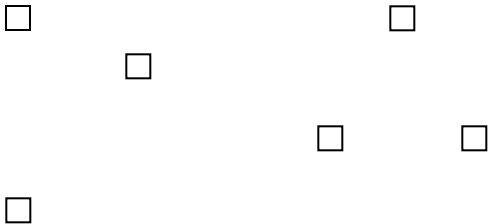
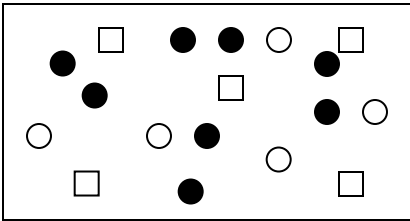
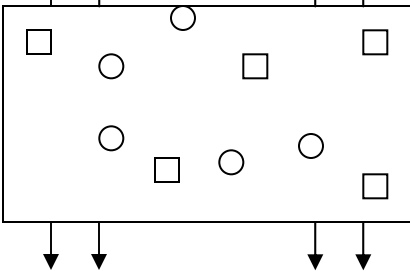
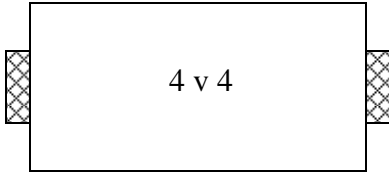




Name: Matt Callahan

Topic: Possession

Date:

<b>UNRESTRICTED SPACE – WARM UP</b> 	<b>ORGANIZATION</b> <ul style="list-style-type: none"> <li>▪ Ball between three players – moving and passing</li> </ul>	<b>KEY COACHING POINTS</b> <ul style="list-style-type: none"> <li>▪ Players constantly moving</li> <li>▪ Supporting players at an appropriate distance from 1<sup>st</sup> attacker</li> <li>▪ Supporting players at an appropriate angle from the 1<sup>st</sup> attacker</li> </ul>
<b>RESTRICTED SPACE</b> 	<ul style="list-style-type: none"> <li>▪ Play 5v5 in a 50-x-50 yard area</li> <li>▪ Several 2-3 yard goals are placed even throughout the area</li> <li>▪ Teams score by passing the ball through a goal to a teammate on the other side</li> <li>▪ First team to 10 goals wins</li> </ul>	<ul style="list-style-type: none"> <li>▪ Players in good supporting positions</li> <li>▪ Decision making: safety versus risk</li> <li>▪ Communication</li> <li>▪ Good team shape</li> <li>▪ Short passes will draw the defense in, making them prone to a switch in the point of attack</li> <li>▪ By playing away from pressure possession can be maintained</li> </ul>
<b>ONE GOAL WITH COUNTER</b> 	<ul style="list-style-type: none"> <li>▪ Play 5v5 in a 30-x-35 yard area</li> <li>▪ Each team attacks two 2-3 yard goals just inside the opponents end line</li> <li>▪ First team to five goals wins</li> </ul>	<ul style="list-style-type: none"> <li>▪ Possess the ball to look for an opportunity to score</li> <li>▪ Players in good supporting positions</li> <li>▪ Decision making: safety versus risk</li> <li>▪ Communication</li> <li>▪ Good team shape</li> <li>▪ Short passes will draw the defense in, making them prone to a switch in the point of attack</li> <li>▪ By playing away from pressure possession can be maintained</li> </ul>
<b>GAME – TWO GOALS</b> 	<ul style="list-style-type: none"> <li>▪ Play 4v4 + GK's</li> <li>▪ No restrictions on players</li> </ul>	<ul style="list-style-type: none"> <li>▪ Observe to see if the team possess the ball well</li> <li>▪ Check to make sure the team is possessing the ball with a purpose</li> </ul>