

COMBINATION WARM-UP

STAGES COVERED BY ACTIVITY

Stages 3, 4 & 5 - 9-18 year old players

THEMES & COMPETENCIES

Theme:

- + Passing combinations

Competencies:

- + Short passing along the ground (5-15 yards).
- + Receiving using the feet.
- + Mobility on and off the ball.

WHY USE IT

As a warm up to get players passing and moving in combinations of 3 players.

SET UP

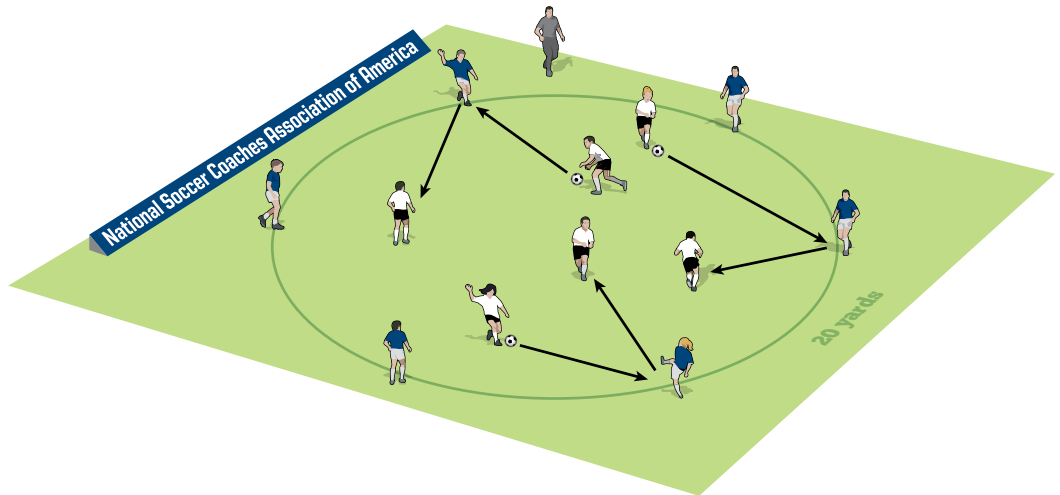
Circle approximately 20 yard diameter. 6 players form a circle and the other 6 players get into pairs with a ball between them.

HOW TO PLAY

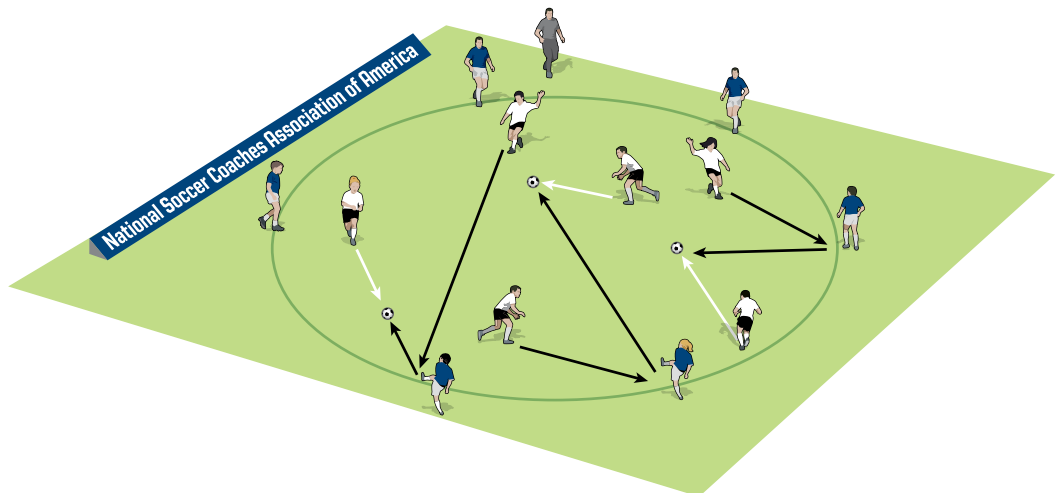
The pairs in the middle of the circle pass back and forth and every few passes look to combine with a peripheral support player. The peripheral player returns a pass to the other partner. The partners pass back and forth before one passes to an outside player who then plays the ball back to the other partner.

COACHING NOTES

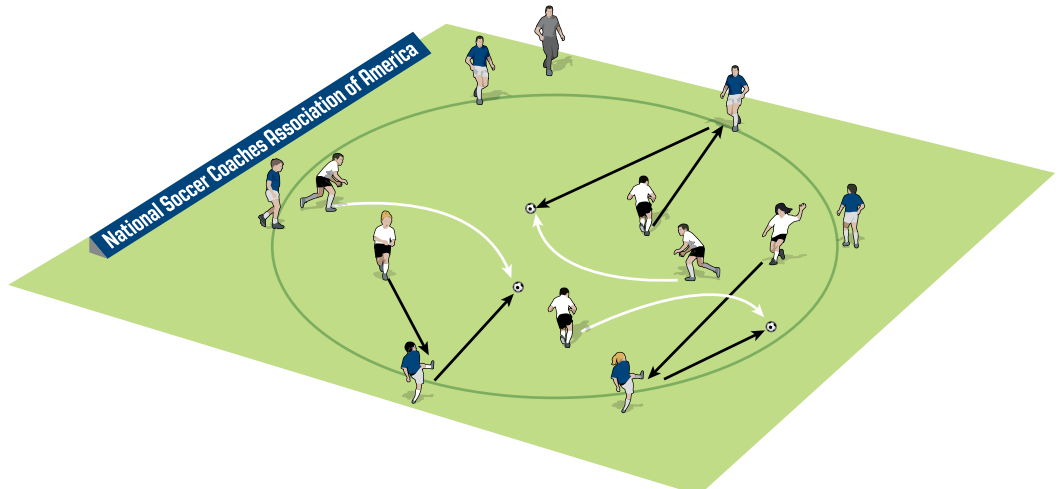
- + Coaching objectives – to activate the players physically and mentally.
- + Coaching tip – have players switch in and out on the fly rather than stop the action.
- + Adaptations – include a defender in the middle to challenge the pairs' awareness.



- + Pairs in the circle combine with a peripheral player.
- + Peripheral player passes back to other partner.
- + The outside player must be alert.



- + Ball is played to peripheral player.
- + The other center player moves short or long.
- + Peripheral player must be aware of the movement to or away.



- + The inside receiver makes a shaped run, to an open space.
- + Peripheral player plays a pass to space.

