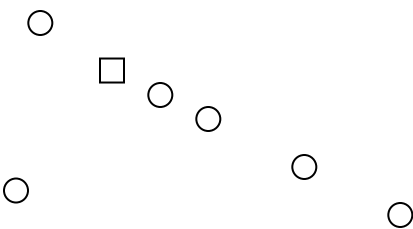
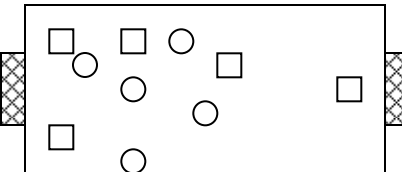
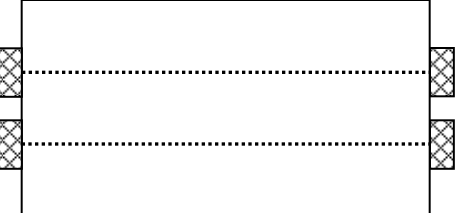
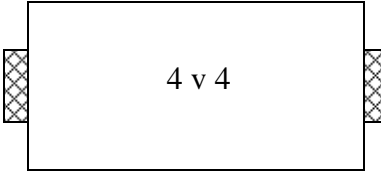




Name: Matt Callahan

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"> ▪ Play 5v5 in a 50-x-40 yard area ▪ Regular soccer with one stipulation – one person is allowed to stand within a radius of 15 yards from the opponents goal at all times ▪ Defending team must immediately pressure to prevent the attacking team to pass to the “cherry picker” 	<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 6v6 in a 70-x-60 yard area ▪ The field is divided by disc cones into vertical thirds ▪ Two goals are placed at the end of each line of cones ▪ Defenders try to prevent all goals, but if one is scored they must make sure all the defenders are in the same, or at worst in the adjacent third or the goal counts for 2 	<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