

**EDUCATE - CONNECT - INSPIRE**

**LYNNFIELD YOUTH SOCCER  
CLUB  
GRADES 1/2**

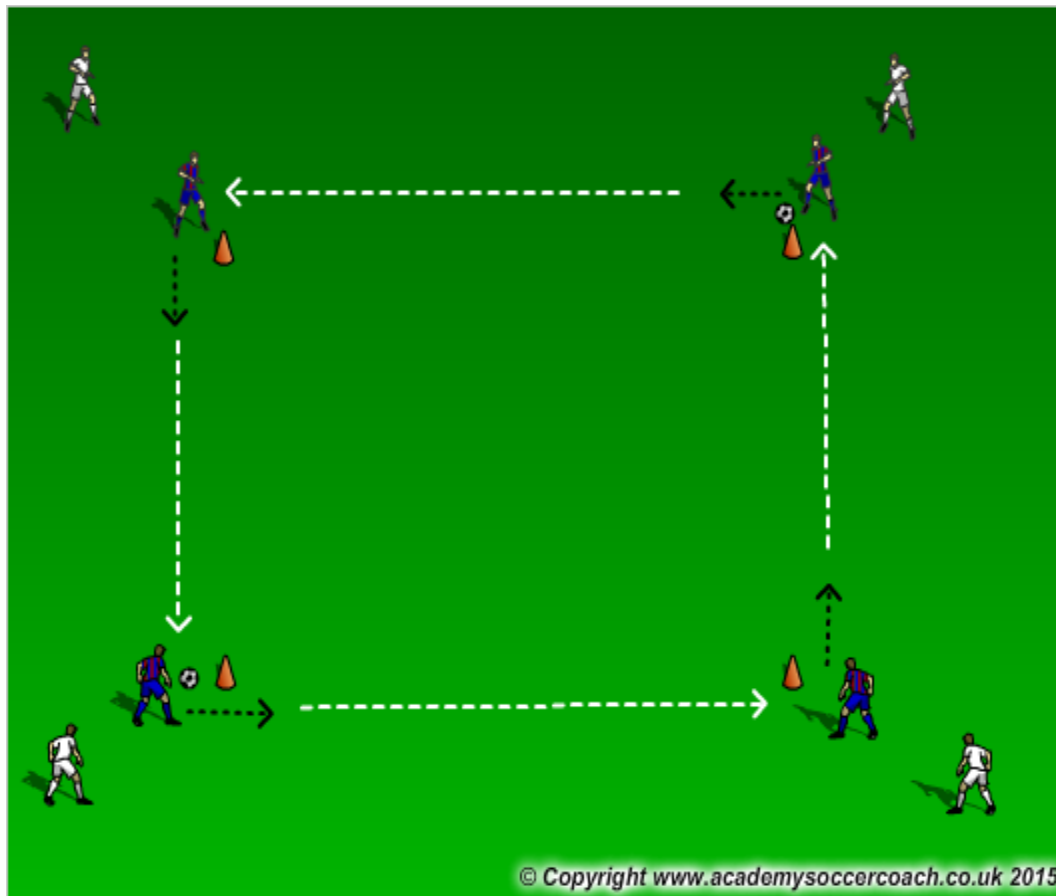


# EDUCATE - CONNECT - INSPIRE

## Session Seven: Possession & Combination play



# PASSING DIAMOND



## Area:

20 x 20 Diamond

## Description:

1 or 2 players at each cone (1 working, 1 waiting)

Ball is passed around the outside of the cones by players who follow their pass to the next cone after passing

## Coaching Points:

Can you get the ball around the square in 8 seconds.....

