

A Rhythm For Teaching Two Player Combinations

Introduction

Two player combinations are both exciting to watch and fun to learn. Taught in a progressive manner they can also be a vital stepping stone in a young player's tactical growth and an equally vital stage in their technical development. By incorporating a ball intense warm up and lead in activities it is also possible to create players that are comfortable both receiving the ball and playing short passes with different surfaces.

No Of Players – anywhere from 12-18

Equipment – Ball each, two discs per player, and 8 red 8 blue pinnies.

Warm up - Activity 1 - Dribbling and foundation moves

Players dribble freely in open area. They are encouraged to do a move and display a change of pace every three touches. Coach stands with two pinnies and explains that he will award pinnies to players putting forth the best effort. Approximately every minute coach calls out name of foundation moves – e.g. inside – outside and u-shape (described in appendix)

Coaching points:

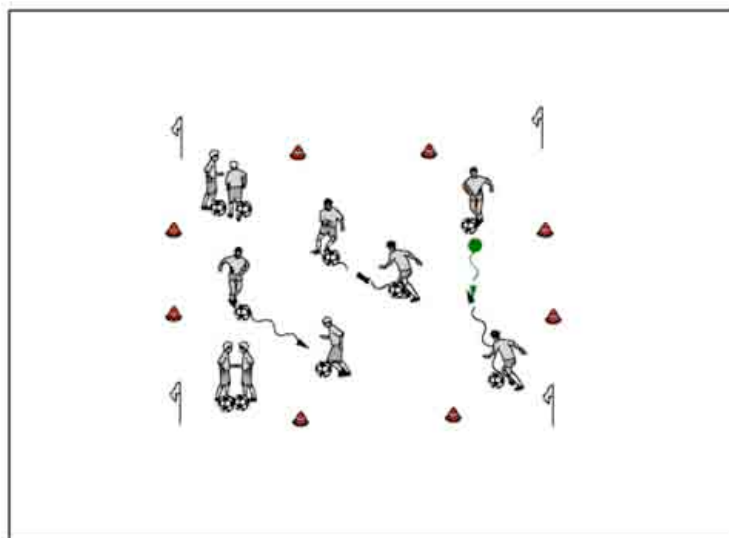
1. *Evaluate technical ability of group. Stress speed of footwork with foundation moves and being able to perform them with head off the ground.*
2. **Foundation moves** can be defined as ways of repeatedly manipulating the ball using as many surfaces of the feet as possible, in a small space and at game speed.

Warm up Activity 2- The numbers Game

Players dribble freely in open area. They are encouraged to do a move and display a change of pace every three touches. When coach calls out a number players have to arrange themselves in groups of that number.

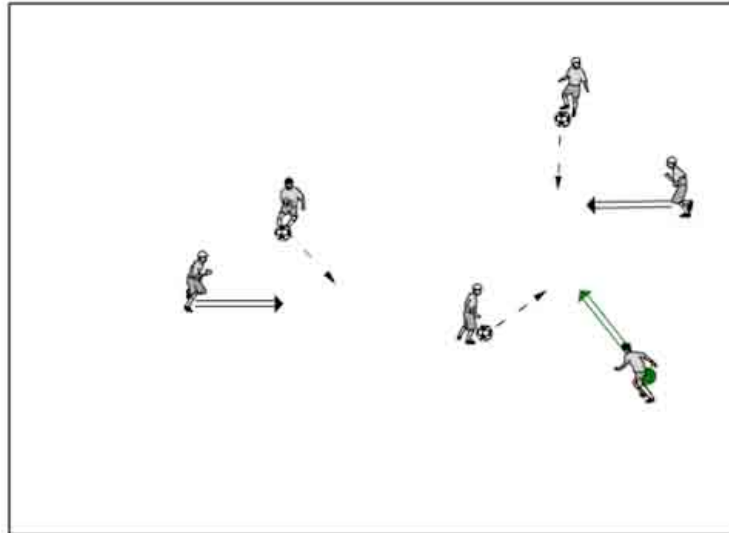
Coaching point:

1. *Encourage the players to solve the problem finding a partner as quickly as possible. By finishing with a the number 2 the session flows well into the passing and moving exercise that follows*



Practice 1 – Passing and Moving into 1v1

Players pass and move within an open area. Upon the command “shred” from the coach they go from passing and moving into 1v1 where they fight for possession of the ball. During the 1v1 segments of the practice they are encouraged to drive at each other and use their moves to get around the defender. When the coach calls freeze whoever has possession scores a point.



Coaching points:

1. In the modern game players need to play effective short passes with **both** feet with the following surfaces – **inside, outside, toe, heel, lace** (10 in all)
2. Encourage the players to cycle through the surfaces in order – inside of both, outside of both, toe of both, heel of both, laces of both.
3. Stress that short passes need to be either played with pace or with disguise so they are not intercepted

Practice 2 – Guided Discovery two player combinations

Players pass and move in open area as above. As they pass and move the coach calls out any of the following:

Take over
Fake over
Give and go
Overlap

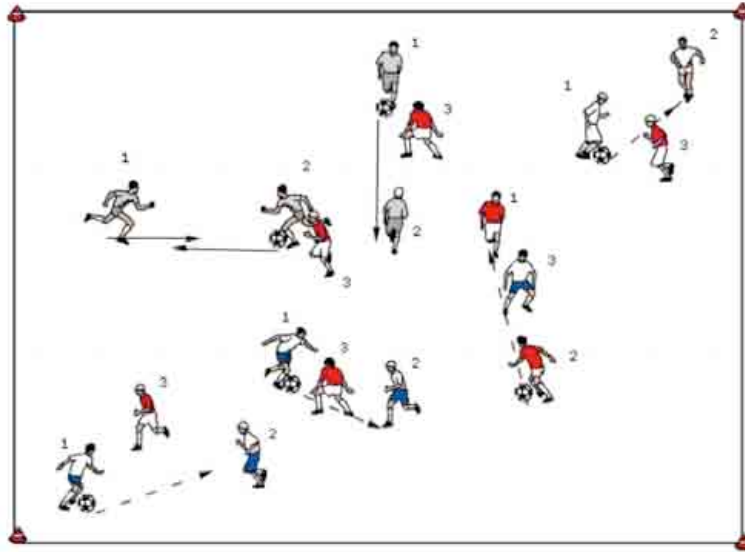
Players are instructed that when they hear the combination they should attempt to perform it.

