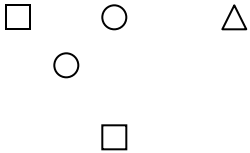
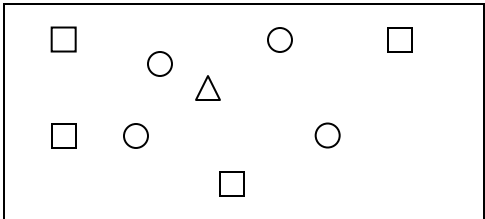
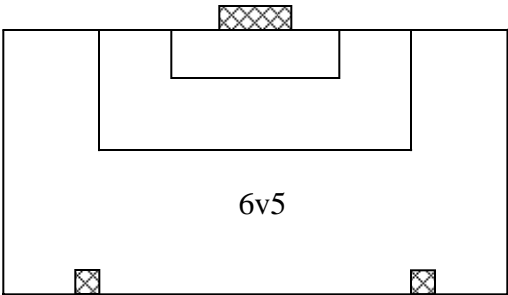
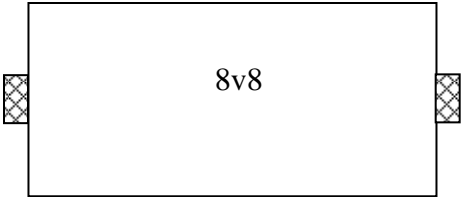




Name: Matt Callahan

Topic: Tactical functional – twin strikers in defense

Date:

<p>UNRESTRICTED SPACE – WARM UP</p> 	<p>ORGANIZATION</p> <ul style="list-style-type: none"> Play 2v2 +1 	<p>KEY COACHING POINTS</p> <ul style="list-style-type: none"> High work effort Pressure and cover – do not get split (allow someone to pass between the defenders) Communication – verbal and visual Instant transition from attack to defense Psychological issues (after losing the ball do not lose composure→GO GET IT BACK!
<p>RESTRICTED SPACE</p> 	<ul style="list-style-type: none"> Play 4v4 + 1 possession – can we channel the direction of the play? Teams play for points by completing a set number of consecutive passes 	<ul style="list-style-type: none"> High work effort Pressure and cover – do not get split (allow someone to pass between the defenders) Communication – verbal and visual Instant transition from attack to defense Psychological issues (after losing the ball do not lose composure→GO GET IT BACK!
<p>ONE GOAL WITH COUNTER</p> 	<ul style="list-style-type: none"> Play 6v5 on half the field The team of 5 attacks the full sized goal, the team of 6 attacks two small counter goals placed around the half line <p>Progressions: Add players</p>	<ul style="list-style-type: none"> High work effort Pressure and cover – do not get split (allow someone to pass between the defenders) Communication – verbal and visual Instant transition from attack to defense Psychological issues (after losing the ball do not lose composure→GO GET IT BACK!
<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 3-3-2 against a 3-3-2 	<ul style="list-style-type: none"> High work effort Pressure and cover – do not get split (allow someone to pass between the defenders) Communication – verbal and visual Instant transition from attack to defense Psychological issues (after losing the ball do not lose composure→GO GET IT BACK!