



SOCCKER COACH
Norbert Altenstad
Tel: 514-717-5373
E-mail: nstad@sympatico.ca



U10 Combination play

By Mario Prata,

OBJECTIVE: Improve passing technique. Introduce and train combination plays (double pass and overlap/run around). Recognize the visual cues, correct timing and options to combine.

The doubl- pass combination .

- A double pass is an UP BACK and THROUGH ball.
- Player B (back to opponent's goal) checks on an angle to Player A (facing opponent's goal); this is the visual cue that the double-pass is **ON**.
- Player A passes the ball to the feet of Player B;
- Player B one-touches it back to Player A and spins past the defender into the space behind the defender created by his original checking run;
- Player A one-touches the ball into the space, ahead of and leading Player B.
- Players perform this combination when one Player (Player B) is tightly marked from behind and is trying to make space live (open) behind the defender.

The overlap/run-around combination.

- The first attacker dribbles the ball on an inward angle directly at the 1st defender and in the direction of his 2nd attacker (supporting attacker); this is a visual cue to the 2nd attacker to run around behind the 1st attacker into the space being created by the 1st attacker's dribbling action.
- If the defender stays in position to block the first attacker's path to the goal, the ball can be played into the space, created by the 1st attacker's dribbling action, to the overlapping player.

Some general points:

- Double pass and overlap are most effective in the attacking half of the field
- Attackers should try to increase the momentum and the speed of the attack. A delay or slowing down favors the defense.

- 1) **Colors-Warm Up (15 minutes)**---Half of the players in red pennies, half in blue. Teams playing together in the same space combine passing. Ball can never stop, players can never stop moving, and ball cannot leave area of play. Use entire space, half with balls and split groups into two with pennies. Pass and move variations: 1-pass and move by passing to anyone, 2-pass and move by only passing to same team, 3-pass and move practicing the double pass combination, 4-pass and move practicing the overlap combination.

Coaching Points:

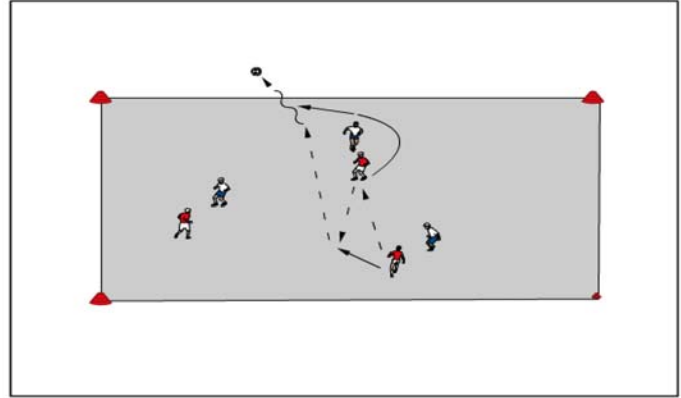
- Stress passing and receiving techniques...use of the inside and outside of the foot, and the toe when passing
- Reinforce the double pass and over-lap coaching points
- Coach non-verbal cues...angle and timing of runs with and without the ball
- Coach verbal cues..."Hold!"



- 2) **3 vs. 3 To Lines (10 minutes)**---In a 20 X 25 yard grid, two teams of three play to the opposite lines. When the ball goes out of bounds it can be passed or dribbled into play. If attackers combine with an overlapping run or double-pass before they cross the endline, they receive 2 points...otherwise they receive 1 point.

Coaching Points:

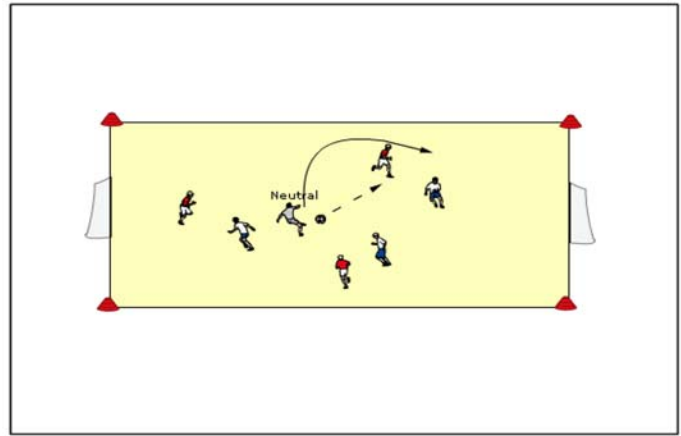
- Reinforce the double-pass and over-lap coaching points from above.



- 3) **3v3+1 to goal. (10 minutes)** In a 25X 30 grid add two 3 yard goals on each end line. The attacking team must set up an overlap, take-over or wall pass before scoring.

Coaching Points:

- Reinforce the double-pass and over-lap coaching points from above.



- 4) **4v4+1+2GK'S to two goals. (20 minutes)** Two teams of 4 + 2 GK's and a neutral player that plays for the attacking team. In a grid 30X45 yards with 2 (U10) regular size goals in each end line. The attacking team gets 1 pt for a goal and 2 pts if they combine with the double-pass or overlap before they score.

Coaching Points:

- Reinforce the double-pass and over-lap coaching points from above.



- 5) **5v 5 + GK's Game(30 Minutes)**

Coaching Points:

- Reinforce the double-pass and over-lap coaching points from above.

- 6) **Cool Down (10 minutes)** – Controlled juggling (thigh-thigh-foot-foot) or any combination of 4-6 juggles that will challenge the players. Statically stretch the large muscle groups.