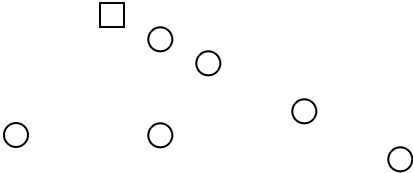
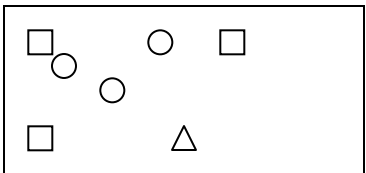
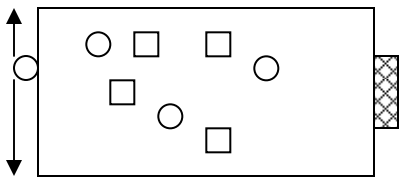
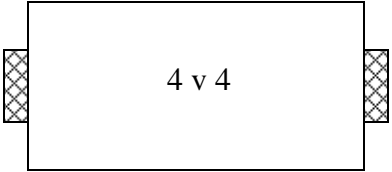




Name: Matt Callahan

Topic: Defending 3v3

Date:

<p>UNRESTRICTED SPACE – WARM UP</p> 	<p>ORGANIZATION</p> <ul style="list-style-type: none"> Everyone moving around in area One ball is passed around Closest person to ball pressures, next closest applies pressure, everyone else preserves team shape 	<p>KEY COACHING POINTS</p> <ul style="list-style-type: none"> Person closest to ball applies pressure – 1st defender Next closest person to ball covers 1st defender – 2nd defender Everyone else preserves balance and shape by covering remaining space around ball
<p>RESTRICTED SPACE</p> 	<ul style="list-style-type: none"> Team plays 3v3+1 in a 35-x-30 yard area Triangle is a neutral player who plays for both teams Teams try to complete 5 consecutive passes – get one point for doing so 	<ul style="list-style-type: none"> Person closest to ball applies pressure – 1st defender Next closest person to ball covers 1st defender – 2nd defender Everyone else preserves balance and shape by covering remaining space around ball Track players away from the ball who are making forward runs
<p>ONE GOAL WITH COUNTER</p> 	<ul style="list-style-type: none"> Play 4v3 to goal Team of four attacks goal After defending team wins ball they can score by passing to the target player 	<ul style="list-style-type: none"> Good pressure, cover, and balance Balancing defenders squeeze space towards the center of the field to “lock up” vital areas
<p>GAME – TWO GOALS</p> 	<ul style="list-style-type: none"> 4v4 +GK game No restrictions on players 	<ul style="list-style-type: none"> Observe to see if the team is good at small group defending