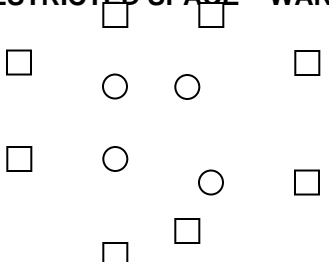
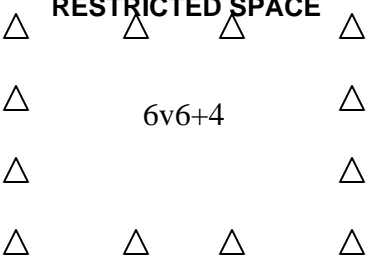
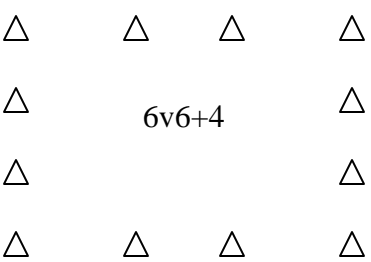
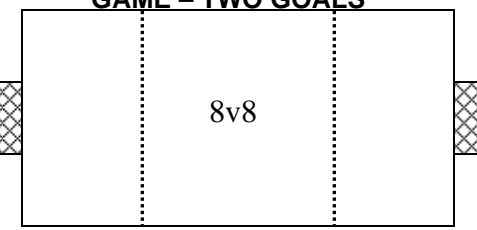




Name: Matt Callahan

Topic: Improve possession to penetrate

Date:

<p>UNRESTRICTED SPACE – WARM UP</p> 	<p>ORGANIZATION</p> <ul style="list-style-type: none"> ▪ Players on inside switch with players on outside by: <ul style="list-style-type: none"> ○ Takeover ○ Passing and switching ○ Passing and light pressure ○ Then double pass (ball to outside, back to inside player who plays ball to another outside player) 	<p>KEY COACHING POINTS</p> <ul style="list-style-type: none"> ▪ Good technique ▪ Tactical application of technique on double pass
<p>RESTRICTED SPACE</p> 	<ul style="list-style-type: none"> ▪ Same area, play 6v6 plus 4 ▪ Teams inside must complete three consecutive passes and then they can play a ball outside the square ▪ One person can run to receive the ball, must wait till ball crosses line before they do ▪ One person from other team can follow ▪ Whoever touches ball first gets a point 	<ul style="list-style-type: none"> ▪ Team shape (width, depth) ▪ Combination play ▪ Changing the point of attack ▪ Good angles and distances of support ▪ Body position of supporting attackers open to field
<p>ONE GOAL WITH COUNTER</p> 	<ul style="list-style-type: none"> ▪ Same as above, but when a ball is played the run cannot go through the same section as the pass ▪ If the run comes from two sections away it counts as two points ▪ The triangles are cones, the number of cones on the field should be the same as the number of triangles <p>Progressions: The neutral players play for a team (8v8)</p>	<ul style="list-style-type: none"> ▪ Team shape (width, depth) ▪ Combination play ▪ Changing the point of attack ▪ Good angles and distances of support ▪ Body position of supporting attackers open to field ▪ Diagonal runs are very dangerous to defenses
<p>GAME – TWO GOALS</p> 	<ul style="list-style-type: none"> ▪ Play 8v8 ▪ Cones make an offside line ▪ The ball must pass the line before any players does ▪ The defense cannot retreat behind the offside line until the ball is played <p>Progressions: Remove the offside line so there are no restrictions</p>	<ul style="list-style-type: none"> ▪ Team shape (width, depth) ▪ Combination play ▪ Changing the point of attack ▪ Good angles and distances of support ▪ Body position of supporting attackers open to field ▪ Diagonal runs are very dangerous to defenses