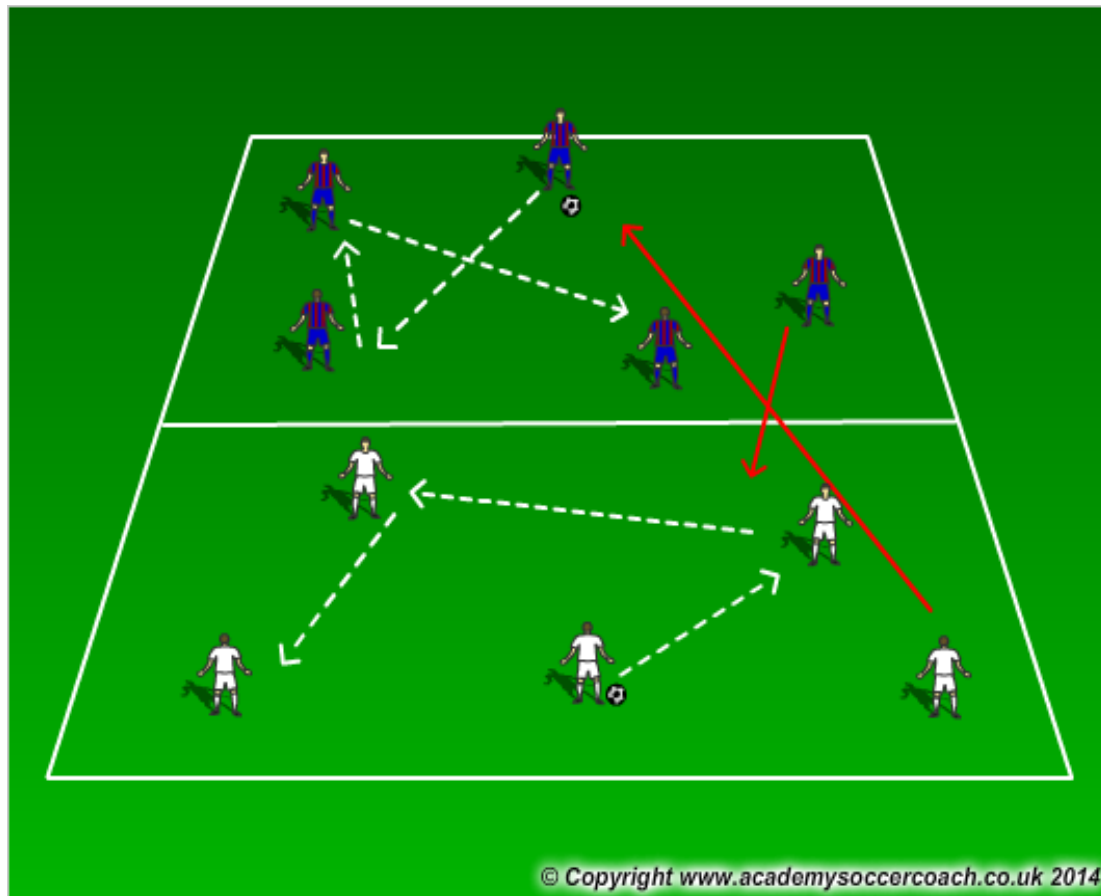
Tight first touch, get the ball off your foot as soon as possible

