

A One-Two Combination Practice

The following practice takes you from a warm-up, through the teaching of the fundamental skill of a one-two combination, and then to a match related and match condition phase of a practice.

This practice could be used for an advanced U10 travel team or higher. Parts of it could of course be used for younger players. It is up to you to decide if your players can grasp the concepts and techniques of this practice.

Don't be afraid to try it. Just be prepared to move on to something else if you see that it is not working.

Warm-Up Foot Skills

I advocate warming up at any level with 10 minutes minimum of coerver moves (foot skills). These can develop comfort with the ball, aerobic conditioning and serve to loosen up the kid's muscles.

Warm-Up: One Two Combination

After the kid's are loose, break them into pairs. Each pair has a ball. Designate one player as the "wall" and the second as the runner.

Runner starts with the ball. He looks up, makes eye contact, passes the ball to the wall player and makes a run to space.

The wall player plays the ball back to the runner, first with two touch, then with one touch. Wall player must read the run. Wall player moves to a different position after he makes the pass

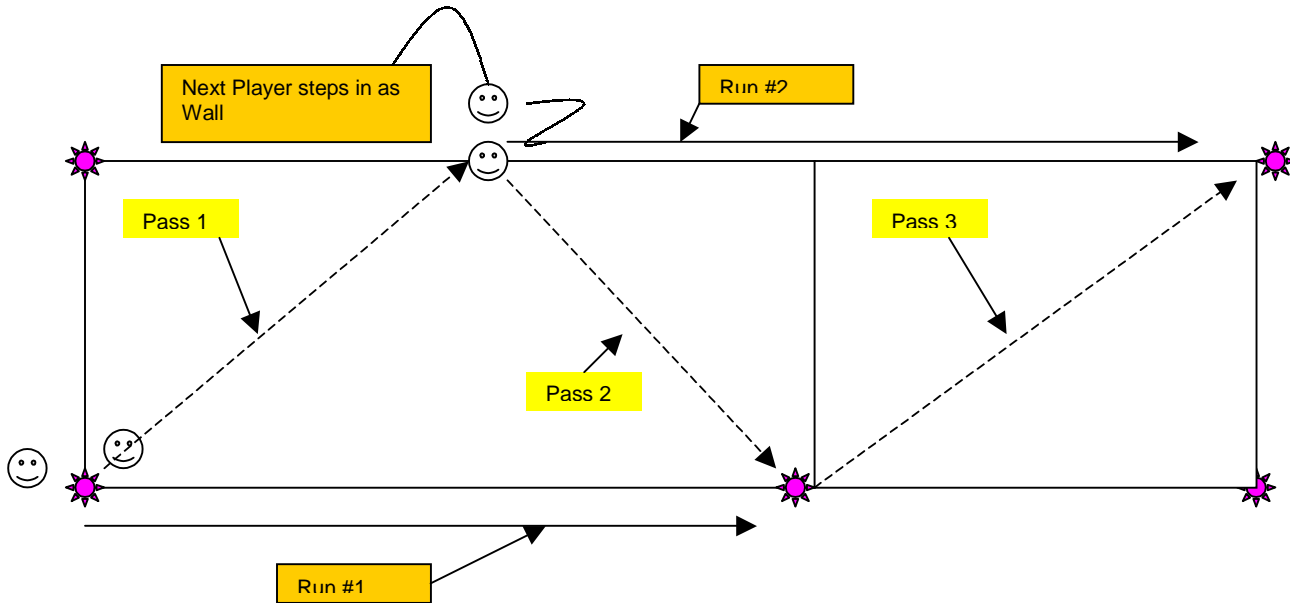
Runner receives the ball back from the wall and pulls a coerver move. He then prepares himself to make a second pass and the sequence starts again.

After 5 successful passes switch roles. Progress up to 6, then 7, then 8 etc successful passes and then end the warm-up.

This part should take about 10 minutes.

