



## Combination Play: Midfield Play

Category: Technical: Passing & Receiving  
Skill: U13

Pro-Club: Red Bulls New York Academy  
Tasha Flynn, Plainsboro, United States of America

### Description

1. Angle of support
  - Wall pass: Sideways on.
  - Double pass: Body at an angle to protect ball
2. Hold player accountable by demanding ball with details.
3. Execution of combination
4. Movement of the target into passing lane.

### Warm-up (25 mins)

#### Organization:

1. Set up as shown.

#### Instructions:

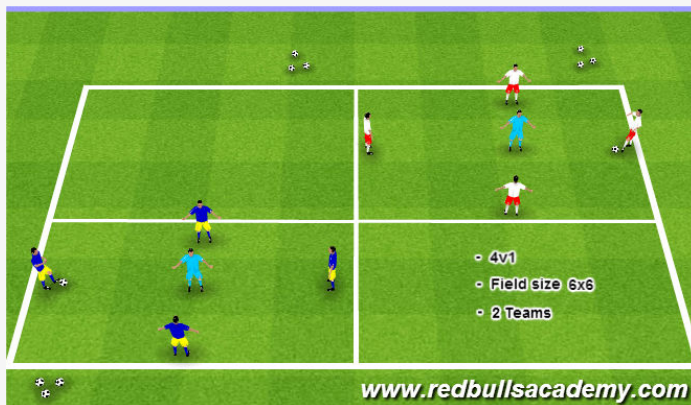
1. Teams play 4v1 inside grid.
2. One defending player. Player that loses possession of the ball switches roles with the defending player.
3. If 6 or more passes are completed, defending player stays defending one more round.

#### Coaching Points:

1. Scan the field before receiving pass.
2. Quality of 1st touch & Pass.

#### Progression:

1. Play 4v2.



### Main Theme (non-opposed) (20 mins)

#### Organization:

1. Three players per lane (15x12)
2. Set-up as shown

#### Instructions:

- Rotate player positions after 1 min
- After 2 rounds progress into competition between all groups (1 pt per pass)

#### Part A:

1. Players make double pass combination
2. Central player checks to outer players with ball

#### Part B:

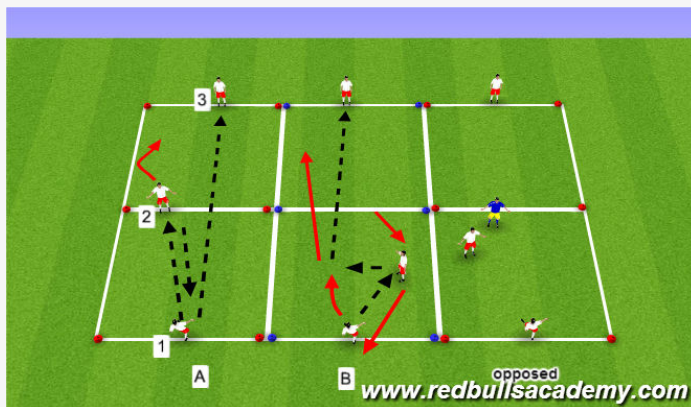
1. Player make wall pass combination
2. After wall pass is performed, player that passes the ball to the opposite target player continues run and checks to ball. (Sideways on)
3. Central player becomes target player.

#### Coaching Points:

1. Angle of support
  - Wall pass: Sideways on.
  - Double pass: Body at an angle to protect ball
2. Hold player accountable by demanding ball with details.
3. Execution of combination
4. Movement of the target into passing lane.

#### Progression:

Defender fully opposed



## Combination to Score (20 mins)

### Organization:

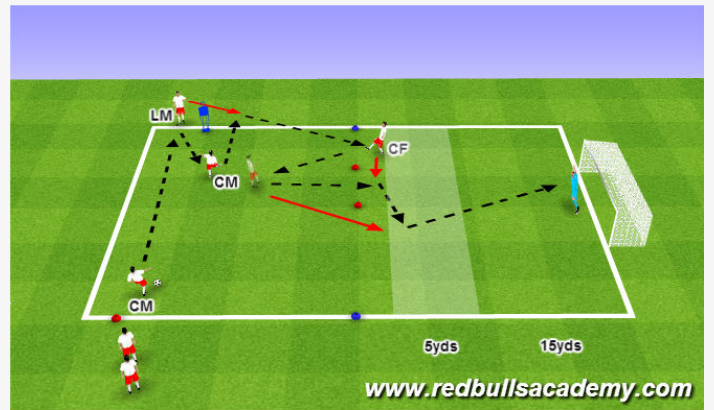
1. Two grids with 6 players.
- 2 Setup as shown.

### Instructions:

1. Players perform combination play to score.
2. Each player keeps track of their score

### Coaching Points:

1. Angle of support
- Wall pass: Sideways on.
- Double pass: Body at an angle to protect ball
2. Hold player accountable by demanding ball with details.
3. Execution of combination
4. Movement of the target into passing lane.



## Scrimmage (20 mins)

### Organization:

1. Set up as shown.

### Instructions:

1. 6v6

### Coaching Points:

Minimal Coaching on Key points of switching point of attack.

