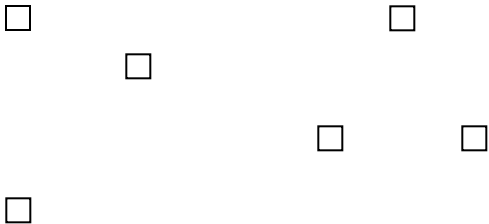
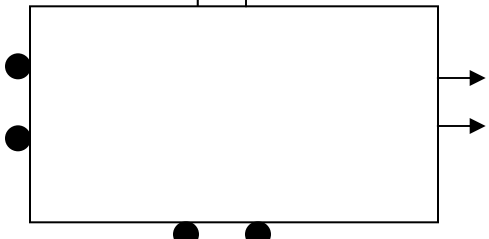
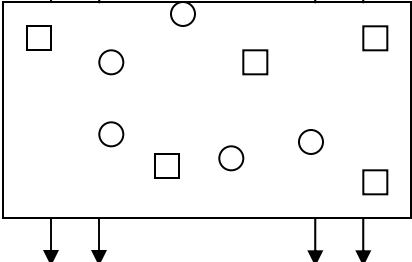
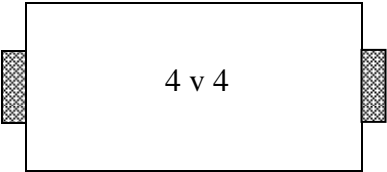




Name: Matt Callahan

Topic: Possession

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"> ▪ Players constantly moving ▪ Supporting players at an appropriate distance from 1st attacker ▪ Supporting players at an appropriate angle from the 1st attacker
RESTRICTED SPACE 	<ul style="list-style-type: none"> ▪ Play 4v4 in a 40-x-40 yard area ▪ One team would defend the goal made by circles while the other team would defend the goals made by the arrows ▪ Goals are scored by playing the ball through the goals or by playing the ball through the goals to a player on the other side ▪ First team to 10 goals wins 	<ul style="list-style-type: none"> ▪ Players in good supporting positions ▪ Decision making: safety versus risk ▪ Communication ▪ Good team shape ▪ Short passes will draw the defense in, making them prone to a switch in the point of attack ▪ By playing away from pressure possession can be maintained
ONE GOAL WITH COUNTER 	<ul style="list-style-type: none"> ▪ Play 5v5 in a 30-x-35 yard area ▪ Each team attacks two 2-3 yard goals just inside the opponents end line ▪ First team to five goals wins <p>Progressions: Teams can score by completing a set number of consecutive passes or by playing the ball through the goal</p>	<ul style="list-style-type: none"> ▪ Possess the ball to look for an opportunity to score ▪ Players in good supporting positions ▪ Decision making: safety versus risk ▪ Communication ▪ Good team shape ▪ Short passes will draw the defense in, making them prone to a switch in the point of attack ▪ By playing away from pressure possession can be maintained
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 possess the ball well ▪ Check to make sure the team is possessing the ball with a purpose