



THEME 36:

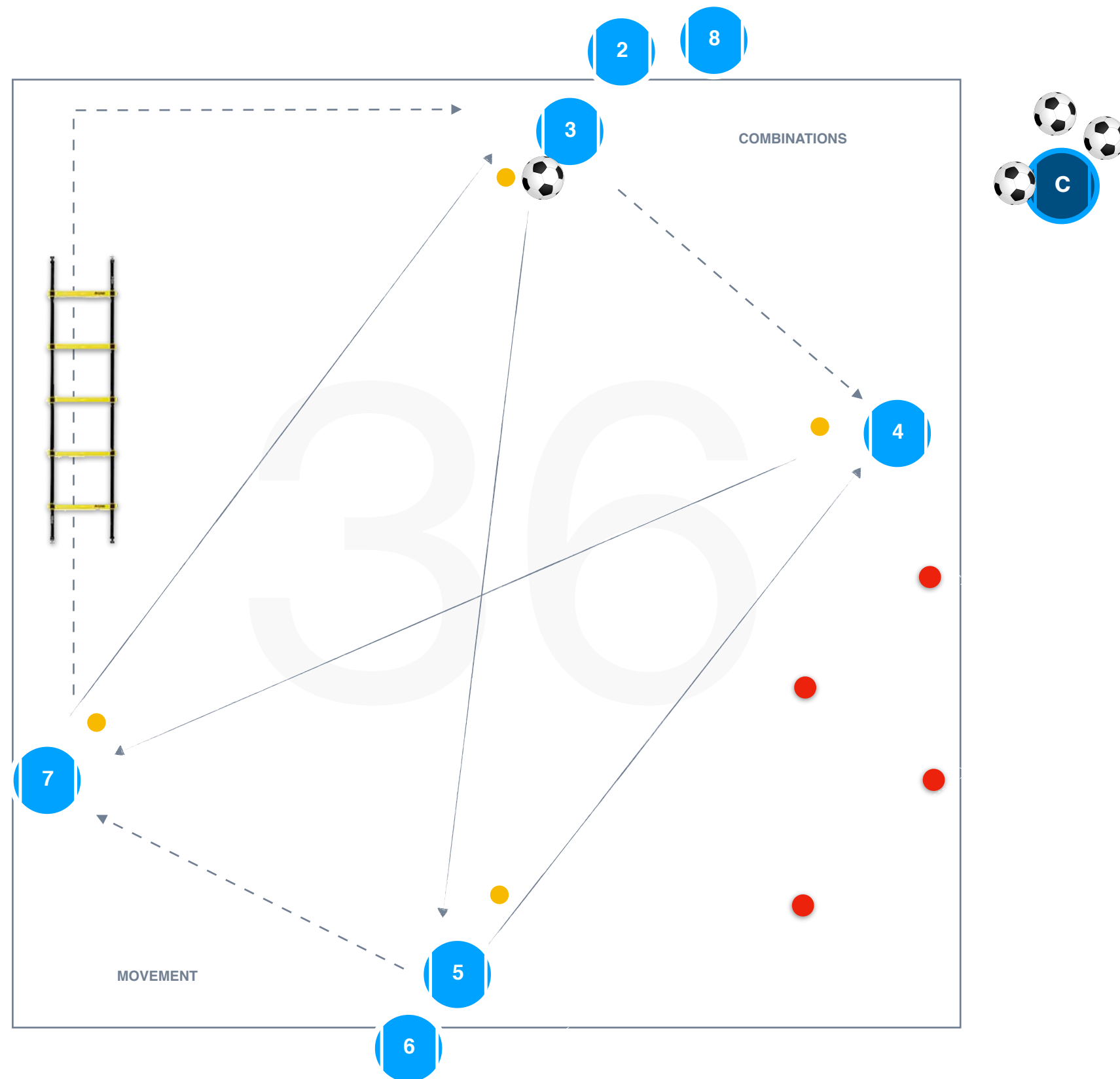
MIDFIELD COMBINATION PLAY

PRACTICE 04: TECHNICAL PRACTICE

AGE GROUP: 10+

Title	Date	Start Time	Duration	No. of Players	Area Size

HOW TO COMBINE AND DEVELOP QUICK FEET



ORGANISATION:

Practice 4 of theme 36 midfield combination play, is a technical exercise and works on passing in a 20 x 20 yard area and physical exercises in between. With 4 players set up on separate cones, player 1 must play a direct pass into player 2 who must then set onto player 3 who plays across the area into player who 4 who sets the ball back to the start. Player 2 and 4 must then complete a physical exercise such as ladders or shuttle runs before joining the end group. End players move to the next cone to continue the next practice.

