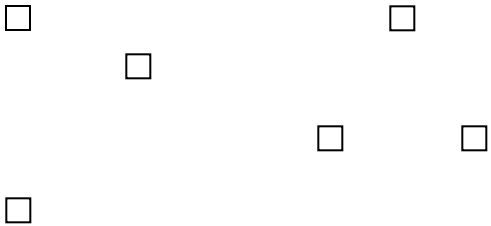
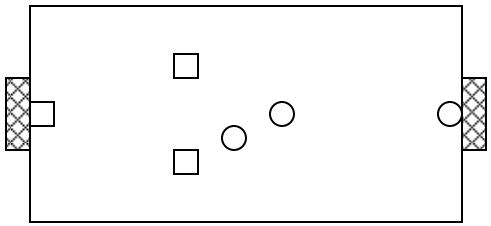
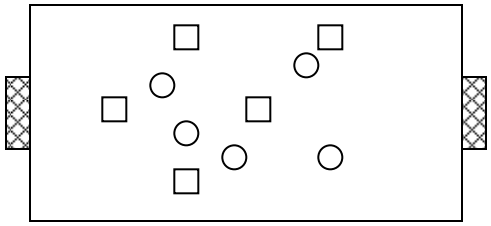
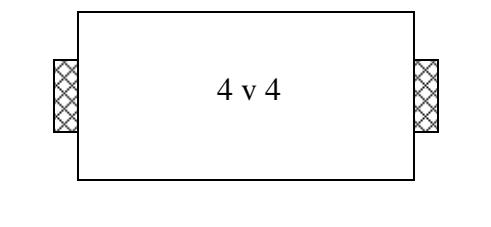




Name: Matt Callahan

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 3v3 (2 field players and a GK) in a 15-x-20 yard area ▪ When a player passes back to the GK they must switch roles ▪ Whenever a player is under pressure facing their own goal they should look to play the ball back 	<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 4v4 in a 35-x-25 yard grid up to 7v7 in a 50-x-40 yard grid ▪ One restriction, players may not pass the ball forward 	<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