SCAN – when you think its coming, when you know its coming, when its on its way

## Progressions:

Add a second ball. Add check to and away

# PASSING: #'s GAME – 4 vs 1

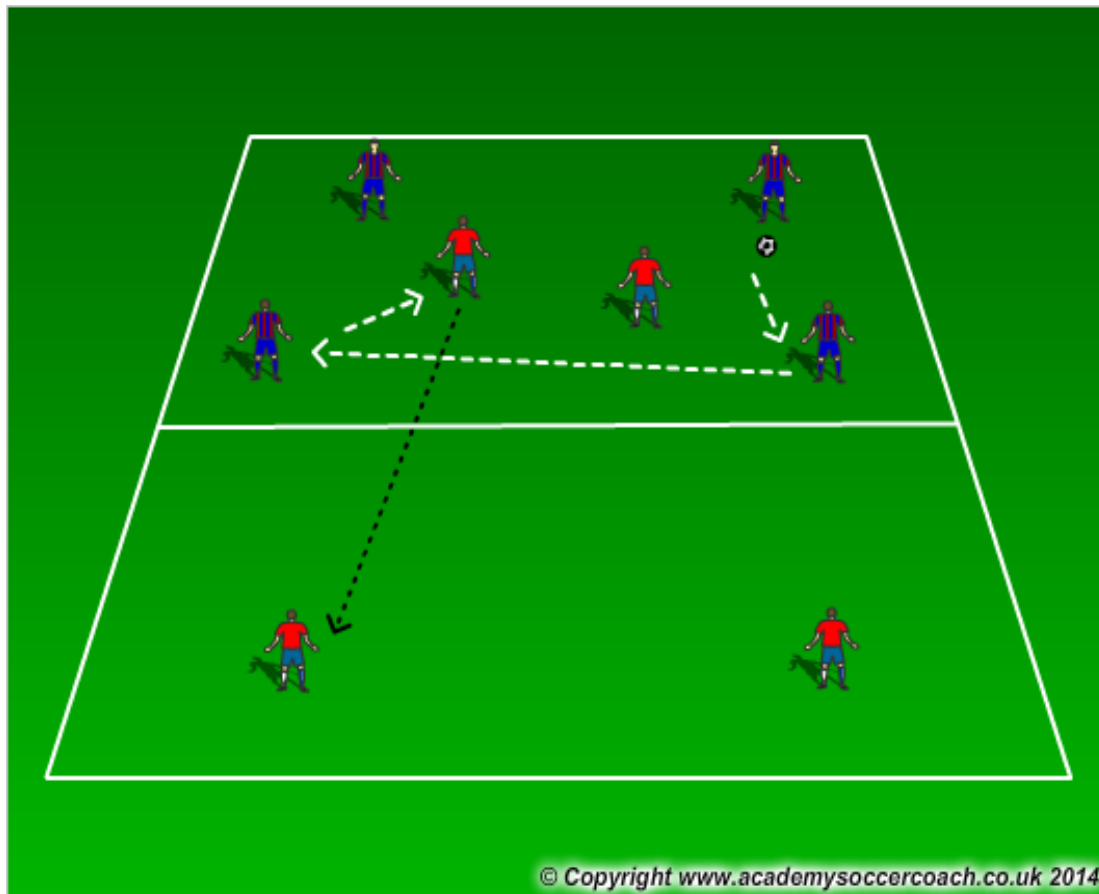


**Set-up:** 25 x 50 yard area (2 x 25 yard areas next to each other). Players in two separate groups of 5-10 players in each of the areas. 1 ball per team. Players number themselves within their group (1-5).

**Activity:** Players numbered 1-5 within the area. Players pass and move within the area to start. Coach on the outside calling out numbers. If coach shouts out # 1, then # 1 from each team goes into the opposing area and tries to win the ball (4 vs 1). First defender to win the ball gets a point for their team. If players possess the ball for more than 10 passes the coach calls out a second #.

**Coaching Point(s):** Try to move to open space (outside of the area). Paces to be hit with pace. Use your hands to let the player with the ball know where you want the pass played. Take first touch away from the pass (pressure) on the back foot. Try to split the defender(s).

