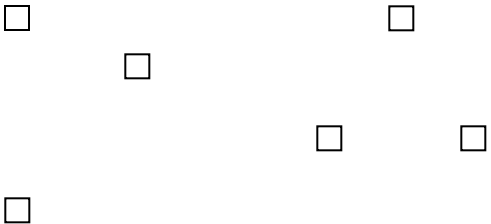
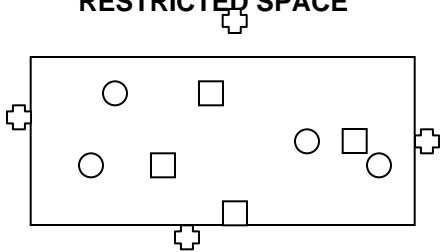
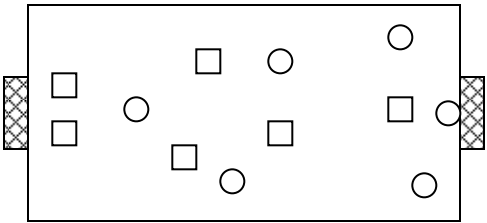
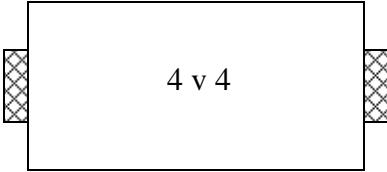




Name: Matt Callahan

Topic: Possession

Date:

UNRESTRICTED SPACE – WARM UP	ORGANIZATION	KEY COACHING POINTS
	<ul style="list-style-type: none"> ▪ Ball between three players – moving and passing 	<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 25-x-30 yard area ▪ Four neutrals play, one on each end line ▪ Teams compete to get 8 consecutive passes ▪ Neutrals are limited to 2 to 3 touches 	<ul style="list-style-type: none"> ▪ Players in good supporting positions ▪ Decision making: safety versus risk ▪ Communication ▪ Good team shape
ONE GOAL WITH COUNTER 	<ul style="list-style-type: none"> ▪ Play 6v6 in a 40-x-50 yard area ▪ Instead of having goalies, when a team loses possession two members from the defending team drop back to be temporary goalkeepers 	<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
GAME – TWO GOALS 	<ul style="list-style-type: none"> ▪ 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