



2015-08-05 SNS REX Camp Passing Combinations Global

Category: Technical: Passing & Receiving
Skill: U15 | **Start Time:** 05-Aug-2015 09:00h

Pro-Club: Canada's Women's Excel Program
Mike Ayyash NSREX, Bedford, Canada

Passing Combinations - DEF Unit Phase 1 (20 mins)

Organisation:

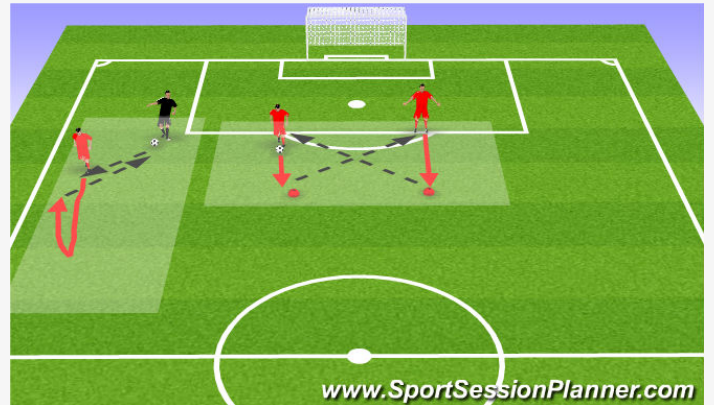
CB working in the middle of the pitch

FB working on the side

Detail:

CB: Practicing different passing combinations to engage and eliminate the nine (cone). Working on supporting angles, when and where to penetrate to eliminate the nine and set up an attack from the back.

FB: Working on full back movement to receive, open up, and penetrate space, safe side turns to maintain possession and swing the ball, etc.



Passing Combinations - DEF Unit Phase 2 (20 mins)

Organisation:

Back four Mirror session, with 2 neutral midfield players.

Detail:

Ball is swung from east to west, and vice versa.

CB, and FB can play into midfield neutral players, who are combining with the opposite CB/FB to switch the point of attack. CB looking to periodically take out the nine, combining to play out. (Dribble at, safe side turn, play through GK or CB to play out opposite side).

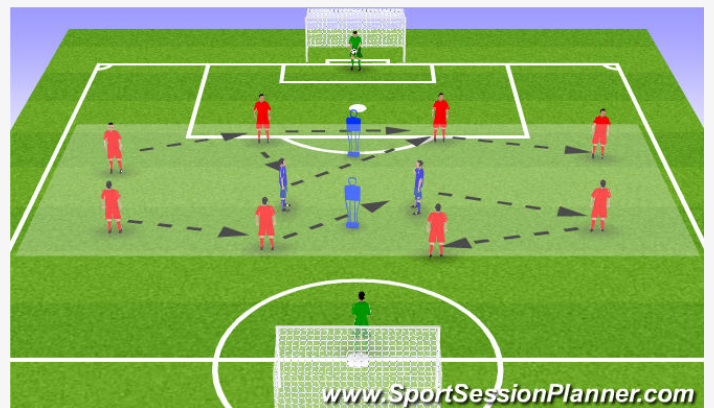
Once midfield combine with one group, they are then looking to go receive the ball from the opposite back line.

Triggers: Coach holding up blue or red cones. Blue cones means transfer the ball directly, looking to play across to the other set of four players, Red cone means play through the #4/#8 players.

Progression:

Red cone: Opposite full back pushes high for a ball played through from the CB

Blue cone: Opposite full back pushes high for a ball played through from the #4/#8



Passing Combinations - MDF Unit (20 mins)

Individual - Foundation Stage - Global Skill Unit - Midfield Unit

:Proactive passing, combination play

Duration : 20 minutes

Grid Size: Using the center circle as a guide, expand length and width

A line of cones to divide in half along with center line, making four boxes

Organisation: Start ball at end, CB to CB, to play into midfielders to combine and play into opposite targets. Only one midfielder may occupy a box. Two starting targets (CB's) enter the grid with the third midfielder who enters from the side, continue the other way. Side players rotate after each rep on the flow

Detail: Coaching points: angles, body position to receive pass, accuracy of pass, different combinations

Progression: add two defenders - if they win it they play back to CB's to start again



Passing Combinations FWD Unit (20 mins)

Individual Foundation - Global Skills - Proactive Passing and Combination FWD Unit

Organisation:

4 players inside the grid - 3 mannequins as CBs and a Holding Midfieler - Mannequin in goal

Detail:

Server plays a ball into the 10 who combines with the 9, 7 or 11 - who in turn combine to get in behind and create a final act

After sequence is complete the 10 moves into the 9 position, server into the 10, and 7/11 step in from the side to start a new sequence

Coaching Points:

1 touch play

Wall passes

Set back and spins

