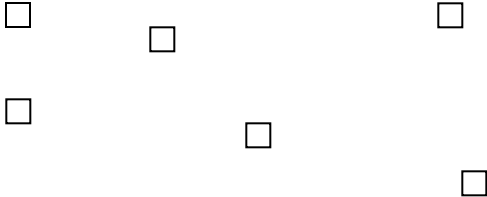
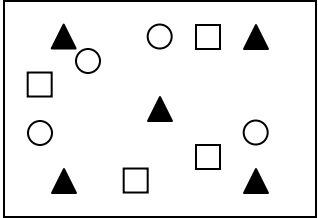
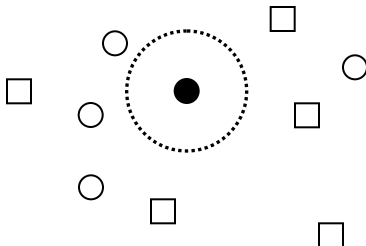
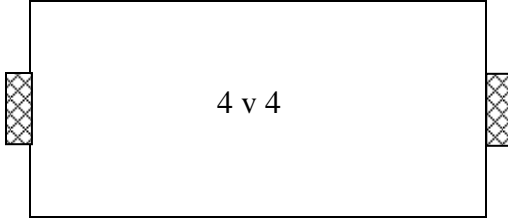




Name: Matt Callahan

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"> ▪ Play 4v4 in a 35-x-35 yard area with five cones placed in the area ▪ Teams score by passing the ball to knock over a cone ▪ The play continues with the coach picking up the cone ▪ First team to five goals 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"> ▪ Two teams play possession soccer in a large area ▪ A ball is placed on a disc cone inside a circle or cones ▪ To score a point, a team must pass the ball so that it knocks the ball in the middle off the cone ▪ First team to 5 goals wins ▪ Teams may not enter the circle 	<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 4v4 ▪ No restrictions on the 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