



Combination Play Under Pressure

Session 12 • Combination play • 14–16 players • 60 minutes

0:00 – 0:10 • 10 MIN

The Combination Circuit

0:10 – 0:25 • 15 MIN

Pick Your Combination

0:25 – 0:40 • 15 MIN

The Combination Scoreboard

0:40 – 0:55 • 15 MIN

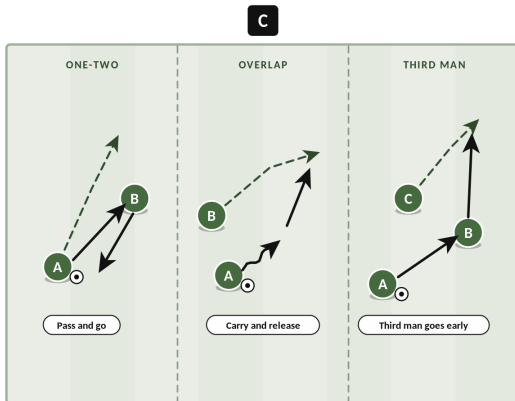
Free Combination Match

0:55 – 1:00 • 5 MIN

Review, with the players

12.1 THE COMBINATION CIRCUIT

Warm-up • 10 min



TWO MINUTES IN EACH ZONE • THEN THE GROUP CHOOSES FOR ITSELF

SET UP

- 30 × 21 m grid divided into three vertical zones by dashed lines of flat markers.
- Zone 1 — one-two. Zone 2 — overlap. Zone 3 — third man.

RULES

- One combination per zone until minute nine.
- In the free phase, a group may not use the same combination twice in a row.
- All the technical rules from the block still apply: ...

COACH IT

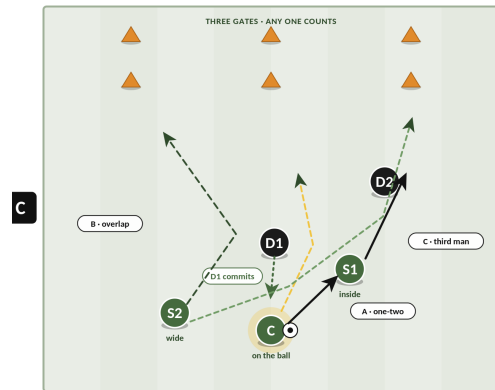
- Technical: All three techniques as taught. Expect the third man to be the weakest — it's a week old against a much older one-two.

SAY

- Note it and give that zone an extra minute. Don't fix it verbally — give it time instead.

12.2 PICK YOUR COMBINATION

Technical practice • 15 min



THE DEFENDERS DECIDE WHICH ROUTE IS ON • ROTATE EVERY REPETITION

SET UP

- Two or three stations, each 26 × 21 m, with 4 m between them.
- Per station: three 2.6 m gates across the far line; one ball plus a spare; two blue bibs.

RULES

- 2 points for getting through a gate. 3 points if the combination used matched what the defenders gave them.
- No repeating the same combination twice in a row ...

COACH IT

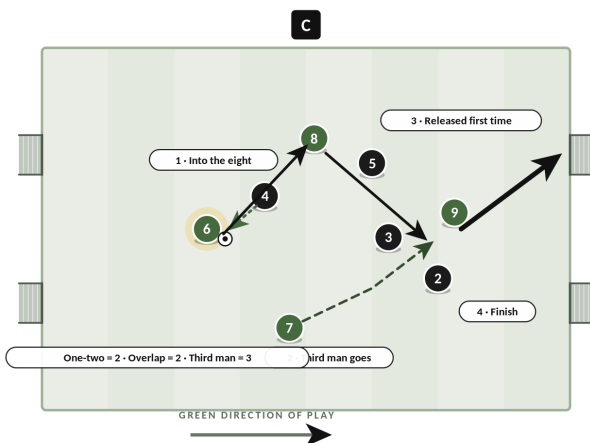
- Technical: All three techniques under genuine pressure. The set-back and the timing of the release are the two that break down first.

SAY

- When did you decide? Try holding it half a second longer and looking first.

12.3 THE COMBINATION SCOREBOARD (4 v 4)

Skill game • 15 min



GREEN DIRECTION OF PLAY

SET UP

- Two pitches, each 32 × 22 m, side by side with a 5 m corridor between them.
- Per pitch: two mini goals at each end, 4 red bibs, 4 blue bibs, 2 balls.

RULES

- One-two = 2. Overlap = 2. Third man = 3. Goal = 2.
- Two different combinations in one attack = 5.
- The same combination may not be scored twice in succession by the same team.

COACH IT

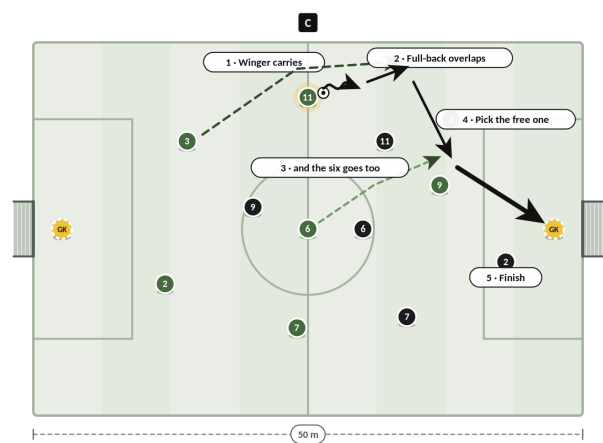
- Technical: All three under fatigue and pressure. Expect the third man to suffer most.
- Tactical: Read, then choose. The no-repeat rule ...

SAY

- The no-repeat rule handles it, but check they're not simply scoring normal goals instead.

12.4 FREE COMBINATION MATCH (7 v 7)

Conditioned match • 15 min



SET UP

- 50 × 34 m with full-size goals. No extra markings.
- Four spare balls in the back of each goal.
- 7 v 7 including goalkeepers (14). With 15–16, play 8v8 or roll subs every 90 seconds.

RULES

- Goal = 3 points. Any combination that beats an opponent = +2. Not the same combination twice in succession.
- The team must be able to name what they used.

COACH IT

- Technical: Everything from this theme, under fatigue, at match size. Expect quality to drop and don't chase it.

SAY

- Normal. Note which one survives and which doesn't; that's this theme's starting point.