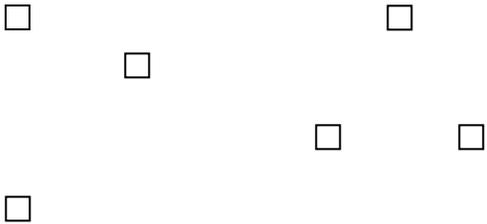
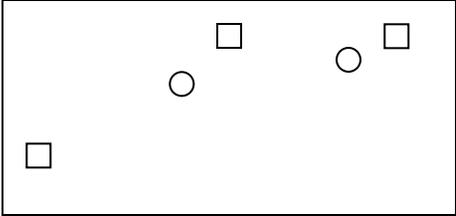
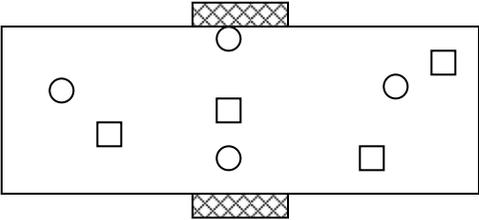
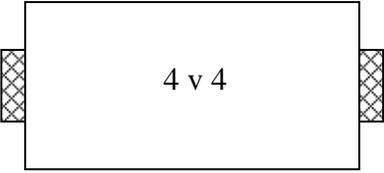




Name: Matt Callahan

Topic: Width

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"> ▪ Use of available space ▪ Players constantly moving
RESTRICTED SPACE 	<ul style="list-style-type: none"> ▪ Play 3v2 in a 35-x-25 yard area ▪ If a defender intercepts the ball they switch roles with the attacker that lost it ▪ Place an emphasis on spreading out the defenders and then splitting them 	<ul style="list-style-type: none"> ▪ Defenses want to stay together, naturally, when attacking a team wants to be as spread out as possible ▪ Utilizing width forces the defense to spread out, in which they lost the ability to be concentrated ▪ By utilizing the width of the field space and passing channels are created
ONE GOAL WITH COUNTER 	<ul style="list-style-type: none"> ▪ Play 4v4 on a 50-x-25 yard field ▪ Attacking team tries to spread out defense and penetrate through the channels 	<ul style="list-style-type: none"> ▪ Defenses want to stay together, naturally, when attacking a team wants to be as spread out as possible ▪ Utilizing width forces the defense to spread out, in which they lost the ability to be concentrated ▪ By utilizing the width of the field space and passing channels are created
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 is utilizing the full width of the field