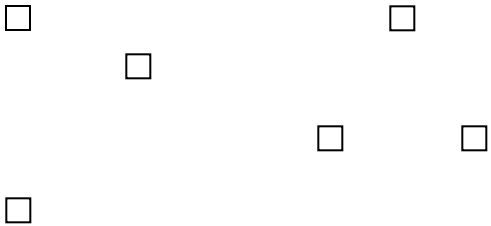
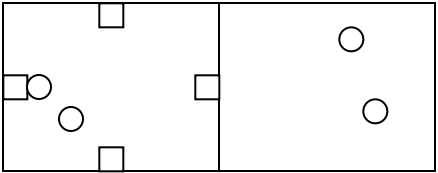
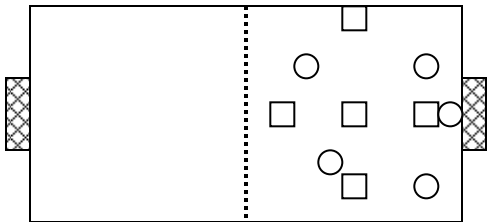
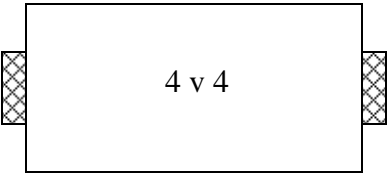




Name: Matt Callahan

Topic: Support play

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"> ▪ Need players in immediate support of the ball – relieve pressure ▪ Support players positioned behind, square, or in advance of the ball ▪ Must combine with 1st attacker to gain penetration through overlaps, 1-2, double pass, take over, bent runs, etc.
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"> ▪ Need players in immediate support of the ball – relieve pressure ▪ Support players positioned behind, square, or in advance of the ball ▪ Supporting distance not so close that one defender can cover both 1st and 2nd attacker ▪ Players must constantly be moving to support the ball – “ripple effect”
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"> ▪ Need players in immediate support of the ball – relieve pressure ▪ Support players positioned behind, square, or in advance of the ball ▪ Supporting distance not so close that one defender can cover both 1st and 2nd attacker ▪ Angle and distance of support changes depending on pressure on ball
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 1st attacker has adequate support