Fundamental Phase

Basic Give and Go

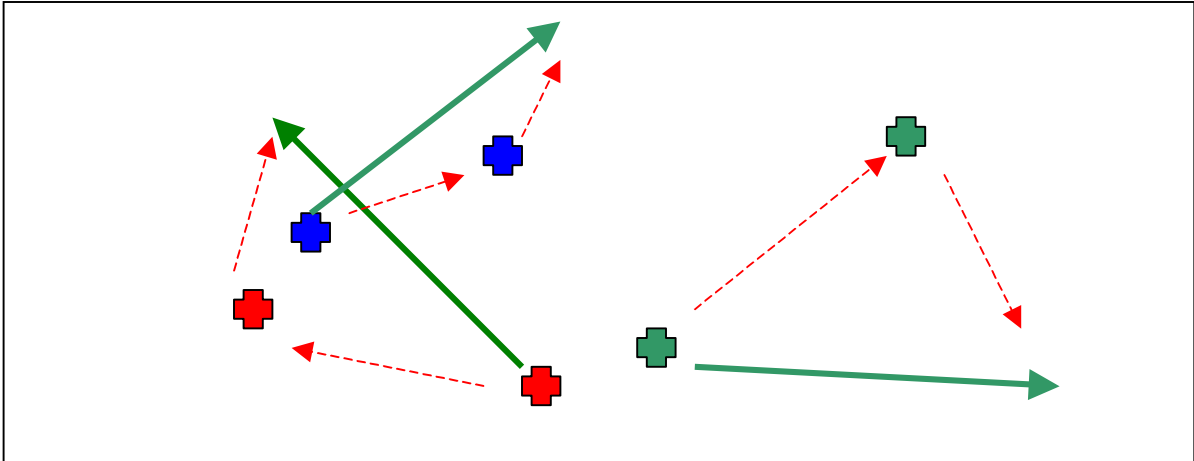


Coaching Points – Fundamental Phase

1. Heads up – Request the ball by eye contact
2. Request return pass by making the run
3. Run immediately following the pass. Explode with your first step leaving your opponent behind
4. Take the ball on the correct foot – opening to the field

Fundamental Phase - Progression # 1 – Multiple 1-2s

Set up a rectangular field consistent with the age and ability of your team. Each player has a teammate and each group of two has a ball. The object is to make 1-2 combinations with your teammate within the combined area without interfering with the other players or losing your ball. Play a set time and count the number of completed passes, passes made in a row, etc.



Fundamental Phase - Progression # 2 – Follow the Leader

Set up a rectangular field consistent with the age and ability of your team. Each player has their ball with them but behind them.

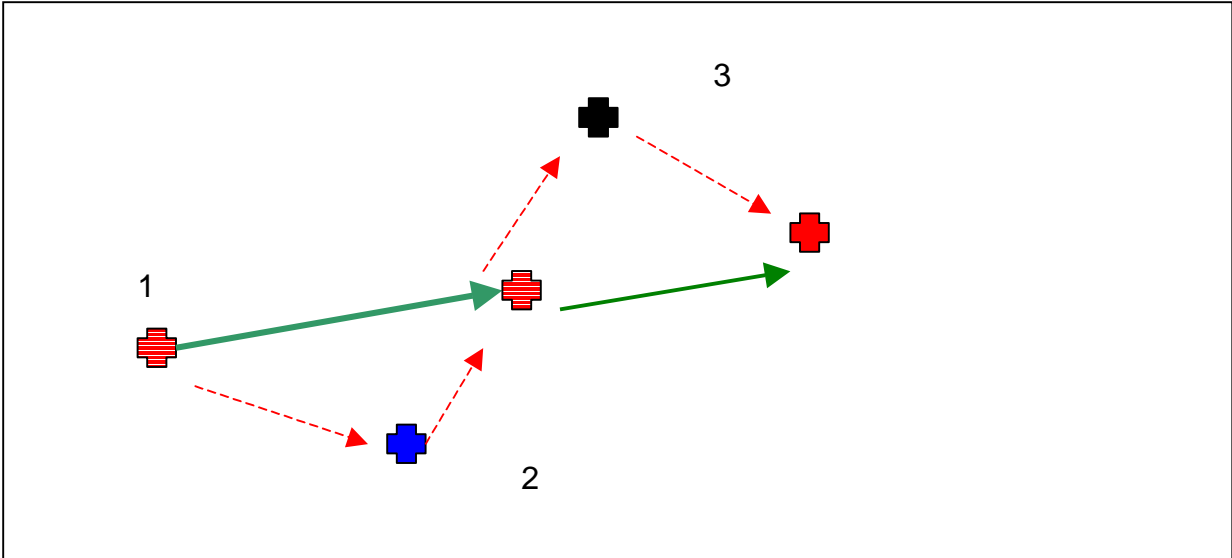
First player starts out with her ball and hits a player with a pass, runs off the ball and receives it back.