# PASSING WARM-UP: 4 vs 2

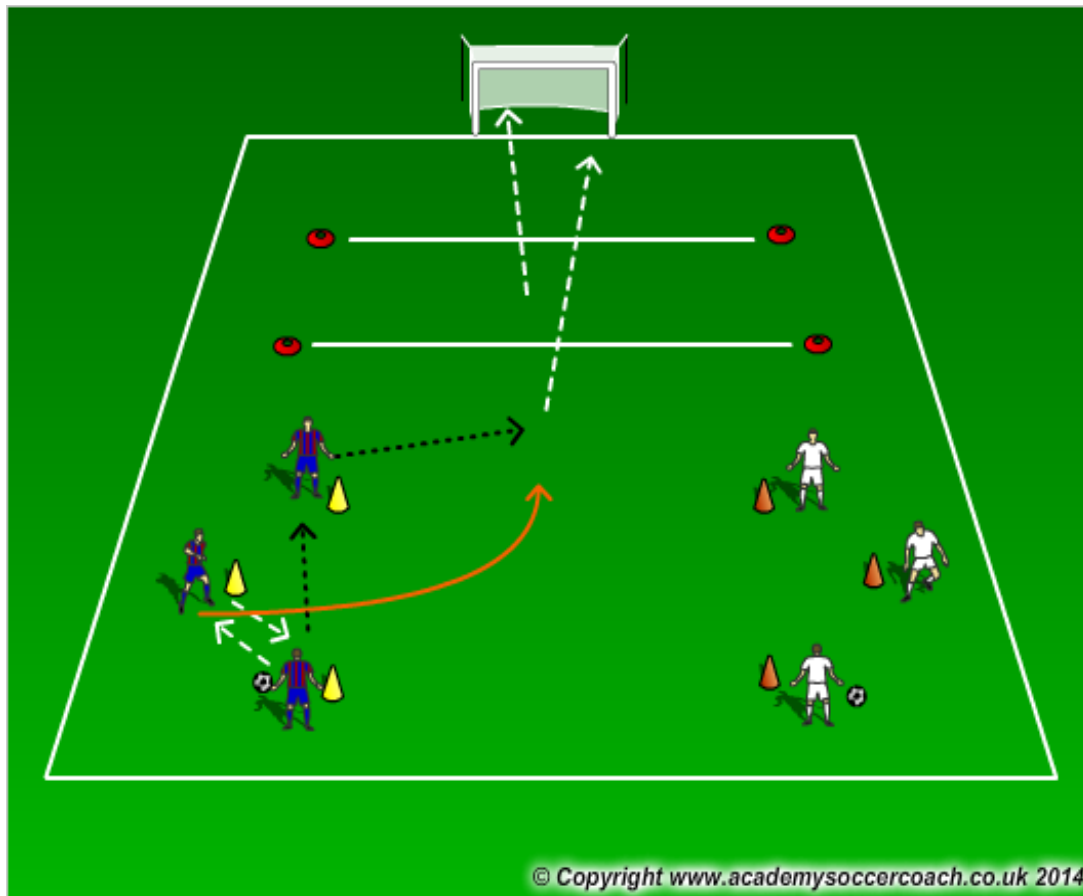


**Set-up:** 25 x 15 yard areas, back to back. Two teams of 4 players. Start with 1 team in one of the areas versus 2 players from the opposite team. Remaining players waiting in the opposite area. 1 ball, with a supply of extra balls on the outside of the area.

**Activity:** 4 vs 2 possession in one area. Possession team try to move the ball quickly and complete as many successful passes as possible. If the defenders kick the ball outside of the area, then the possession team restart. If the defending team get possession of the ball, then they attempt to pass the ball to either of their remaining 2 team mates in the opposite area. The play then transitions into this area with the activity repeated (4 vs 2). Keep playing until one team reaches 21 points.

**Coaching Points:** Move the ball quickly (speed of play) with reduced touches. First touch away from pressure, on the back foot where possible. Speed of pass is important. When possession is lost move the ball into the opposite area as quickly as possible.

