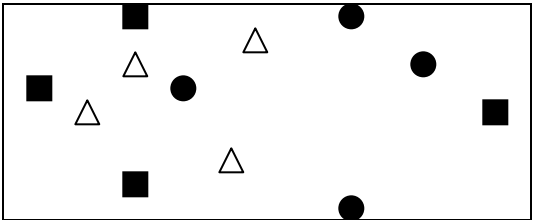
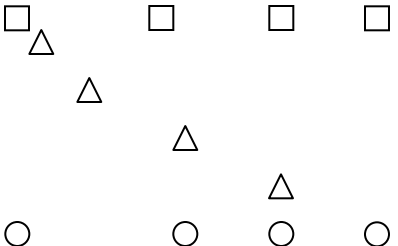
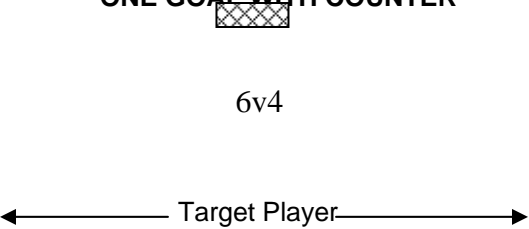
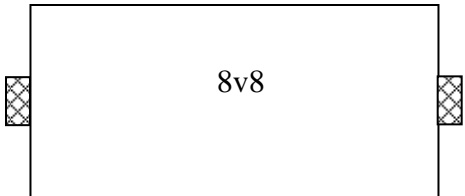




Name: Matt Callahan

Topic: Improve midfield defending

Date:

UNRESTRICTED SPACE – WARM UP	ORGANIZATION	KEY COACHING POINTS
	<ul style="list-style-type: none"> <li>Play 4v4+4</li> <li>Have three teams of 4, two of the teams work together to keep the ball away from the third team of four</li> <li>When the third team of four wins the ball the team that lost the ball has to play defense</li> </ul> <p><b>Progressions:</b> Defenders hold practice vests, when they win the ball they drop them and new defenders must pick them up before they can play defense</p>	<ul style="list-style-type: none"> <li>Pressure, cover, balance</li> <li>Channeling – make the game predictable</li> <li>Decision making</li> <li>Team shape</li> </ul>
<p style="text-align: center;"><b>RESTRICTED SPACE</b></p> 	<ul style="list-style-type: none"> <li>Make a grid, and again have three teams (one of the teams should be your mids)</li> <li>The mids are in the middle of the grid, while the other two teams are on the outside of the grid on opposite sides</li> <li>The ball is on the outside, the teams pass the ball back and forth to try to confuse the defenders, if they can, the outside team tries to play the ball to the other outside team</li> <li>If the mids win the ball they give it back</li> </ul> <p><b>Progressions:</b> Points for winning the ball and playing the ball through, loser does push-ups</p>	<ul style="list-style-type: none"> <li>Pressure, cover, balance</li> <li>Channeling – make the game predictable</li> <li>Decision making</li> <li>Team shape</li> </ul>
<p style="text-align: center;"><b>ONE GOAL WITH COUNTER</b></p> 	<ul style="list-style-type: none"> <li>Play 6v4 on half of the field</li> <li>The 4 mids defend the goal, when they win the ball they look to play the ball to a target player that can move horizontally across the half line</li> </ul> <p><b>Progressions:</b> Add more players to the defending team, then to the attacking team</p>	<ul style="list-style-type: none"> <li>Pressure, cover, balance</li> <li>Channeling – make the game predictable</li> <li>Tracking</li> <li>Transition</li> <li>Decision making</li> <li>Man to man/zone/combination</li> <li>Team shape</li> </ul>
<p style="text-align: center;"><b>GAME – TWO GOALS</b></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 2-4-2 against a 3-3-2</li> </ul>	<ul style="list-style-type: none"> <li>Pressure, cover, balance</li> <li>Channeling – make the game predictable</li> <li>Tracking</li> <li>Transition</li> <li>Decision making</li> <li>Man to man/zone/combination</li> <li>Team shape</li> </ul>