

Kombo 1



Practice Organisation

This pass and move practice is for more advanced players with good 1 and 2 touch passing skills. In a 25 x 25 yard square, we have a minimum of 8 players and mark out a triangle in the centre (red cones).

Kombo 2



3 Zoners med större ytor en vanligt.

Korta och långa passningar

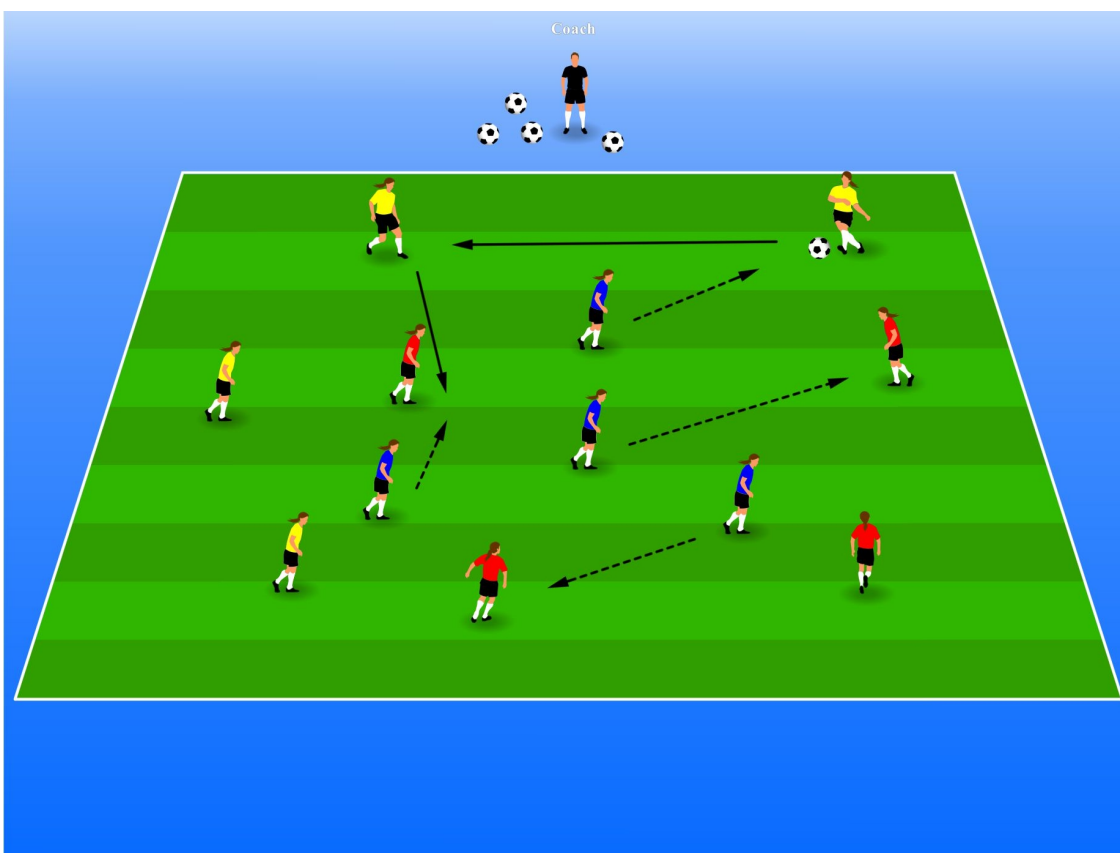


### Practice Organisation

This is a good warm-up before competitive games as it conditions short and longer passing skills (driven and lofted).  
In a 20 x 30 yard area, mark out 3 equal zones as shown in the diagram. We play with 3 teams of 4 or 5 players.  
Play starts with one of the teams in an outer zone (blues in diagram). Can they play 5 passes before looking to play



## Ryska Kvadraten



**Date:** 15/Nov/2022

**Measurement:** 30 x 30

**Time:** N/A

**Players:** 15

**Duration:** 20

**Level:** U15 - 18+

**Objective:** Spelbarhet, Hitta tomma fria ytor (Boll) Pressa tillsammans  
Medvedenhet(Ställa om snabbt i huvudet)

**Description:** 3 lag med olika färger. 2 lag spelar possession medans 1 lag pressar och försöker vinna tillbaka bollen. Om pressande lag ta den ifrån gult lag så spelar rött och blått lag possession och gult lag pressar.

**Coaching Points:**

**Progression:**