Coaching points:

1. Analyze the technical and tactical level of the players.
2. Provide additional technical information as required.
3. Encourage the players to recognize that the game has a rhythm and that part of learning to read the game involves not forcing things when they are not available. This simple exercise can be a good starting point to get players to be patient and too keep the ball moving until the moment arises.

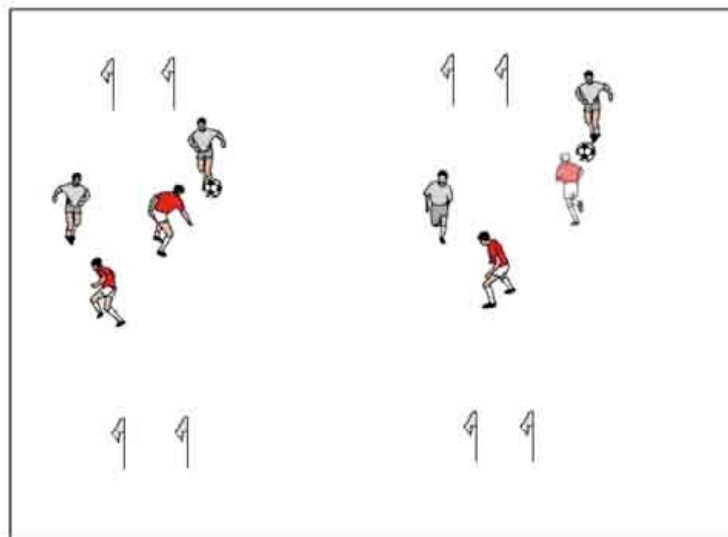
Practice 3 - 2v1 with direction

Arrange the players in groups of 3 and have them assign each player a number 1, 2, or 3. Each group pass and move in an open area until the coach calls out a number. When a number is called out and one player becomes a defender, the two players in possession of the ball have to move the ball in towards one of the "goal lines". The two players score by placing the ball alternately on one line and then the other. (*Use the edges of the penalty area as the two lines*). This continues until, the two players are successful, the coach shouts rest, or the defender wins possession of the ball. If either occurs the players resume passing and moving as a three. Use the restriction that the attackers cannot score until they have performed a two player combination.



Practice 4 - 2v2 ladder

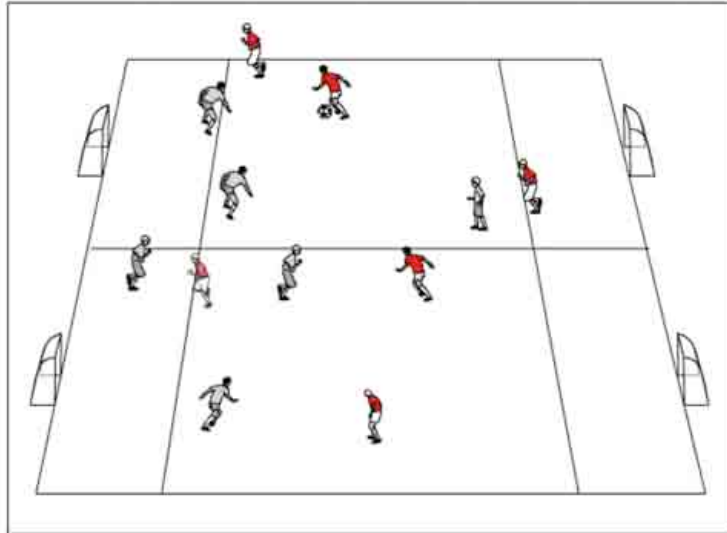
Arrange the players into teams of two and set out as shown below. Teams can only score after performing any 2 player combination



Small sided Game - four goals

Arrange the players and field as shown below- restrictions used are as follows:

1. When your team is defending you must have two Goalkeepers that have to stay on their line.
2. No goal can be scored unless a two player combination has been executed.



Small sided Game

Play 6v6 with no restrictions.

Appendix

***Foundation moves** can be defined as ways of repeatedly manipulating the ball using as many surfaces of the feet as possible, in a small space and at game speed.*

Foundation Move : Inside - Outside

- Place the ball on the outside of the strongest foot.
- Pass the ball a short distance using the outside of the strongest foot away from the body (in a side wards direction).
- Using the inside of the same foot pass the ball side wards back towards the body.
- By quickly moving the feet now pass the ball with the outside of the weakest foot so that it continues in the same direction.
- By quickly moving the feet pass, the ball with the inside of the weak foot back towards the body and start the sequence again.

Foundation Move: U- Shape

- Place the ball under the sole of the strongest foot.
- Drag the ball a short distance back towards the body and past the standing foot.
- As the ball passes the standing foot, use the inside of the strong foot to push the ball across and behind the body.
- By quickly moving the feet push the ball forward using the laces of what was the standing foot.
- At the moment where the leg is fully extended use the sole of the same foot to stop the ball.
- Begin sequence again.