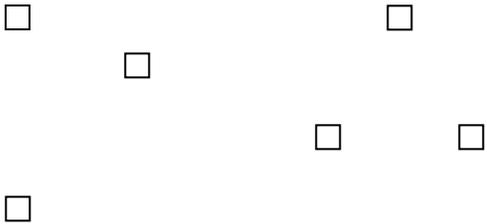
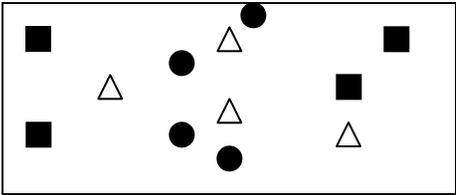
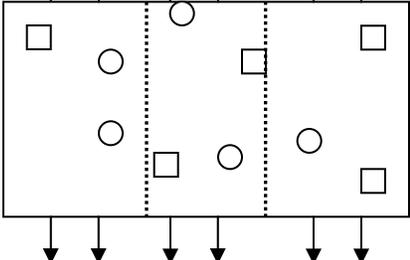
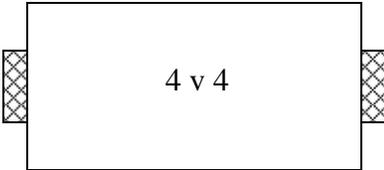




Name: Matt Callahan

Topic: Possession

Date:

UNRESTRICTED SPACE – WARM UP 	ORGANIZATION <ul style="list-style-type: none"> ▪ Ball between three players – moving and passing 	KEY COACHING POINTS <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"> ▪ Two four player teams combine to keep the ball away from a third four player team ▪ When any member of the defending team wins the ball the whole defending team switches spots with the attacking team of the player that lost the ball ▪ Teams compete to see who can keep possession of the ball the longest 	<ul style="list-style-type: none"> ▪ Players in good supporting positions ▪ Decision making: safety versus risk ▪ Communication ▪ Good team shape ▪ Short passes will draw the defense in, making them prone to a switch in the point of attack ▪ By playing away from pressure possession can be maintained
ONE GOAL WITH COUNTER 	<ul style="list-style-type: none"> ▪ Play 5v5 in a 30-x-45 yard area ▪ Each team attacks three 2-3 yard goals on the opponents end line ▪ First team to five goals wins ▪ Can mandate that in order for a goal to count their must be at least one attacker in each third of the field 	<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 ▪ Short passes will draw the defense in, making them prone to a switch in the point of attack ▪ By playing away from pressure possession can be maintained
GAME – TWO GOALS 	<ul style="list-style-type: none"> ▪ Play 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