



CYA Week 4 Session 2: Combination Play U9-U11

Category: Tactical: Possession
Difficulty: Moderate

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Individual-Young Member

Description

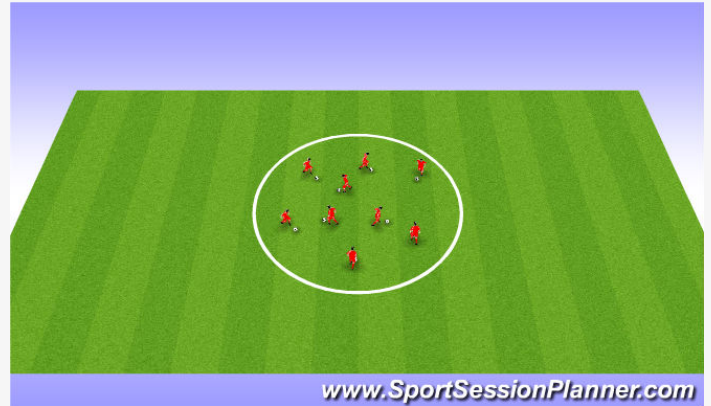
Warm Up - Ball Manipulation (15 mins)

Organization: 15x15M

Instructions: Dribbling inside the circle, warming up for 15 minutes.

Coaching Points/Questions:

- What part of the foot we using?
- How much we should push the ball in tight spaces?
- Head position?



Activity 1 - 5v3

Organization:

Instructions:

Possessing team to complete as many passes as possible.

Defending team, Blue's above are to win the ball and secure possession by finding a pass to one of the blue players on the outside. Once pass has been found The blues come into the square and posses while 3 (or 2 or 4) reds leave the square. The Reds that stay in the field press the ball.

Coaching Points/Questions:

Speed of play

quick decisions

Quality of pass and combinations

Speed of movement/support play, creating clear lines to make and receive passes.

Transition once ball is won and lost

Regressions/Progressions:

- Change number of defenders
- Change the size of the area



Activity 2 - Conditioned Game

Organization:

2 small fields set up with 2v2/3v3.

Instructions:

Score by passing ball through opposition goal

Coaching Points/Questions:

- Quality and speed of pass and dribble
- Speed of decision making
- Disguise passes

Regressions/Progressions:

2v2



Scrimmage

Organization: 4v4

Coaching Points:

Shape of 4

Decision making, when to pass, dribble or shoot

Simple combinations, wallpass, overlapping

Playing away from pressure