The first player she passed to then picks up her ball and follows in her trail, making a pass and running off the ball and getting it back.

This attempts to force the player trailing to keep her head up to scan what the player in front is doing, as well as control her ball, make the pass and get it back.

The next player who has now gotten a pass from player #1 and from player #2 picks up her ball and follows the other two. When the first player has passed to everyone and gotten her ball back, she becomes the “wall” player and waits for the first player whom she passed to to hit her with a pass ending her sequence.

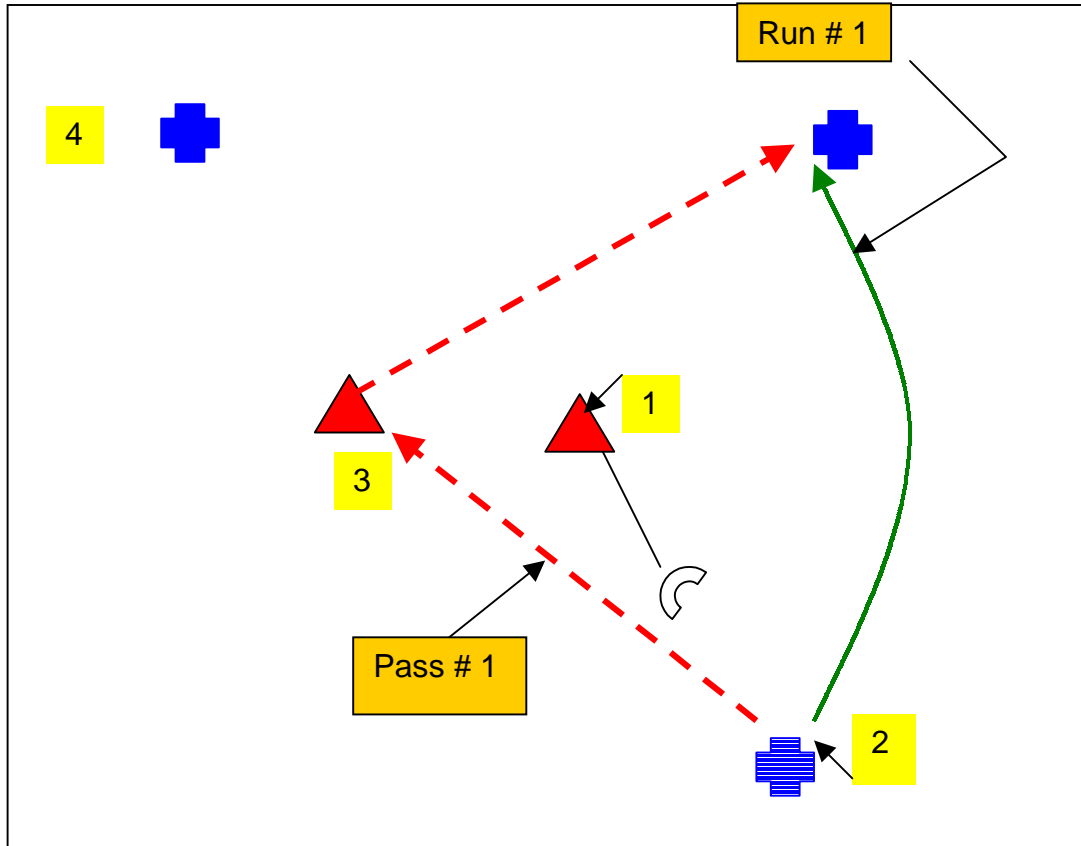
Start this off with maybe five players in a group so it isn't too confusing. Gradually progress to more players. Then add a few static defenders for more “realism”. Gradually let the defenders become active, first only intercepting passes, then playing full out.



