



## CYA Week 3 Session 2: Combination Play (U12-15)

Category: Tactical: Combination play  
Difficulty: Moderate

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### Description

Combination play (front third)

- \* Movement off the ball
- \* Communication
- \* Decision making
- \* Scenario play

### Screen 1 (10 mins)

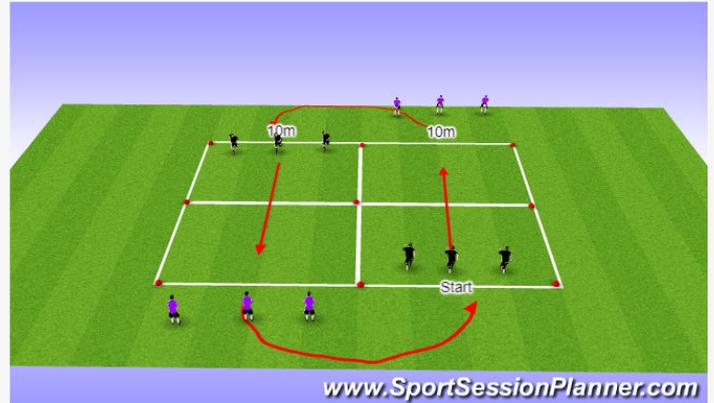
#### THE SESSION: WARM UP

- 9 cones set up in box formation, each cone 10m apart [see diagram]

- Athletes to perform exercises in rows of 5 through each channel

Exercises are [in this order]:

- 10m walking lunge [to halfway] > 10m lateral squat walk to end.
- Open gate [10m], close gate [10m]
- Side step [10m] [swap direction halfway]
- Carioca [10m] [swap direction halfway]
- Forwards then backwards running [10m > 10m]
- Cutting 20m [slight COD]
- Alternate one leg jump [headers] 20m
- Marching on spot [on toes], then sprint 20m [70%, 80%, 90%]
- Rolling 10m, then 95-100% 10m
- 20m stationary start 95-100%



#### PROGRESSIONS:

#### KEY MESSAGES/POINTS:

### Station 1: Y passing pattern (10 mins)

#### SetUp

20x30 area

#### Organization: 3 Min Rotations

A) Player 1 starts with the ball and passes into player 2 who checks away from mannequin. Player 2 plays back to player 1 at an angle. Player 1 passes to 3 who takes a touch and plays to player 2. Player 2 opens hips and plays to player 4 who dribbles through gates. Switch Directions.

#### Progressions

B) 1 > 2 > 1 > 3 > 2 > 4 (plays wall pass with 3) and then dribbles with speed down endline. Switch Directions.

C) 1 > 2 > 1 > 3 > 2 > 4 (lays off to 3 and then runs forward to receive aerial ball from 3) > 4 dribble to endline.

#### Coaching Points

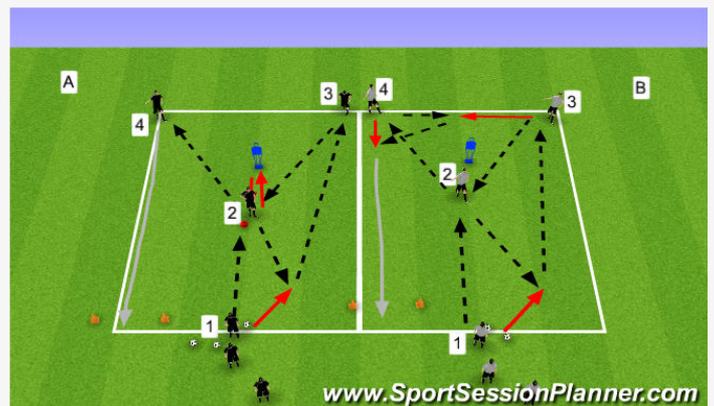
Firm, accurate passing.

Timing of separation from the dummy (defender) to create space.

Body shape/angle and first touch in the direction of next pass.

Cues for 1 touch and 2 touch?

How are we receiving the ball? What can we always do before we receive the ball? (peak and check away).