# FINISHING: PASSING COMBINATION TO GOAL

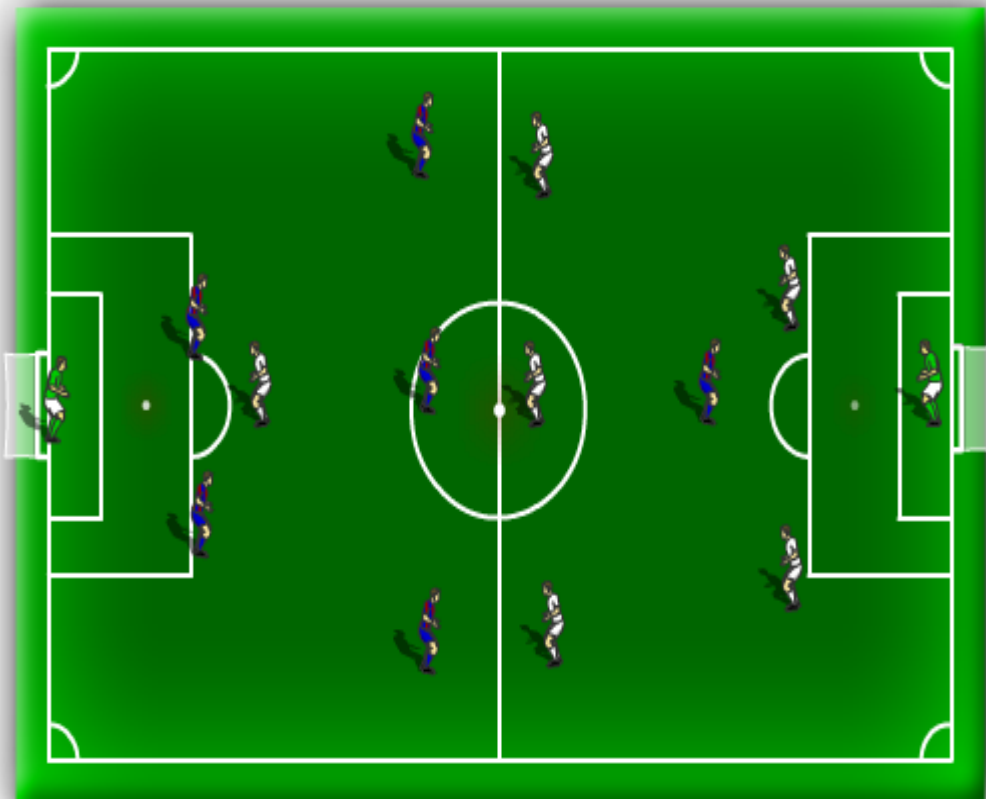


**Set-up:** Target goal with 2 lines of cones 10 and 15 yards out from the goal. Players on opposite side of the area working between 3 cones arranged in a triangle, approximately 3 yards apart. First player at each set of cones has a ball.

**Description:** Players perform a passing combination (Player 1 to Player 2, Player 2 back to Player 1, Player 1 to Player 3, Player 2 runs across the area for final pass from Player 3. Player 2 shoots and comes back to Player 3 position, Player 3 collects the ball.). Players follow pass (Player 1 to Player 2 position, Player 2 to Player 3 position, Player 3 collects the ball and returns to Player 1 position).

**Coaching Points:** Sharp passes, 2 touch if possible. Player 2 makes a curved run. Player 3 collects the ball on the back foot and lays the ball off into space. Player 3 then follows in for the rebound. Player 2 times run to meet the ball. Highlight the importance of getting the shot on target (for rebounds). Shots to be driven (low with side-foot or instep) and aimed at the sides of the keeper (corners if possible). Always follow your shot in for the rebound.

## 5 vs 5 or 6 vs 6: Conditioned Game(s)



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**Area:** 35 x 55 (dependent on area available)

**Description:** Separate players into teams of 6. Make 2-3 fields based on numbers.

**Coaching Points:** Emphasize the key points that have been worked on over each week; Speed of the pass, first touch, movement on and off the ball, combination play etc

**Progression:** Add neutral players or target players, dependent on the number of players available.

**Basic Positions and Rules:**

Set-up Teams in basic formations:

1 – 2 – 1 – 2

1 – 2 – 2 – 1

Focus on using the space, making the field bigger (player positions) and moving the ball.