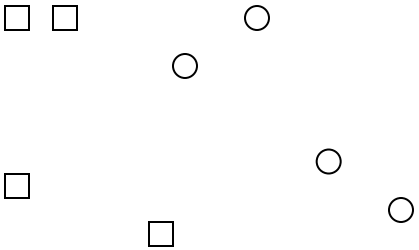
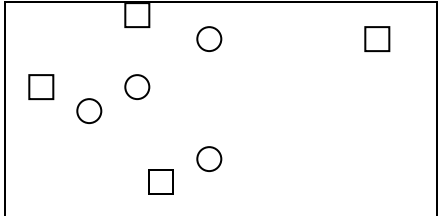
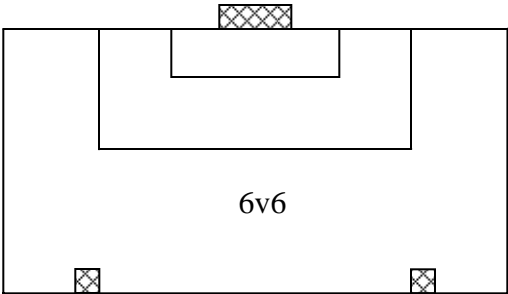
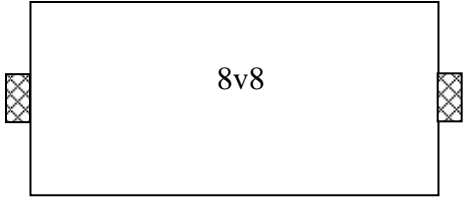




Name: Matt Callahan

Topic: Improve the team's ability to win the ball

Date:

<p>UNRESTRICTED SPACE – WARM UP</p> 	<p>ORGANIZATION</p> <ul style="list-style-type: none"> ▪ Pairs pass and move around the field ▪ On the coach's signal the player without the ball pressures the player with the ball and tries to steal the ball ▪ On the coach's signal the players start to pass and move again <p>Progressions: Have the players stand on each side of the ball and practice tackling the ball → progress to tackling the ball and dribbling past the other player</p>	<p>KEY COACHING POINTS</p> <ul style="list-style-type: none"> ▪ Appropriate angle and speed of approach ▪ Eyes on waist (new trend – too many good dribblers who manipulate the ball now) ▪ Tackle at the right time – when the ball is off the dribbler's foot ▪ Low posture=good balance when tackling
<p>RESTRICTED SPACE</p> 	<ul style="list-style-type: none"> ▪ Play 4v4 possession ▪ Teams get points for consecutive passes <p>Progressions: Add attackers and defenders. Limit touches to make the attackers play faster (defense will have to be better organized)</p>	<ul style="list-style-type: none"> ▪ Principles of defense – Immediate chase ▪ Good pressure, cover, and balance ▪ Tenacity ▪ Make play predictable – funneling ▪ Defenders play under control though, do not pressure out of control and get beat easily ▪ Transition to defense immediately
<p>ONE GOAL WITH COUNTER</p> 	<ul style="list-style-type: none"> ▪ Play 6v6 ▪ One team of 6 attacks two small counter goals and the other team of 6 attacks the large goal <p>Progressions: Add attackers</p>	<ul style="list-style-type: none"> ▪ Principles of defense – Immediate chase ▪ Good pressure, cover, and balance ▪ Tenacity ▪ Make play predictable – funneling ▪ Defenders play under control though, do not pressure out of control and get beat easily ▪ Once the team wins the ball look to penetrate immediately – can we get a shot off?
<p>GAME – TWO GOALS</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 2-3-3 against a 3-3-2 	<ul style="list-style-type: none"> ▪ Principles of defense and roles of defenders ▪ With three forwards, can we apply immediate pressure when we lose the ball and win it back quickly – transition ▪ Tenacity, play physical