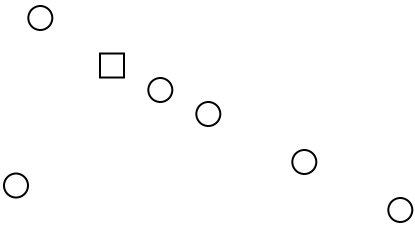
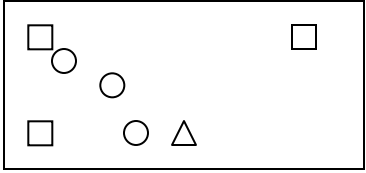
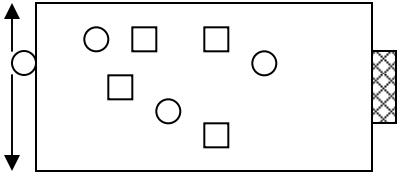
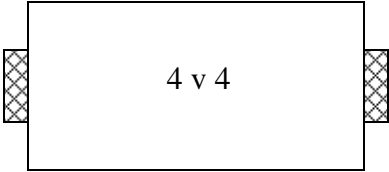




Name: Matt Callahan

Topic: Team shape - Defending

Date:

<p>UNRESTRICTED SPACE – WARM UP</p> 	<p>ORGANIZATION</p> <ul style="list-style-type: none"> ▪ Everyone moving around in area ▪ One ball is passed around ▪ Closest person to ball pressures, next closest applies pressure, everyone else preserves team shape ▪ After pressure is applied the ball is passed to someone else, team must then react and switch roles 	<p>KEY COACHING POINTS</p> <ul style="list-style-type: none"> ▪ Person closest to ball applies pressure – 1st defender ▪ Next closest person to ball covers 1st defender – 2nd defender ▪ Everyone else preserves balance and shape by covering remaining space around ball
<p>RESTRICTED SPACE</p> 	<ul style="list-style-type: none"> ▪ Team plays 3v3+1 in a 35-x-30 yard area ▪ Triangle is a neutral player who plays for both teams ▪ Teams try to complete 5 consecutive passes – get one point for doing so 	<ul style="list-style-type: none"> ▪ Person closest to ball applies pressure – 1st defender ▪ Next closest person to ball covers 1st defender – 2nd defender ▪ Everyone else preserves balance and shape by covering remaining space around ball ▪ Players exhibit control/restraint ▪ Defense is compact and concentrated
<p>ONE GOAL WITH COUNTER</p> 	<ul style="list-style-type: none"> ▪ Play 4v3 to goal ▪ Team of four attacks goal ▪ After defending team wins ball they can score by passing to the target player 	<ul style="list-style-type: none"> ▪ Person closest to ball applies pressure – 1st defender ▪ Next closest person to ball covers 1st defender – 2nd defender ▪ Everyone else preserves balance and shape by covering remaining space around ball ▪ Players exhibit control/restraint ▪ Defense is compact and concentrated
<p>GAME – TWO GOALS</p> 	<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 has good team shape