



PEI SOCCER - COMBINATION PLAY

Category: Technical: Movement off the ball
Difficulty: Difficult

Reseller-Club: Premier Users' Club
Graeme McDonald, Charlottetown, Canada

Warm up

Dynamic warm up + ball

10-15 mins

EQUIPMENT:

8 cones

SET UP:

25x25 yard square (set up two if needed)

6-8 players inside the square with 2 or 3 balls

INSTRUCTIONS:

Players dribble and pass the ball to each other.

After a player passes the ball they run to one of the cones while performing a dynamic movement.

They come back into the square and look to receive the ball again and do another dynamic movement.

Dynamic movement examples:

1. Running backwards around cone
2. Open or closed "gate" jogging out to cone
3. Side shuffles out and around cone
4. Sprint around cone



SS game

SOG (5v5)

EQUIPMENT

24 Cones

Pinnies (5 red & 5 blue)

SET UP

5v5

Field 50 yards by 40 yards

10 cones to create the two end zones

Each end zone is 8 yards wide

INSTRUCTIONS

Teams score when an attacking player receives the ball in the end zone.

Attacking players can only enter the end zone as ball travels. (same principle as offside)

Defenders are not allowed inside the end zone they are defending.

COACHING POINTS

Players should spread out (width and length) to create more space and move opposition.

Look for opportunities to play forward and pass through or run beyond defenders.

Switch the play quickly to create gaps in opposition defence to attack the end zone.

Players should always look to support the player on the ball (360 degrees).



ACTIVITY

EQUIPMENT:

22 Cones

Pinnies (3 red & 3 blue)

SET UP:

Grid area 30x20 yards

Two end zones (8 yards width from end line)

INSTRUCTIONS:

Teams score by passing to one of their players running into the zone to receive the pass under control.

Attackers can only enter the end zone as the ball travels (same principle as offside rule)

Defenders are NOT allowed inside the end zone they are defending.

If defenders gain possession they now score by passing to one of their player in opposite end zone.

Option - 3v3 + 1 neutral player

Neutral is always on the team who has possession.

Neutral is not allowed to go run into the end zones to score a point.



COACHING POINTS:

Create attacking shape (triangle) to set up third player running.

Third player makes an off the ball run to receive pass in the end zone.

Timing of third player run has to be right when moving into the end zone.

Attacking players should make runs behind or between defenders and attack the space.