## Real Madrid 4v4+4 Possession (15 mins)

### SetUp

12 Players, 15x25, 3 zones

### Organization

2 teams of 4, plus 4 neutrals. Players are limited to their areas except for brief instances when they are combining. The objective is for players to switch the ball from one side to the other using the 2 neutrals in the central channel.

### Progressions

Change neutral players

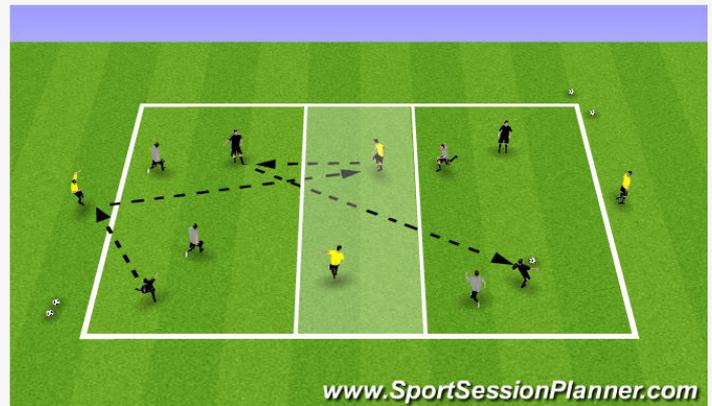
### Coaching Points

Speed of play - 1/2 touch

Firm accurate passing

Body shape when showing for and receiving the ball

Play in to runners moving forward



## Screen 4 (15 mins)

### Final pass and Finish

(Blue players A and B. Red players A and B work together). Play starts with Player A RWTB across field and delivering a straight killer pass in behind defence for player B to finish. Alternate sides.

Straight pass for angled run.

### PROGRESSIONS

Variety of movement

Time limit

Work with opposite group

### KEY POINTS

Movement to receive

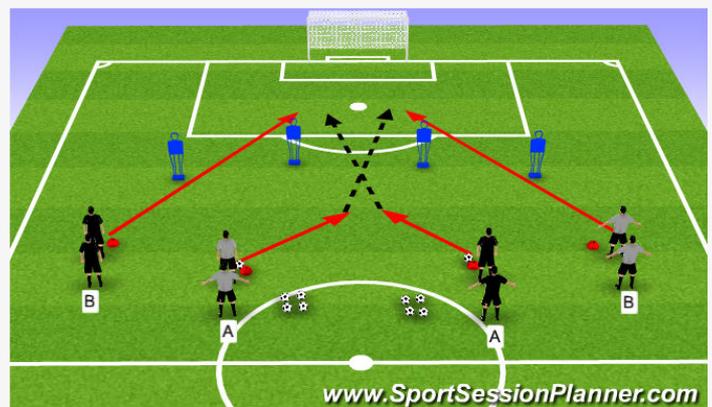
Timing of run/pass

Angled run

Straight pass

Body positioning

Transition to shoot



## Screen 5 (15 mins)

### Finishing Prep with pre movement

Play starts with player A checking away from the mannequin to receive a pass from player C. As player A receives the ball to play, Player B also checks away from his mannequin. Player A then plays a pass into player B. Player B then sets the ball for player A to run onto and RWTB to shoot at goal around the mannequin. Player B follows the shot in for any mistakes from Goalkeeper. Same set up on opposite side to work opposite foot. Rotations are C to A, A to B.

### PROGRESSIONS

Add passive/full pressure

Pattern variety

Time limit

### KEY POINTS

Movement to receive

Body positioning

Ball positioning

Timing of movement

Reading player cues

Strong pass

Habits



## Slice of the game (20 mins)

**THE SESSION:** 20X50 yds 5v5 with targets + 2 neutral players who can only play forward and cannot play backwards. (indirect freekick to opposition). Players are trying to play balls into their center forward and then 2 players can join the attack.

**PROGRESSIONS:** Remove Condition remove Neutrals. 6 minute games 1 minute recovery 3 sets.

### KEY MESSAGES/POINTS:

Movement to receive  
communication  
timing of runs  
strong passes  
check your shoulder.