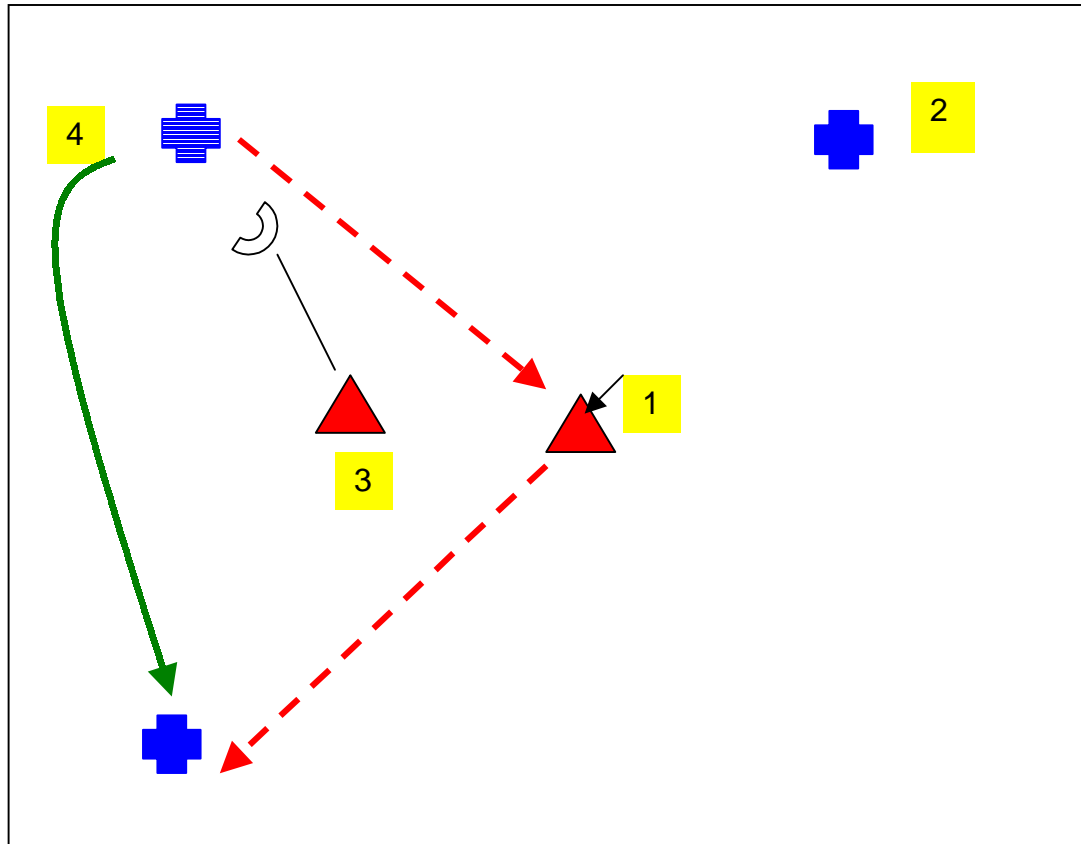
Match Related Phase

Progression of the Fundamental Phase

This is a four player drill where the two central players serve alternately as the “wall” and as the defender. This is a directional exercise.



Player 1 plays as a passive defensive player against player 2
Player 2 has the ball
Player 2 passes to **player 3** acting as the wall
Player 2 then requests ball back by accelerating around behind the defender



Player 1 and **Player 3** now reverse roles by turning around and facing player 4
Player 4 now has a ball
Player 4 passes to **Player 1** acting as the wall with **Player 3** acting as the passive defender.

The sequence then repeats

Match Related Phase - Progression #1

Defenders become semi-active.

Players with the ball now take 1 or 2 steps dribbling with outside of the foot (preferably) and ...

