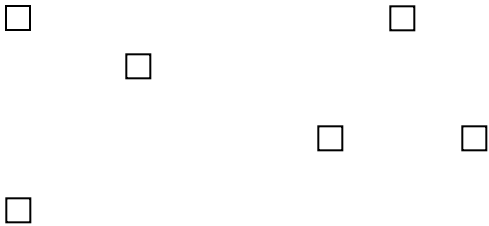
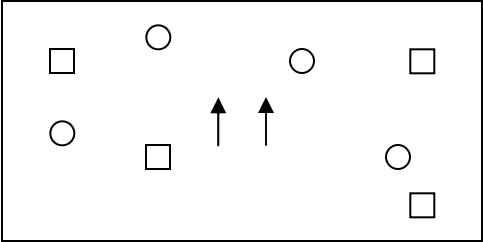
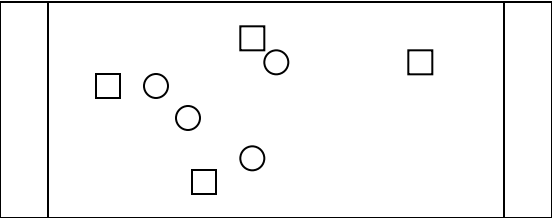
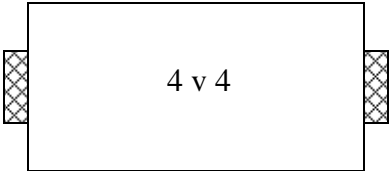




Name: Matt Callahan

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"> ▪ Play 4v4 in a 40-x-50 yard area ▪ One goal is in the middle and guarded by a neutral GK ▪ First team to 10 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"> ▪ Play 4v4 in a 30-x-20 yard area with two 2 yard deep end zones at each end ▪ Teams score by stopping the ball in one of the end zones ▪ First team to 5 goals wins or play for a set period of time <p>Progressions: Play to small cone goals instead of end zones</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
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