

Combination Play 2

Category: Tactical: Combination play
Difficulty: Moderate

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Rondo (15 mins)

Setup:

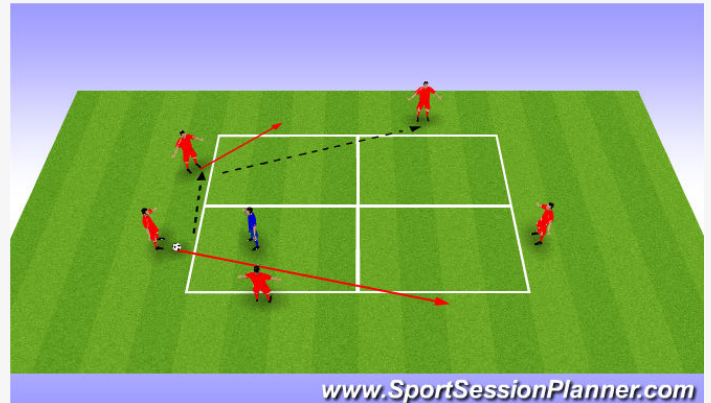
A larger than normal rondo square with the sides divided in half (the crossing lines are unnecessary). 5 players work best for the outside.

Activity:

A normal rondo begins. After a couple of minutes, begin the increased complexity rules. After a pass is made, the player must move onto an open half-side. So with 5 players, there are 3 open halves and make it less likely players can just pop back and forth between two spots repeatedly. This forced movement forces the give-and-go style of movement.

Coaching:

Try to discourage repetitive, easy movements. Players should keep their hips open to the play as they move. That way they can rejoin the play quickly.



4v4 Square (15 mins)

Setup:

Mark out an area with cones. 15x15 yards works well, try to use the same square as the first activity to decrease transition time between activities. Setup 2 teams of 4.

Activity:

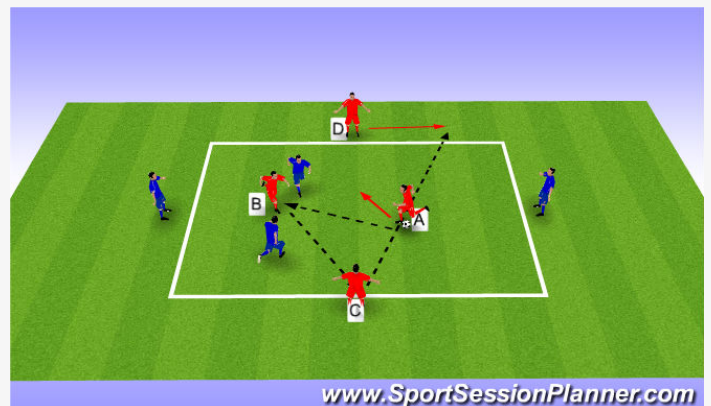
Players must keep possession while 2 of their teammates stay outside the square, although they can move laterally on their side of the square. Players can also pass across the square if they are able.

Coaching:

Players need to move quickly to create space for themselves to receive and play the ball. Think about the 2nd pass. After player A plays to B and B plays to the bottom player, C. Player D needs to move laterally to open up a lane for C to play to them.

Progression:

After Blue wins the ball back, Red must switch spots (inside go outside and outside come in). The pause gives blue a chance to get a few successful passes. Also, adding a neutral player to the inside can help younger players find successful reps.



4v4 Square Progression (15 mins)

Setup:

Same area and players as before, but now the addition of the neutral play is a must. Neutral player may not pass the ball to the outside players.

Activity:

As before, players keep possession. Now, when an inside player passes to the outside player, they switch positions so the outside player dribbles the ball in.

Coaching:

The give and go now must "go" to a third player due to the dribbling in. Can the 2 players (including the neutral) find space to receive the ball quickly? The player dribbling in doesn't need to dribble much, just enough to enter the square.

Final Activity:

Largest scrimmage possible. Give-and-Go's around a defender count as a goal. Goals occurring after give and go count as 2. That means the give and go counts as 1 and the goal counts as 2 for a total of 3.

