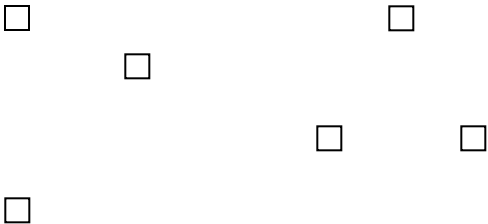
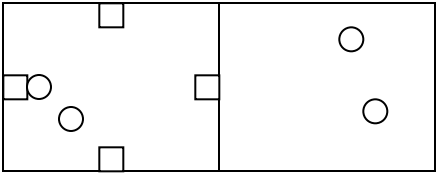
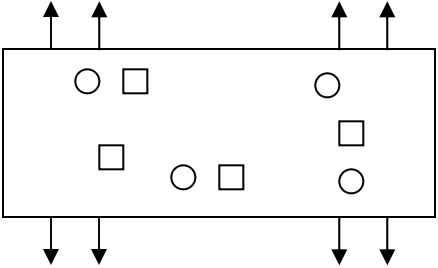
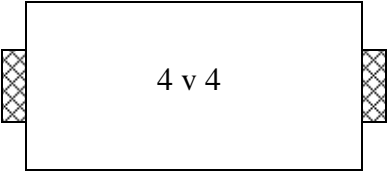




Name: Matt Callahan

Topic: Possession

Date:

<p>UNRESTRICTED SPACE – WARM UP</p> 	<p>ORGANIZATION</p> <ul style="list-style-type: none"> ▪ Ball between three players – moving and passing 	<p>KEY COACHING POINTS</p> <ul style="list-style-type: none"> ▪ Players constantly moving ▪ Supporting players at an appropriate distance from 1st attacker ▪ Supporting players at an appropriate angle from the 1st attacker
<p>RESTRICTED SPACE</p> 	<ul style="list-style-type: none"> ▪ Set up two adjacent 15-x-15 yard grids ▪ In one grid the squares play keep away from two circles ▪ When the circles win possession they look to play the ball into the other square to their teammates then sprint into the other square to support them ▪ Two square go into other square to try to win the ball back ▪ Points for 5 consecutive passes, 5 pts wins 	<ul style="list-style-type: none"> ▪ Players in good supporting positions ▪ Decision making: safety versus risk ▪ Communication ▪ Good team shape
<p>ONE GOAL WITH COUNTER</p> 	<ul style="list-style-type: none"> ▪ Play 4v4 in a 25-x-35 yard area ▪ Each team attacks either of two 2-3 yard goals just inside the opponent's end line ▪ As the ball is played from one side of the field to another players must move to support the new ball position <p>Progressions: Teams can score by completing a set number of consecutive passes or by playing the ball through the goal.</p>	<ul style="list-style-type: none"> ▪ Possess the ball to look for an opportunity to score ▪ Players in good supporting positions ▪ Decision making: safety versus risk ▪ Communication ▪ Good team shape
<p>GAME – TWO GOALS</p> 	<ul style="list-style-type: none"> ▪ Play 4v4 + GK's game ▪ No restrictions on players 	<ul style="list-style-type: none"> ▪ Observe to see if the team possess the ball well ▪ Check to make sure the team is possessing the ball with a purpose