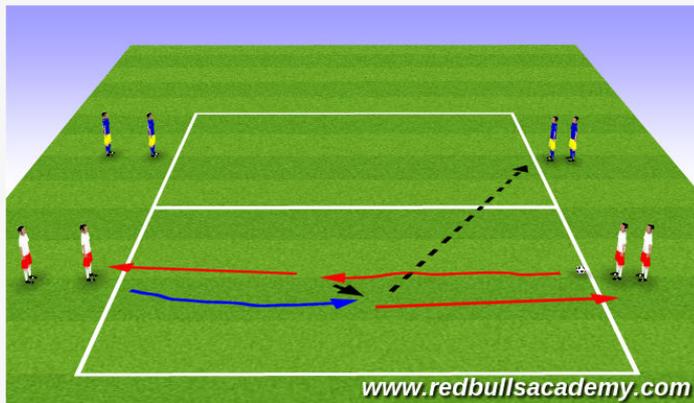
Instructions:

- 1st player with the ball dribbles in a straight line toward his teammate on the opposite side
- player on opposite side without the ball runs toward the player with the ball, being sure to run by them on the outside shoulder
- player with the ball sets it into the path of the supporting player
- supporting player takes the ball over and passes to the first player on the other half of the grid
- once this player receives, process is repeated on opposite side

Coaching Points:

- timing and spacing of supporting run
- ability to set the ball with the outside of the foot that is closest to the supporting player
- take first touch in stride without stopping
- head up to find the next option, quality of pass
- use supporting player as a decoy with the use of a scissor or other fake and keep the ball at your feet

Progressions:



2v1 conditioned game (20 mins)

Organization: same as previous with addition of small goals

Instructions:

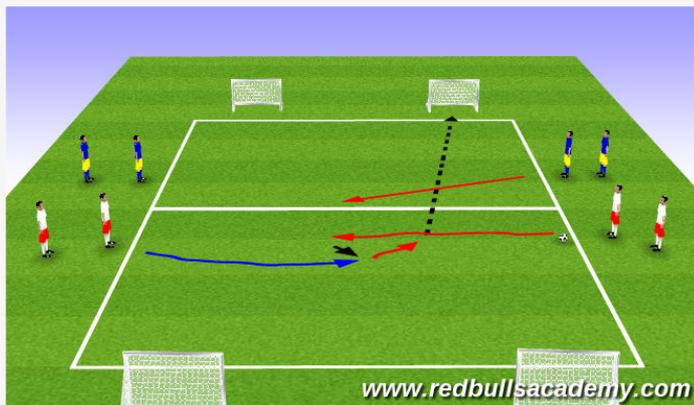
- activity begins same way, but now one defender follows from the ball side to defend (defender providing passive pressure)
- 2 attacking players combine to score in the small goals
- defender will be allowed to defend and score in counter goals as first progression
- ball starts with other team to start next rotation

Coaching Points:

- timing and spacing of supporting run
- ability to set the ball with the outside of the foot that is closest to the supporting player
- take first touch in stride without stopping
- head up to find the next option, quality of pass
- ability to use movement of supporting player as a decoy and take the ball on yourself

Progressions:

- 1 - allow defender to be fully active, attempts to score at counter goals
- 2 - play 2v2, 1 defender comes on from each side



small sided conditioned game (20 mins)

Organization:

40x20 field, 4 small goals
4v4 set up as shown

Instructions:

- 4v4 to small goals
- 3pts for scoring after performing a takeover

Coaching Points:

- all previous pts

Progressions:



