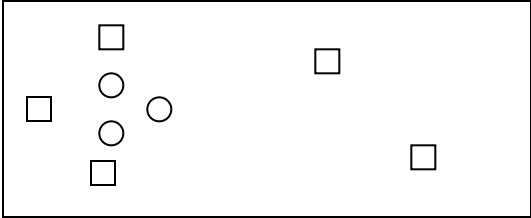
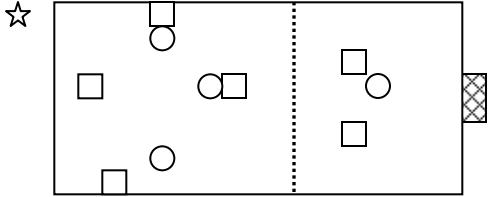
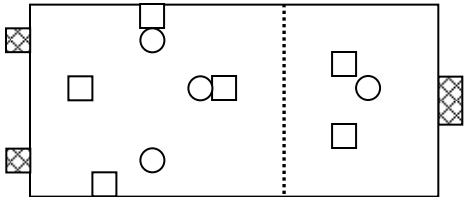
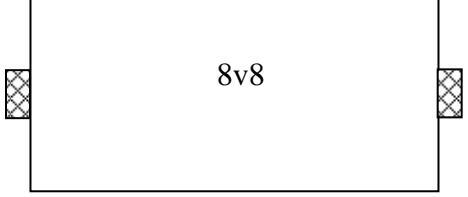




Name: Matt Callahan

Topic: Improve possession to penetrate Date:

UNRESTRICTED SPACE – WARM UP	ORGANIZATION	KEY COACHING POINTS
	<ul style="list-style-type: none"> ▪ Have two teams of 8 ▪ Play 5v3 in a rectangle ▪ Substitute in players that are not playing 	<ul style="list-style-type: none"> ▪ Team shape (width, depth) ▪ Combination play ▪ Changing the point of attack ▪ Transition (defense to attack)
<p style="text-align: center;">RESTRICTED SPACE</p> 	<ul style="list-style-type: none"> ▪ Play 6v4: play starts out at the star – where a server plays the ball in to the attacking team (the squares) ▪ The attacking team possesses the ball until they can play it to one of the forwards (who are restricted to staying behind the dotted line of cones) <p>Progressions: Once the ball is played to the forwards a mid can run into the final zone. Once the ball is played the defense can run into the final zone. A set number of passes must be made in the midfield before the final pass can be made.</p>	<ul style="list-style-type: none"> ▪ Team shape (width, depth) ▪ Combination play – central combinations and flank combinations ▪ Changing the point of attack ▪ Finishing ▪ Decision making of when to possess and when to play the ball forward ▪ Forwards continually making runs, checking to receive a pass and spinning out if they don't get the ball
<p style="text-align: center;">ONE GOAL WITH COUNTER</p> 	<ul style="list-style-type: none"> ▪ Same game as above but now add counter goals for the defending team to attack once they win the ball <p>Progressions: Add more defenders. Remove the line restriction.</p>	<ul style="list-style-type: none"> ▪ Team shape (width, depth) ▪ Combination play – central combinations and flank combinations ▪ Changing the point of attack ▪ Finishing ▪ Improvisation (dribbling) ▪ Decision making
<p style="text-align: center;">GAME – TWO GOALS</p> 	<ul style="list-style-type: none"> ▪ Play 8v8 ▪ The goals for an 8v8 game should be placed on the top of the penalty box on each end of the field ▪ Have the team you are coaching play a 2-4-2 against a 3-3-2 	<ul style="list-style-type: none"> ▪ Team shape (width, depth) ▪ Combination play – central combinations and flank combinations ▪ Changing the point of attack ▪ Finishing ▪ Improvisation (dribbling) <ul style="list-style-type: none"> • Decision making