



## Combinations To Goal #1

Category: Technical: Crossing & Finishing  
Difficulty: Moderate

Continental Football Club, Philadelphia, United States  
of America  
Individual-Adult Member

### Combination 1 (Target player layoff) (10 mins)

#### Set Up

2 Goals

12 balls at least

#### Organisation.

Players work in pairs if possible (A)&(B) - (C)&(D) with the players alternating the roles.

(A) Passes to (B). (B) Passes to (C) who lays the ball back to (D). this player then passes the ball into space out wide for (B) to put a cross in for both (C)&(D). This activity happens at the same time on the other side. Players rotate through the drill with their partner

#### Coaching Points

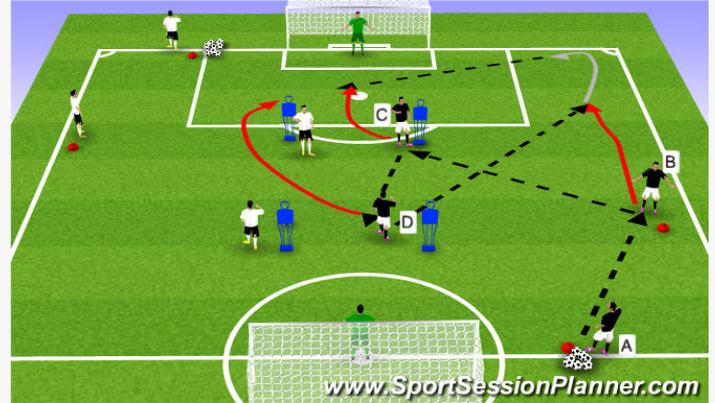
Speed & Quality of combination

Timing of run into the box

Selection of finishing technique early

Position on target to aim

Final execution



### Combination 3 (15 mins)

#### Set Up

2 Goals

12 balls at least

#### Organisation

Players work in pairs if possible (A)&(B) - (C)&(D) with the players alternating the roles.

(A) Passes to (B). (B) Passes to (D) who lays the ball forward to (C). this player then passes the ball back to the supporting run of (A) this player then passes into space out wide for (B) to put a cross in for both (C)&(D). This activity happens at the same time on the other side. Players rotate through the drill with their partner

#### Progression

Make it competitive against the other side

Change the combination there are 100 alternatives

#### Coaching Points

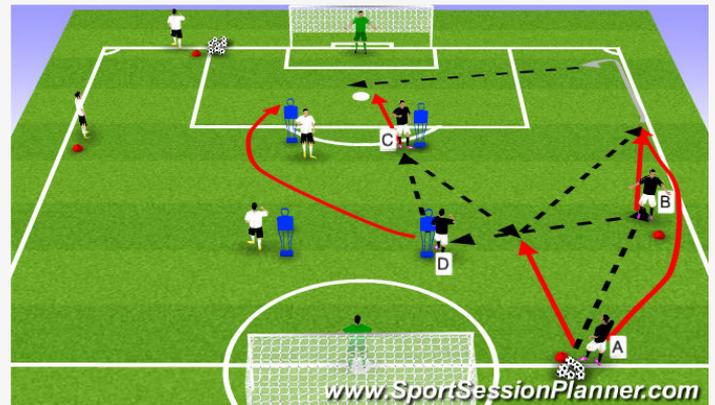
Speed & Quality of combination

Timing of run into the box

Selection of finishing technique early

Position on target to aim

Final execution



### 8v8 Game With Target player (30 mins)

#### Set Up

8v8 for U12 - U18, put forward in shaded area that only they can be in to link up with midfield

6v6 nothing bigger for U12 and below.

#### Instruction

Normal game except that each team has a target player to link up with to create up, back and forward moments. Do not have to use the target player to scores. Coach within the flow of the game, take forward target player area away and play 8 v 8 to finish.

#### Pogression:

Limit players to two or three touches

#### Coaching Points -

Emphasize the theme of the day before the scrimmage starts. Try to use natural stoppages in the game to coach. However if the scrimmage is not getting the desired learning moments use the stop / create mentod.