- If defender moves towards them to shut them down use the teammate for a wall pass.
 - If the defender shuts off the wall pass, pull a coerver move (scissors, etc) and accelerate outside with the ball.
- Emphasize using the outside of the foot to push the ball outside the defender instead of using the inside of the foot and pushing the ball across the body

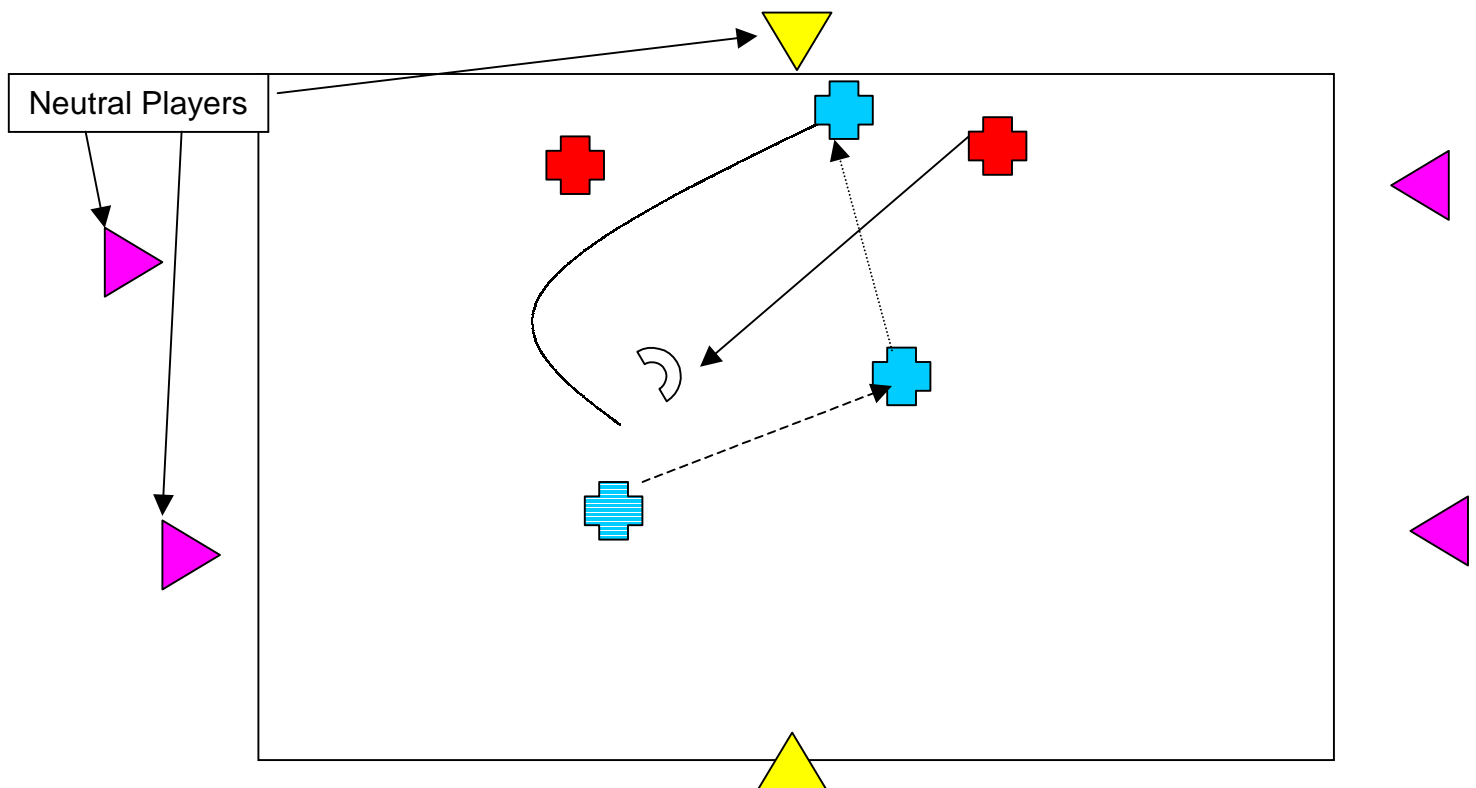
Match Related Phase - Progression #2 –Outside of Foot Pass

Same as # 1 but start accentuating flicking the ball to the wall with the outside of the foot .

