

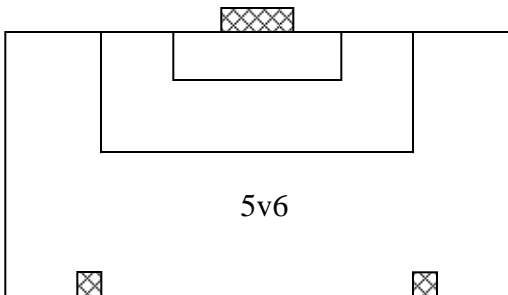
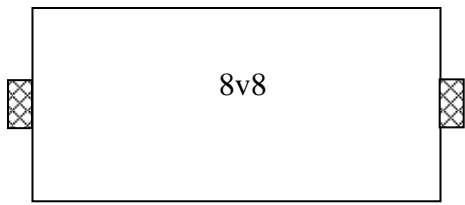




Name: Matt Callahan

Topic: Improve the defense of crosses

Date:

<p>UNRESTRICTED SPACE – WARM UP</p> 	<p>ORGANIZATION</p> <ul style="list-style-type: none"> Break the team into groups of three The person in the middle has the ball tossed to them by an outside person – they try to head the ball back to that person <p>Progressions: Add another person in the middle that the defender has to fend off</p>	<p>KEY COACHING POINTS</p> <ul style="list-style-type: none"> Tactical application of technique – headers should be high and far away Make contact with ball at highest possible point Body position when fending off the attacker
<p>RESTRICTED SPACE</p> 	<ul style="list-style-type: none"> Have a server play balls into the penalty box where three defenders (or however many you play with) play against two attackers Defenders get a point for clearing the ball, attackers get 4 points for scoring <p>Progressions: Add players</p>	<ul style="list-style-type: none"> Tactical application of technique – headers should be high and far away Make contact with ball at highest possible point Body position when fending off the attacker Communication - goalkeeper
<p>ONE GOAL WITH COUNTER</p>  <p>5v6</p>	<ul style="list-style-type: none"> Play 5v6, the team of 5 attacks the large goal and the team of 6 attacks the two small counter goals Play for set amount of time <p>Progressions: Add players to even the teams</p>	<ul style="list-style-type: none"> Tactical application of technique – headers should be high and far away Make contact with ball at highest possible point Body position when fending off the attacker Communication – goalkeeper Body position
<p>GAME – TWO GOALS</p>  <p>8v8</p>	<ul style="list-style-type: none"> Play 8v8 The goals for an 8v8 game should be placed on the top of the penalty box on each end of the field Have the team you are coaching play a 3-3-2 against a 3-3-2 	<ul style="list-style-type: none"> Tactical application of technique – headers should be high and far away Make contact with ball at highest possible point Body position when fending off the attacker Communication – goalkeeper Body position