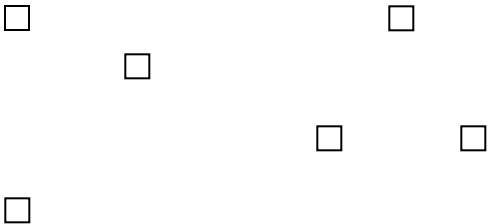
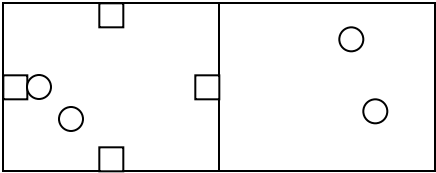
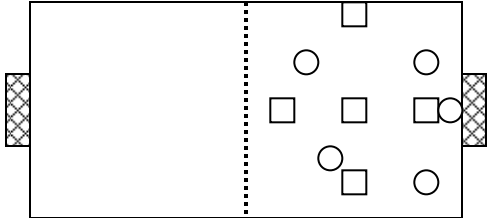
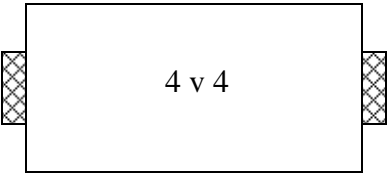




Name: Matt Callahan

Topic: Possession

Date:

UNRESTRICTED SPACE – WARM UP	ORGANIZATION	KEY COACHING POINTS
	<ul style="list-style-type: none"> ▪ Ball between three players – moving and passing 	<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
RESTRICTED SPACE 	<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
ONE GOAL WITH COUNTER 	<ul style="list-style-type: none"> ▪ Play 5v5 in a 50-x-35 yard area with disc cones marking the half line ▪ In order for a team to score all players must be in the attacking half of the field ▪ All goals count double if any member of the defending team is not in their own half of the field when a goal is scored ▪ Last person back is a keeper 	<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
GAME – TWO GOALS 	<ul style="list-style-type: none"> ▪ Play a 4v4 + GK's ▪ 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