

# Connect and Combine with teammates: Playing through midfield

Category: In possession practice Length of time: 60 mins Number of players: 16

Date: 04/09/18

## Practice/Theme/Topic:

Connect and Combine with teammates: Playing through midfield

### Aims and Objectives:

- Develop midfield combinations through support play and positioning.
- Understand your role in possession within the midfield 5 wherever the ball is on the pitch.

### General notes:

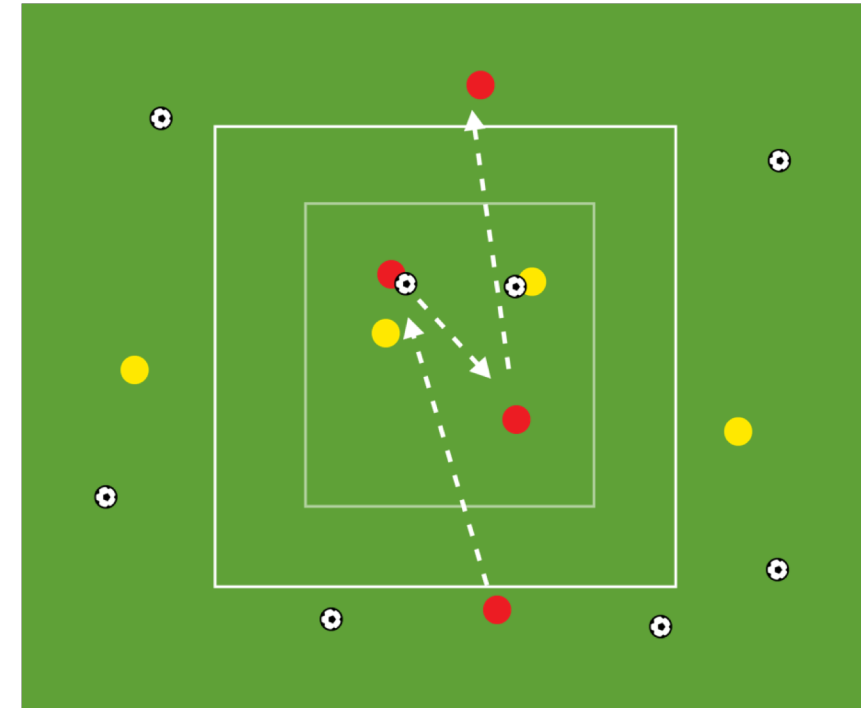
- Unopposed practice: working in their teams they play the ball into the middle square, they then do a combination and find their other teammate on the outside. They continually work the ball from one player to the other. Both teams are working at the same time.

### Progression:

- Can they move the ball within three seconds?
- Make the box smaller.

### Organisation and set up:

- Middle Grid 10x10, outside grid 20x20.
- Work for 3 min (1 minutes rest) x 3.



#### Coaching point 1 – Play to highest player.

Can we play to the highest player in order to break lines and penetrate.

Players in box, make sure they have an angle to receive or move in order to receive as player on outside receives the ball.

Half turn to receive if can, if not protect and wall pass to teammate.

#### Coaching point 2 – Retain possession, play close player

If we cannot break lines, close player movement to receive, check off player and scan before receiving.

Receive on half turn and combine with teammate or break lines yourself.

Teammate make movement as ball travels.

### Technical

First touch  
Skill / disguise  
Ball manipulation  
Passing & Receiving

### Psychological

Awareness of self /  
opponent / teammate  
Creativity  
'Game craft'

### Physical

Hips/arm to hide  
Speed / change of pace  
Use of body to disguise  
Movement to receive

### Social

Communication  
Body Language

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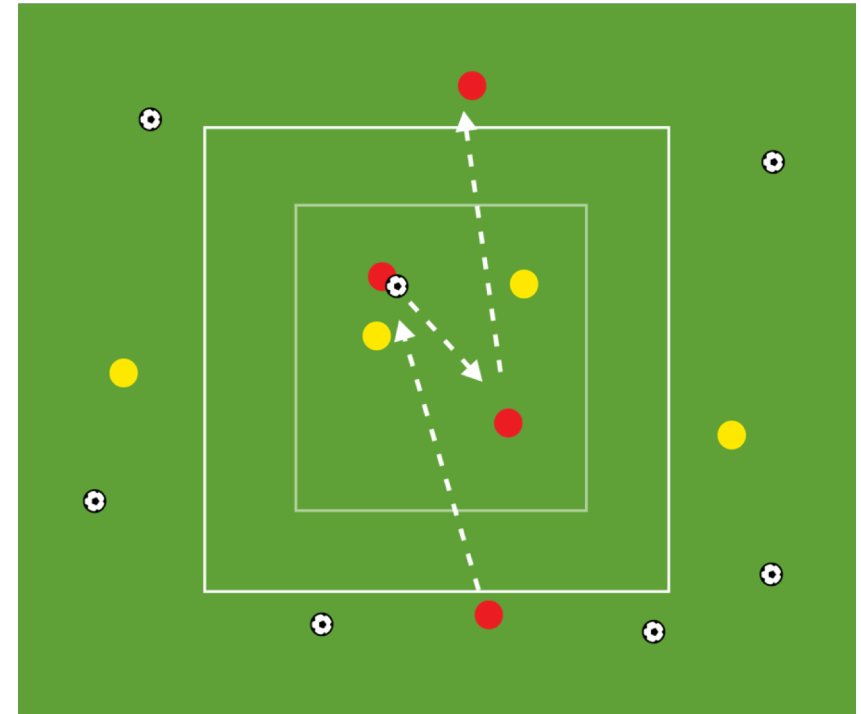
- Possession practice: The teams are looking to keep possession of the ball, they can use the target players on the outside to retain possession (who are free to move around the outside of the area).

