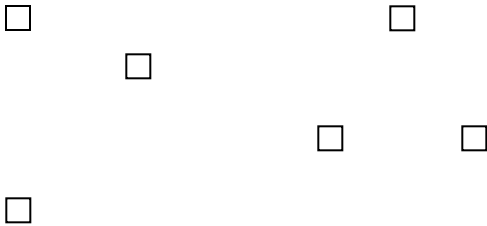
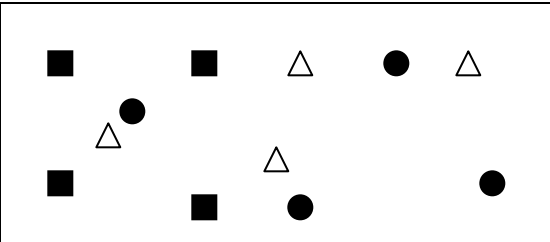
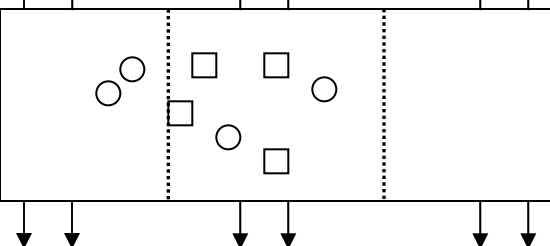
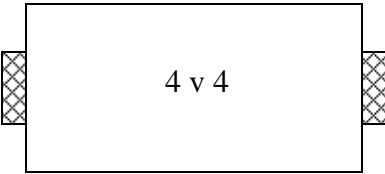




Name: Matt Callahan

Topic: Width

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>▪ Use of available space</li> <li>▪ Players constantly moving</li> </ul>
<b>RESTRICTED SPACE</b> 	<ul style="list-style-type: none"> <li>▪ Two four player teams combine to form an eight player team in a 50-x-50 yard area</li> <li>▪ A third four player team plays defense and tries to win possession</li> <li>▪ When a defender wins the ball, the entire four person team switches with the team of the person that lost the ball</li> <li>▪ Points for 10 consecutive passes, after 10 mins. team with best net (goals for minus goals against) wins</li> </ul>	<ul style="list-style-type: none"> <li>▪ Defenses want to stay together, naturally, when attacking a team wants to be as spread out as possible</li> <li>▪ Utilizing width forces the defense to spread out, in which they lost the ability to be concentrated</li> <li>▪ By utilizing the width of the field space and passing channels are created</li> </ul>
<b>ONE GOAL WITH COUNTER</b> 	<ul style="list-style-type: none"> <li>▪ Play 5v5 in a 35-x-60 yard area</li> <li>▪ Mandate that in order for a goal to count, one attacking player must be in each third of the field</li> <li>▪ First team to 8 goals wins</li> </ul>	<ul style="list-style-type: none"> <li>▪ Defenses want to stay together, naturally, when attacking a team wants to be as spread out as possible</li> <li>▪ Utilizing width forces the defense to spread out, in which they lost the ability to be concentrated</li> <li>▪ By utilizing the width of the field space and passing channels are created</li> </ul>
<b>GAME – TWO GOALS</b> 	<ul style="list-style-type: none"> <li>▪ 4v4 + GK's</li> <li>▪ No restrictions on players</li> </ul>	<ul style="list-style-type: none"> <li>▪ Observe to see if the team is utilizing the full width of the field</li> </ul>