



**AMHERST SOCCER ASSOCIATION
DIRECTOR OF COACHING LESSON PLAN**



Topic: Combination Play

Coach: Adrian Parrish

UNRESTRICTED SPACE – WARM UP	ORGANIZATION	KEY COACHING POINTS
	<ul style="list-style-type: none"> * Half the group on the outside as wall players * Other half in the middle with a soccer ball each * Players in the middle execute the following combinations: <ol style="list-style-type: none"> 1. Give & Go 2. Wall Pass 3. Switch 4. Over-Lap 	<ul style="list-style-type: none"> * Quality of the pass * Receivers body shape * Communication * Visual Clues
<p align="center">RESTRICTED SPACE</p>	<ul style="list-style-type: none"> * 2v2 + 1 * Players play in their own half of the area * Try to combine to score * One player from the attacking team joins to combine with partners 	<ul style="list-style-type: none"> * Recognition * Timing, angle and distance of support * Quality of passing * One or two touch play
<p align="center">ONE GOAL WITH COUNTERS</p>	<ul style="list-style-type: none"> * 5v3 or 6 v 4 or 7 v 5 * Play on half a full sized field * Attacking team plays to big goal * If defensive team wins the ball they play to the counter goals 	<ul style="list-style-type: none"> * Speed of Play * Pro-Active Runs * Third Player Runs * Support in front of the ball * Back to goal play * Decision Making
<p align="center">GAME WITH TWO GOALS</p>	<ul style="list-style-type: none"> * 5 v 5 plus GK's * Unrestricted Game 	<p align="center">LEGEND</p> <ul style="list-style-type: none"> = Players = Cone = Ball = Goal = Pass = Run with out the ball
<p align="center">COOL DOWN</p>	<p>Players in pairs pass the ball around in an area, light tempo. Stretch</p>	