Could do this with a fake left inside drive, then bring left foot over the ball and flick it with the outside of the foot.

Alternative Match Related Phase – Non Directional Play

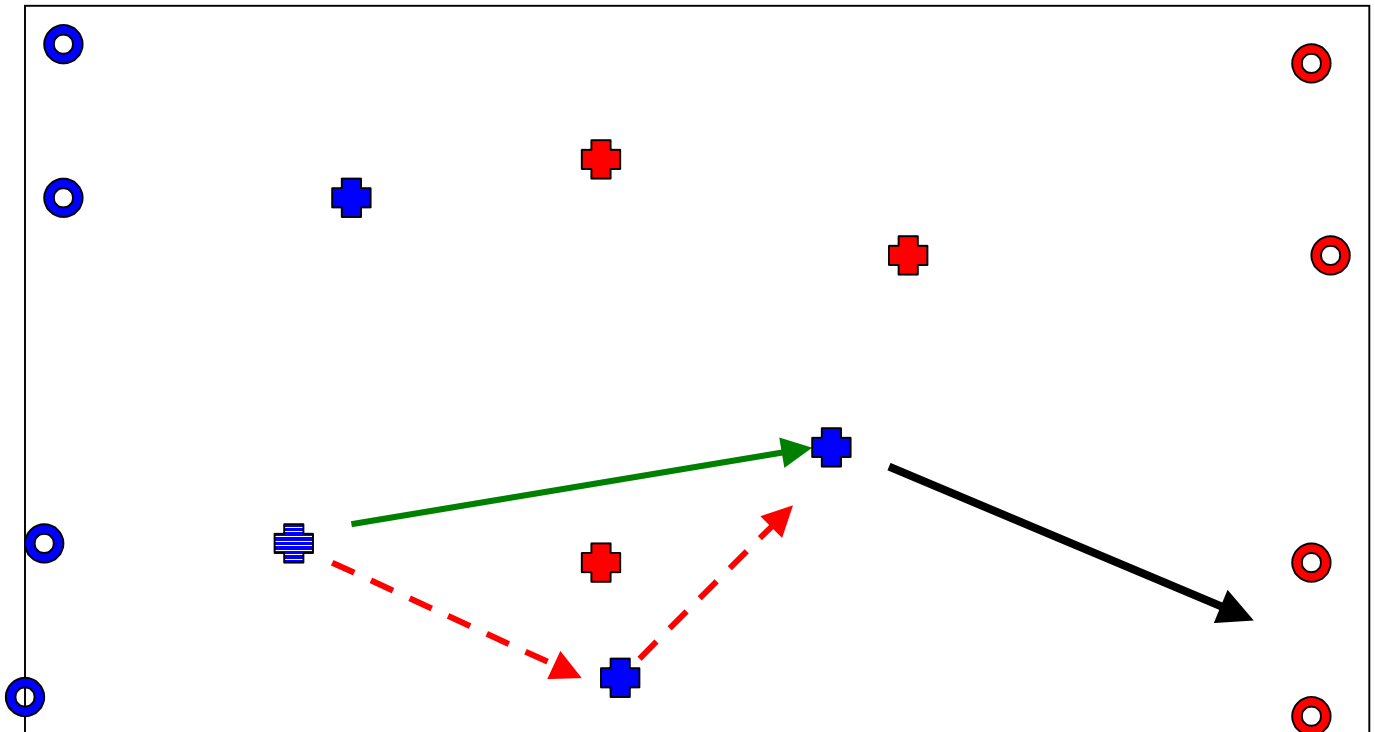
Set up a rectangular field. Four players are on the field, two (2) offense and two (2) defense, preferably in pennies. Neutral players line the side lines and the end lines. The object is to maintain possession and to make as many one-two combinations as possible. This is a non-directional game since the players on the field may go where they wish and they may use any of the neutral players.



Give two points for a one-two made on the field and one point for a one-two made to a neutral player. Switch players often.

