



Scanning & Combining to Play Forward

Category: Tactical: Combination play

Skill: Mixed age

Pro-Club: SportSessionPlanner.com
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Description

Screen 1 (30 mins)

Organisation

Set the area up an appropriate size to challenge your players.

Rotate the players regularly to experience all roles.

The blue defenders are locked into their areas.

The opposite end player could be replaced by a GK & goal if available.

Use more than one area if necessary.

How to Play

The main objective is for the red player, inside the grid, to play the ball in all 3 areas and work the ball from one end to the other.

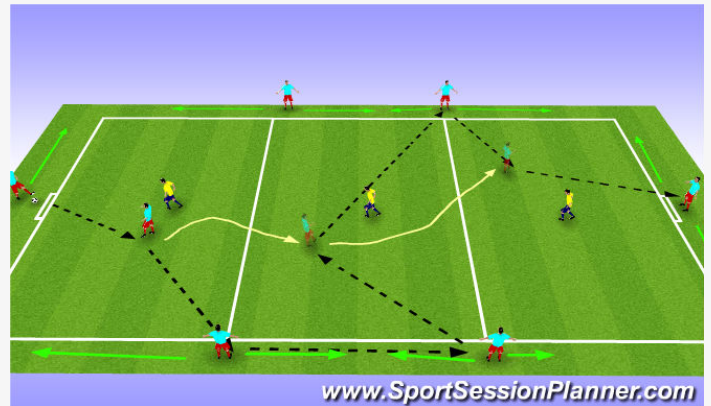
The outside players can move along the lines to support the play as necessary.

Finish could be 1-touch or after combining with an outside player.

Coaching Points

Quick, accurate passes ("hit the open man").

Movement, and counter-movement in the middle.



Progression (30 mins)

Progression

Allow the players on the longer outside lines to rotate into the pitch, one box ahead of the ball.

This progression increases the need to scan ahead & places a premium on communication.



SSG (30 mins)

Organisation

Play a SSG with defenders locked into the thirds.

Adapt numbers/size to suit your needs.

How to Play

Once the ball is played in, the Blue team should try to advance through the thirds to attack the goal.

One player can advance into each higher third AFTER a pass has been made to create an overload (in middle third) and to match up in the final third.

