

TOPIC: Speed of Play/Combination

Key:

Running without the ball

Running with the ball

Pass

By Ian Barker
MYSA Director of Coaching

Field sizes are all 70x44

<u>WARM-UP</u>	<u>ORGANIZATION</u>	<u>KEY COACHING POINTS</u>
<pre> X X O O GK X X. O O GK X. X O .O </pre>	<ul style="list-style-type: none"> 2 x 6 + GK's Keep two balls moving in your half Vary touch conditions 	<ul style="list-style-type: none"> Play the way you face Prepare with first touch to pass off quickly Prepare body to see the field and play quickly
<pre> O C X GK O X O X GK C C O C X </pre>	<ul style="list-style-type: none"> 4 + GK (4 combiners) vs 4 + GK Team with ball looks to combine off of "C" players to go to goal "C" always in possession 	<ul style="list-style-type: none"> Vision should be forward Identify numerical advantage Look to play through "C" players Move off the ball
<p style="text-align: center;"><u>ACTIVITY 3</u></p> <pre> B O R G R G GK GK R G B O R G B O </pre>	<ul style="list-style-type: none"> 6 + GK vs 6 + GK Each team is split into two by color. (e.g. Black & Greens vs Reds & Oranges) Play so black must pass to blue and red must pass to orange 	<ul style="list-style-type: none"> Identify your passing options Develop thinking ahead of the play Clear out of space as necessary Show and support as necessary
<p style="text-align: center;"><u>GAME</u></p> <p style="text-align: center; font-size: 1.2em;">7 v 7</p>	<ul style="list-style-type: none"> Game 	<ul style="list-style-type: none"> Commit defenders and look to combine Play forward quickly as possible Vision should be to penetrate