### Progression:

- Make area smaller.
- Add a scoring system.
- One touch for players on the outside.

### Organisation and set up:

- Middle Grid 10x10, outside grid 20x20.
- Work for 3 min (1min water break) x 5.



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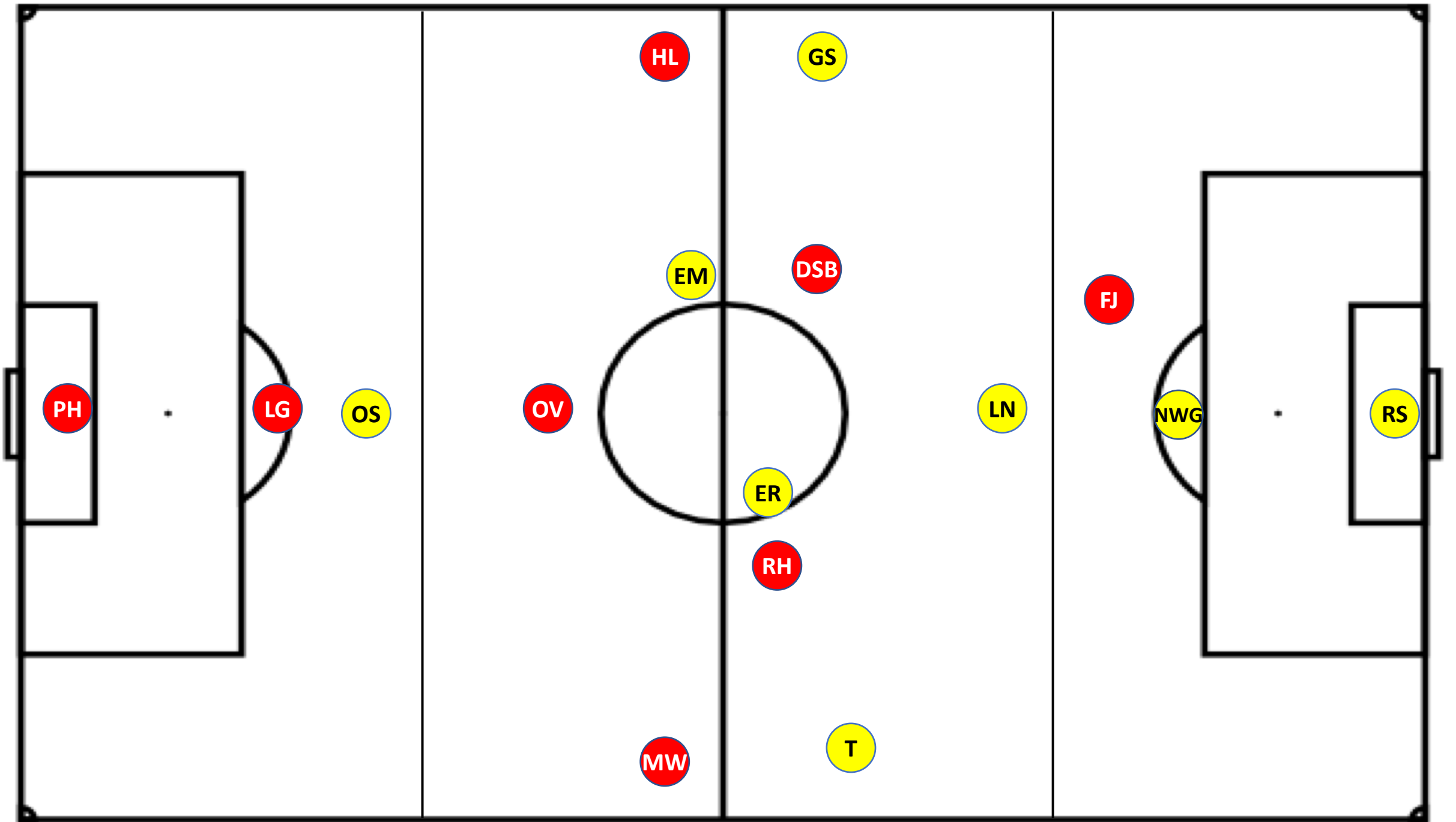
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# SSG – Combination play

5 – Movement to receive of GK and receive on half turn to play into midfield.

2/3 - As 5 receives, move into a position to receive the ball on half turn, move dynamically and quickly. If receive look to play into 8/10 first and if not retain with 4.

4 – As ball travels into 2/3 slide across and help to support sideways. Receive on half turn and look to play forwards or switch play.

8/10 – Movement to receive in half-spaces and receive on half turn off 5/2/3. Create a triangle with 2/4 for example. Opposite side make the pitch as big as possible and keep balance.

9 – React off where ball travels provide an outlet and look to penetrate into spaces down sides.