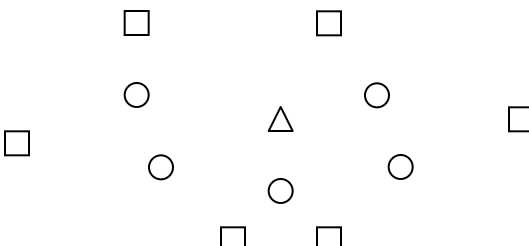
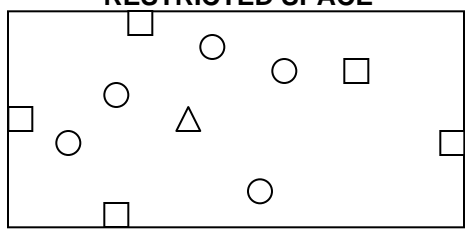
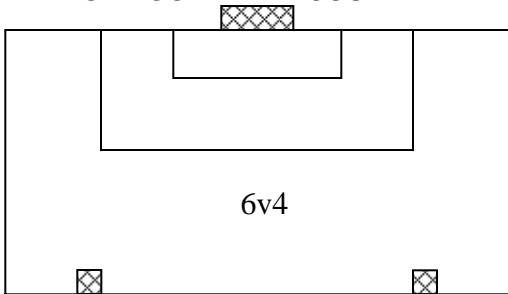
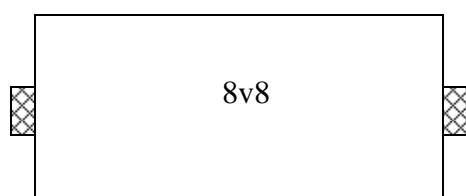




Name: Matt Callahan

Topic: Tactical Functional – Midfield playmaker

Date:

| UNRESTRICTED SPACE – WARM UP  | ORGANIZATION  | KEY COACHING POINTS  |
|---|---|--|
|    | <ul style="list-style-type: none"> <li>Have a group of players form somewhat of a circle – they have the ball and can play to each other</li> <li>Another group plays defense against them</li> <li>A playmaker is allowed to roam in the middle, while the other attacking (outside) players are not</li> <li>When the defense wins the ball they try to keep possession, outside players can converge to win it back</li> </ul> <p><b>Progressions:</b> Outside players have limited touches, points for consecutive passes</p> | <ul style="list-style-type: none"> <li>Angles and distances of support</li> <li>Penetrating w/ and w/o the ball – player can make run to open up space/passing lane</li> <li>Combination play</li> <li>Decision making (vision)</li> <li>Get him/her the ball</li> </ul>   |
| <p><b>RESTRICTED SPACE</b></p>                   | <ul style="list-style-type: none"> <li>Play 5v5+1 in a rectangle</li> </ul> <p><b>Progressions:</b> Teams get points for consecutive passes without an interception, play for a set time period. Limit touches.</p>   | <ul style="list-style-type: none"> <li>Angles and distances of support</li> <li>Penetrating w/ and w/o the ball</li> <li>Combination play</li> <li>Decision making (vision)</li> <li>Get him/her the ball</li> <li>Playmaker stays central in the game</li> <li>Choice of runs – not showing to every ball</li> <li>Change of pace to show they want the ball</li> </ul>                                       |
| <p><b>ONE GOAL WITH COUNTER</b></p>  <p>6v4</p> | <ul style="list-style-type: none"> <li>Play 6v4 on half the field</li> <li>The team of 6 attacks the full sized goal, the team of 4 attacks two small counter goals placed around the half line</li> </ul> <p><b>Progressions:</b> Limit touches for everyone except the playmaker</p>  | <ul style="list-style-type: none"> <li>Angles and distances of support</li> <li>Penetrating w/ and w/o the ball</li> <li>Combination play</li> <li>Decision making (vision)</li> <li>Get him/her the ball</li> <li>Playmaker stays central in the game</li> <li>Choice of runs – not showing to every ball</li> <li>Change of pace to show they want the ball</li> <li>Connection with back players</li> </ul> |
| <p><b>GAME – TWO GOALS</b></p>  <p>8v8</p>     | <ul style="list-style-type: none"> <li>Play 8v8</li> <li>The goals for an 8v8 game should be placed on the top of the penalty box on each end of the field</li> <li>Have the team you are coaching play a 3-3-2 against a 3-3-2</li> </ul>  | <ul style="list-style-type: none"> <li>Angles and distances of support</li> <li>Penetrating w/ and w/o the ball</li> <li>Combination play</li> <li>Decision making (vision)</li> <li>Get him/her the ball</li> <li>Playmaker stays central in the game</li> <li>Choice of runs – not showing to every ball</li> <li>Change of pace to show they want the ball</li> <li>Connection with back players</li> </ul> |