KEY COACHING POINTS:

- Weight and accuracy of pass
- Touch to set players or themselves for next pass
- Quick feet and speed on physical exercises

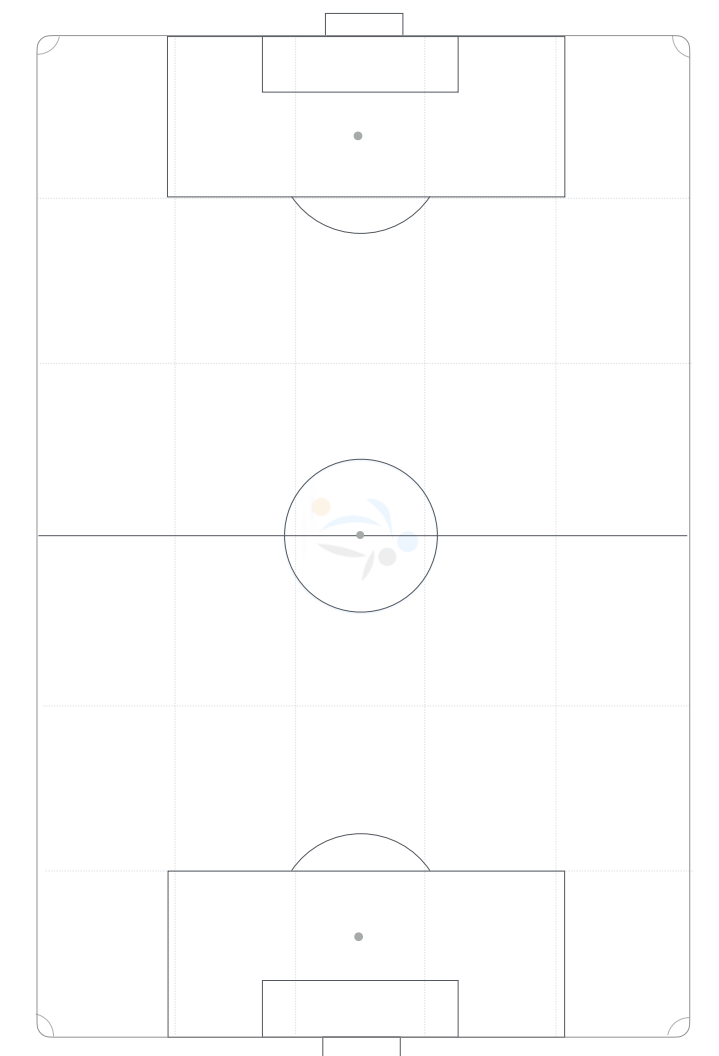
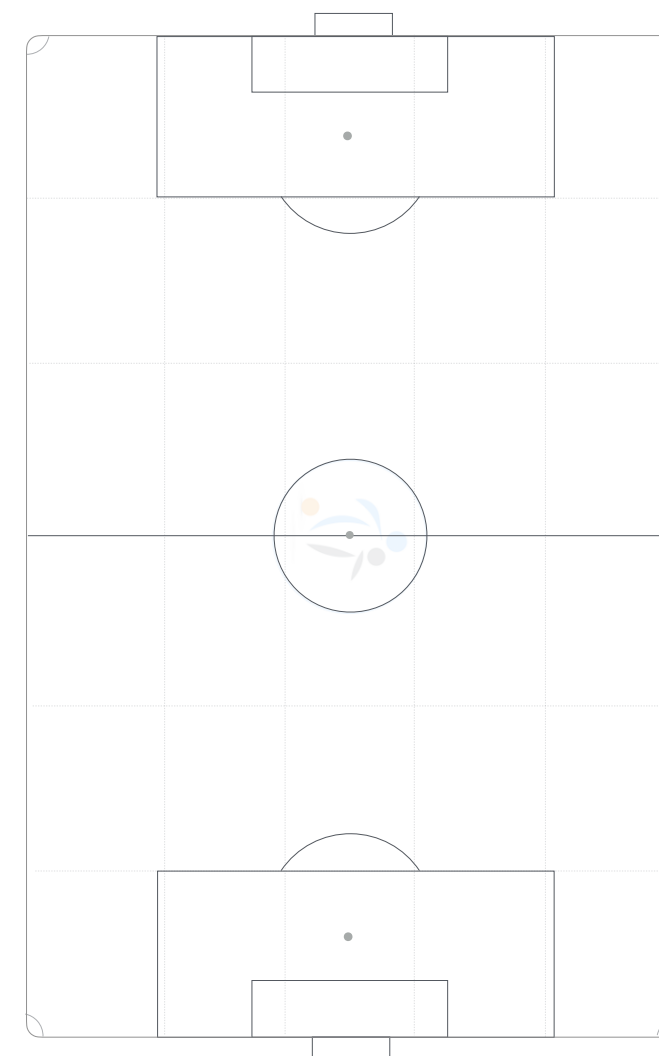


PROGRESSIONS:

ADDITIONAL INFORMATION

PLAYER QUESTIONS:

COACH PLANS



ADDITIONAL INFORMATION:



Detail any individuals, pairs, trios and units to work on in the group and specify what detail you will be developing within each session element.

