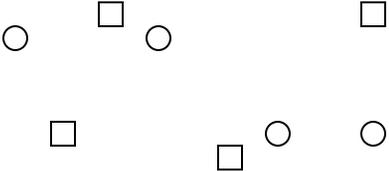
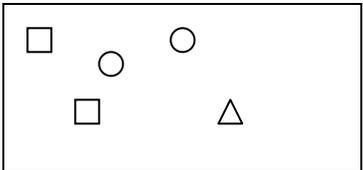
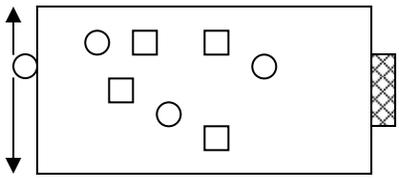
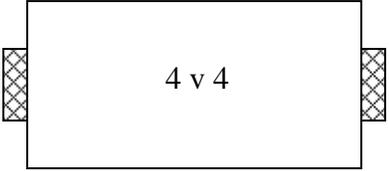




Name: Matt Callahan

Topic: Take over

Date:

<p><b>UNRESTRICTED SPACE – WARM UP</b></p> 	<p><b>ORGANIZATION</b></p> <ul style="list-style-type: none"> <li>▪ Half the players need a ball</li> <li>▪ Players with ball dribble around and look for players without a ball to do a take over with</li> </ul>	<p><b>KEY COACHING POINTS</b></p> <ul style="list-style-type: none"> <li>▪ “Same foot” technique</li> <li>▪ Communication between players</li> <li>▪ Do a dummy take over occasionally</li> </ul>
<p><b>RESTRICTED SPACE</b></p> 	<ul style="list-style-type: none"> <li>▪ Team plays 2v2+1 in a 35-x-30 yard area</li> <li>▪ A pair scores a point for successfully completing a take over</li> <li>▪ If defender wins ball his/her team switches roles with the team that lost possession</li> </ul>	<ul style="list-style-type: none"> <li>▪ “Same foot” technique</li> <li>▪ Player taking over should immediately look to penetrate by way of a run, pass, or shot</li> <li>▪ Communication between players</li> <li>▪ Do a dummy take over occasionally</li> </ul>
<p><b>ONE GOAL WITH COUNTER</b></p> 	<ul style="list-style-type: none"> <li>▪ Play 4v3 to goal</li> <li>▪ Team of four attacks goal using take over whenever appropriate</li> <li>▪ After defending team wins ball they can score by passing to the target player</li> <li>▪ Goals scored from penetration caused by take over count double</li> </ul>	<ul style="list-style-type: none"> <li>▪ Same foot” technique</li> <li>▪ Player taking over should immediately look to penetrate by way of a run, pass, or shot</li> <li>▪ Communication between players</li> <li>▪ Do a dummy take over occasionally</li> </ul>
<p><b>GAME – TWO GOALS</b></p> 	<ul style="list-style-type: none"> <li>▪ 4v4 + GK’s</li> <li>▪ No restrictions on players</li> </ul>	<ul style="list-style-type: none"> <li>▪ Observe to see if session has helped with take overs</li> </ul>