

Combination Play

By Aiden Boxall, Millwall Lionesses, Women's Premier League

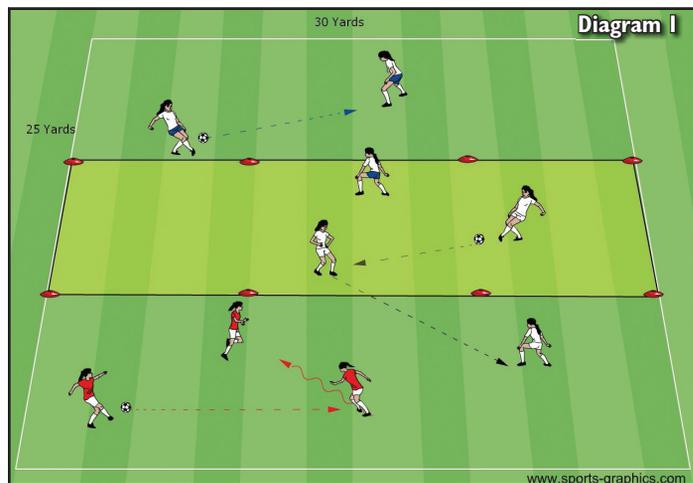
Warmup (Diagram 1)

ORGANIZATION

- Players in groups of three in an area 25 x 30 yards.
- One ball for each group.
- Each group in a different colored shirt.
- Players pass and move, dribble or do takeovers in their area.

COACHING POINTS

- Focus on movement on and off the ball.
- There must be communication between players.
- Demand quick passing.
- Emphasize possession—when and where to pass.
- Players can work on key words to communicate – e.g., “switch;” “1-2”
- Vary the distance and type of pass.



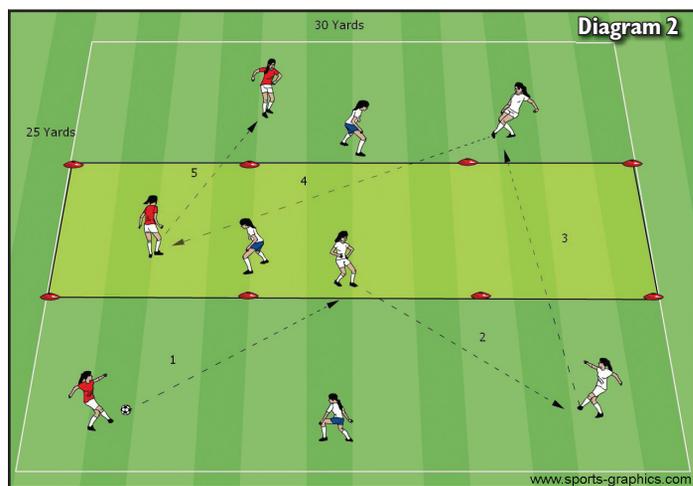
Activity 2 (Diagram 2)

ORGANIZATION

- Same area as above.
- Players in groups of three with one player from each team in the zone.
- Play a possession game—red and white against blue.
- Players must stay in their zones and play through the zone to a teammate.
- Rotate the defending team.

COACHING POINTS

- Look at the movement and support in each zone.
- Focus on passing and support angles.
- Look at the type of passes—long, short, on the ground, in the air, etc.
- Decide when to play one-touch, two-touch, etc.
- Move to support while the ball is in the air.



Activity 3 (Diagram 3)

ORGANIZATION

- The set up is the same as above.
- Red and white play against the blues.
- Red and white can now switch zones, but must have one red and one white in each zone.
- The ball has to be worked through all three zones and then played directly from end to end with the support coming from the middle zone.
- Rotate the defending team.

COACHING POINTS

- Focus on ball movement and movement into support positions.
- Player's must be aware of what is happening around them.
- Quick movement on and off the ball when players switch zone.