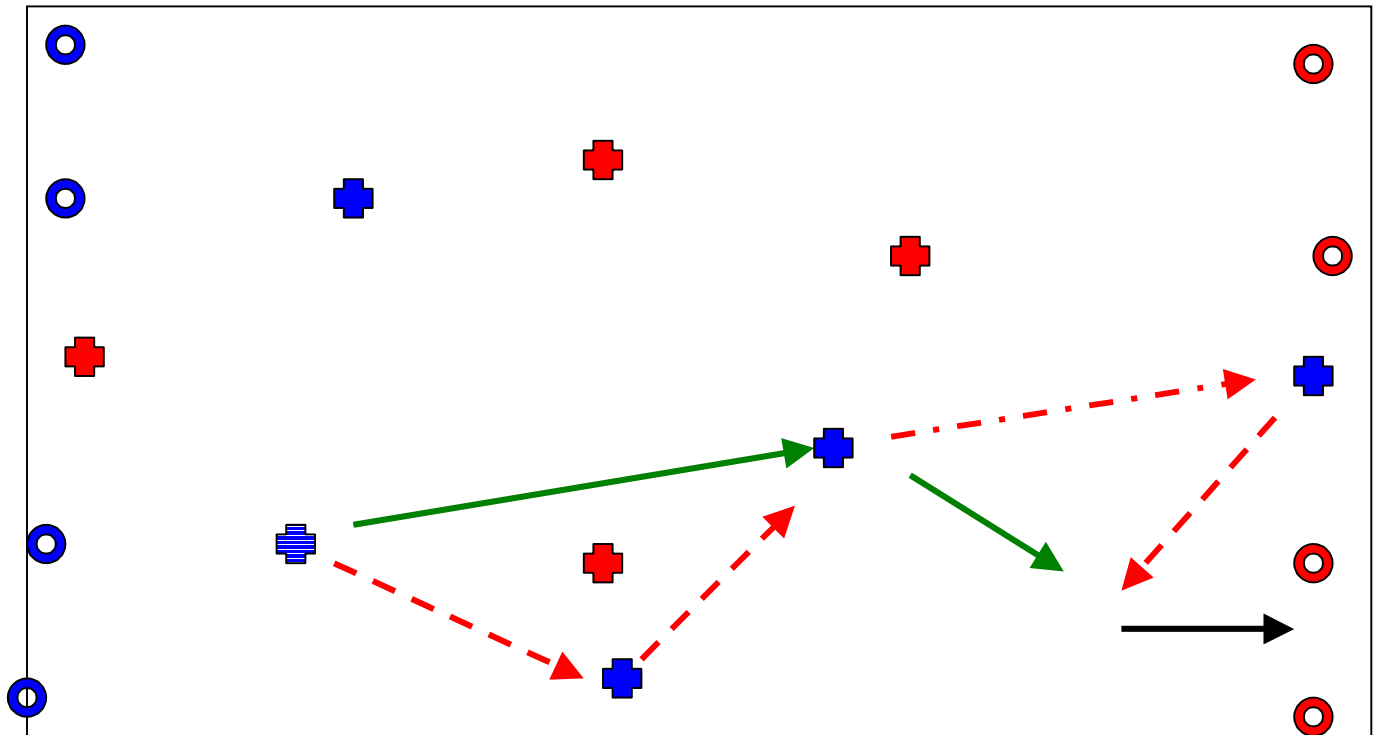
Match Condition Phase

- Place four goals at the corners of the fields
- 3 or 4 players per side depending on the number of players at practice and the size of the field.
- Players must one-two combine before putting the ball through the goal
- No more than two touches before passing through the goal.
- After two goals the players then have to make two (2) one-two combinations before scoring.



Alternative Match Condition Game

Place a target player between each goal. Goals can only be scored off of a combination with this player. However to encourage 1-2-combinations in the field, multiply every goal scored by the number of successful 1-2's that lead up to the goal.



Coaching Points

- Make sure that the players open up correctly to the field
- Do not allow players to chop the pass across their body
- Praise good decision making..if the pass isn't there and the player sees it and holds the ball, remember it is better to retain possession than lose it.
- Players should support close and be on their toes at all times looking for the ball or for an opening