Player initials	Technical	Tactical	Social	Psychological

Player Pairs initials	Objectives

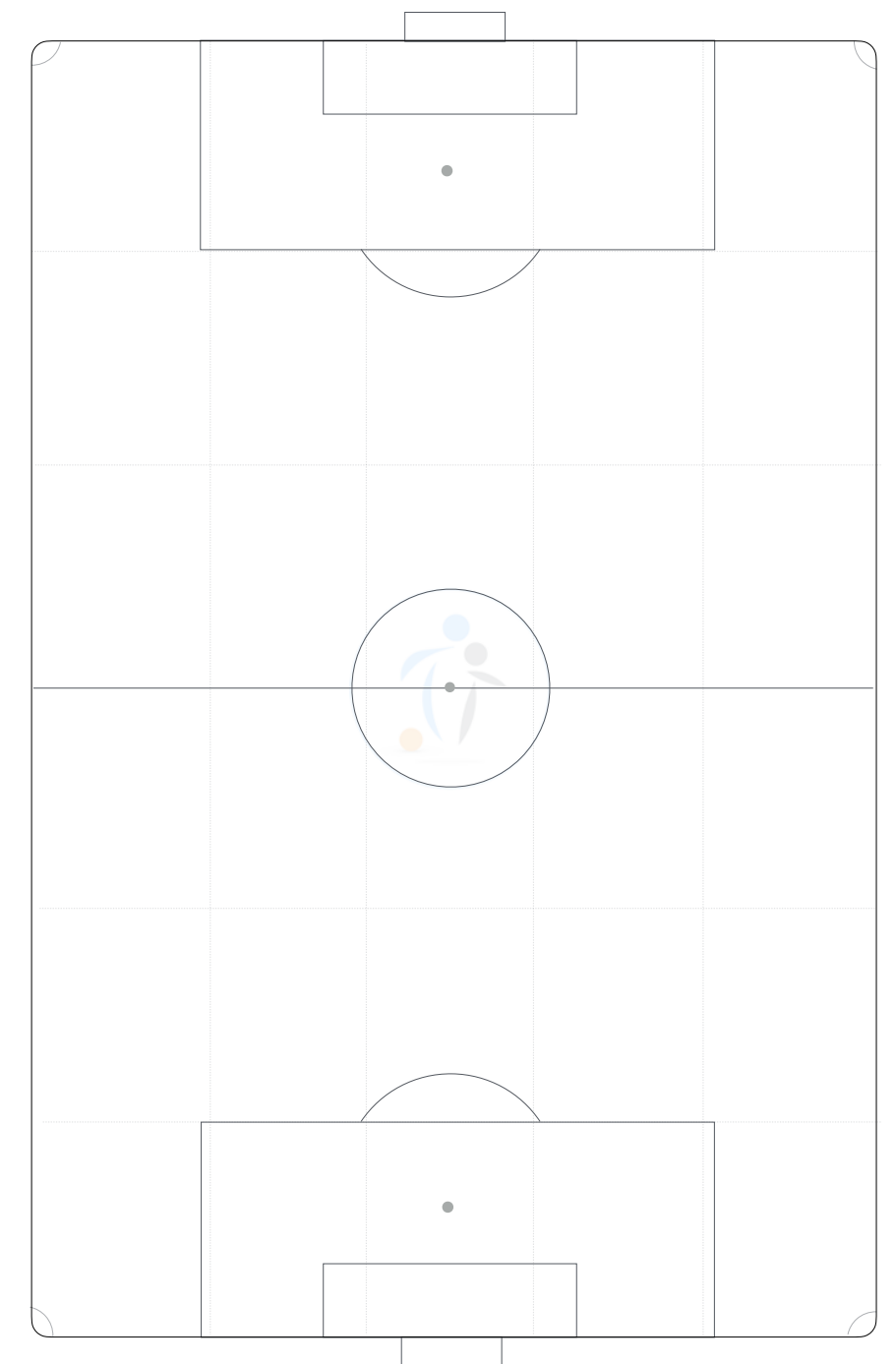
Player Trios initials	Objectives

Player Units initials	Objectives

Post Session Outcomes

What went well?	What did we learn?

Absentees: initials



LINK TO THE BIG GAME

How will we apply this session to a game situation?

