

**2 Forward Combo**



**OBJECTIVE:**

The activity starts with the ball being passed into the near forward and performing a give and go leading the pass into the wide channel. The player then crosses the ball as the 2 forwards perform a cross-over run towards the box. The ball is served and finished! After the reds have finished the play the white team performs the same activity to the opposite goal. After the players have mastered the activity have the teams compete against each other.

**ORGANISATION**

2 teams and 2 goals with goalkeepers. Goals are placed at the bottom of 2 x 18 yard boxes. Cones are placed as starting points for the forwards as shown in the diagram.

**PROGRESSION**

1) crosses low; 2) crosses to the back post with height; 3) varying crossing heights; 4) Front post give and go for crosser to finish.



**COMMENTS AND COACHING POINTS**

1) Check away before receiving pass; 2) firm, crisp passing; 3) Cross over Run with 2 forwards; 4) strike back to where ball came from; 5) body over the ball; 6) Confident finishing.

**2v2 progression to 3v2**



**OBJECTIVE:**

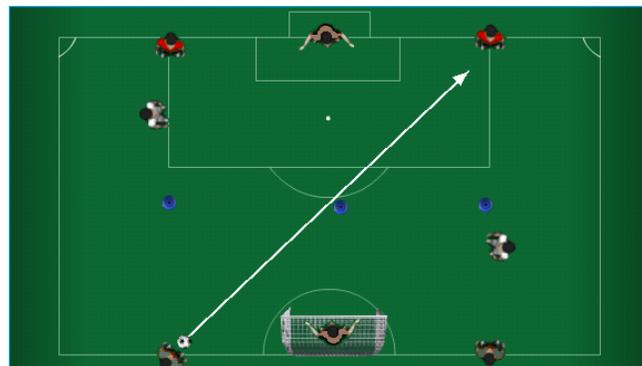
2v2 game. Blue plays a diagonal pass into the red to start the activity. They play 2v2 until a goal is scored or the ball is played out of bounds. Make the teams compete; play to 10 then switch the balls for the start of play to be with the opposite team. Progress to including a target forward restricted to the attacking half of the field and a combination must be made through this player for the team to score.

**ORGANISATION**

2 teams in lines of 2. 2 goals with goalkeepers. Neutrals needed for the second stage of the activity.

**PROGRESSION**

1) Include the neutral in the later stage of the activity. now the team must find this player and combine before they can score; 2) Combination player only has 1 touch; 3) One touch finish all around.



**COMMENTS AND COACHING POINTS**

1) Accelerate into space; 2) Commit defender; 3) Shoot on sight; 4) Follow rebounds; 5) Transition on

**3 zone attacking game**



**OBJECTIVE:**

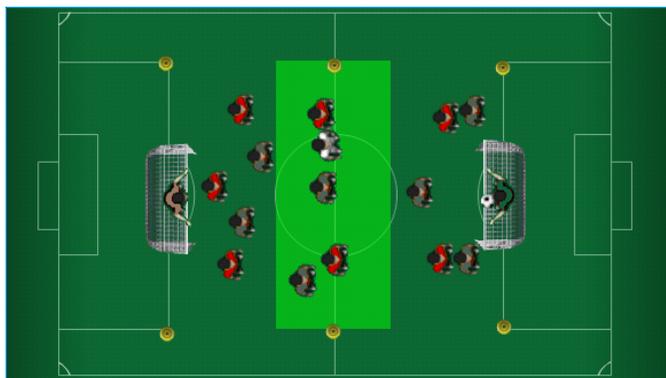
Finding the forwards feet early to combine and shoot at goal. 7v7 game with an added neutral in the play. The field is split into 3 zones. When the ball is advanced from zone to zone 1 player can join in the forward zone, it doesn't have to be the player that played the pass and players can dribble from zone to zone. This should end up with an even numbered battle in the final third. On turnovers the players must return to their starting zone.

**ORGANISATION**

2 teams plus 1 neutral player. Field is split into 3 zones of equal size. Both teams have a goalkeeper. Balls in the nets for quick restarts.

**PROGRESSION**

1) First time finish; 2) 2 touch possession play.



**COMMENTS AND COACHING POINTS**

1) Look to play forward at right times; 2) Hold possession in final zone for support to arrive; 3) shoot on sight; 4) transition on turnovers; 5) movement of the ball; 6) communication.

**9v9 scrimmage**



**OBJECTIVE:**

9v9 Scrimmage with most of the focus on the quality of finishing and the checking of forwards to and away from the ball. Combination play with partner forward and midfield 3 should be coached throughout the exercise.

**ORGANISATION**

9v9 plus GKs. Balls in net for quick restarts.

**PROGRESSION**

No progression to this activity.



**COMMENTS AND COACHING POINTS**

1) 1 forward check - 1 spin in behind; 2) combination play of forwards; 3) hold up play to wait for support; 4) Shoot on sight.