
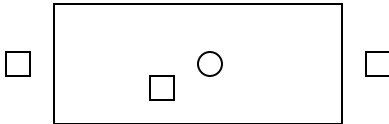
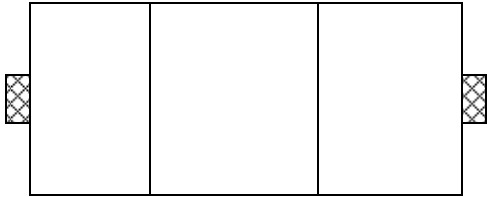
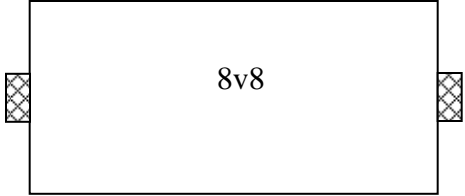




Name: Matt Callahan

Topic: Technical Functional – FWD’s Turning and shooting

Date:

<b>UNRESTRICTED SPACE – WARM UP</b>	<b>ORGANIZATION</b>	<b>KEY COACHING POINTS</b>
	<ul style="list-style-type: none"> <li>▪ Split the team into groups of three</li> <li>▪ A forward is between two players, the forward checks to the outside player with the ball and then turns and plays the ball to the other outside player, repeat</li> </ul>	<ul style="list-style-type: none"> <li>▪ Check back diagonally</li> <li>▪ Vision – sneak a peak before receiving</li> <li>▪ Receive ball on appropriate foot – depending on pressure</li> </ul>
<b>RESTRICTED SPACE</b> 	<ul style="list-style-type: none"> <li>▪ Play 1v1 + 2</li> <li>▪ The forward in the box must check to the player with the ball, receive the ball, beat the defender, and then play the ball to the other outside player</li> <li>▪ When the defender wins the ball then they try to play from outside player to outside player as well</li> </ul> <p><b>Progressions:</b> Play 2v2 in the middle</p>	<ul style="list-style-type: none"> <li>▪ Check back diagonally</li> <li>▪ Vision – sneak a peak before receiving</li> <li>▪ Receive ball on appropriate foot – depending on pressure</li> <li>▪ Do a quick feint immediately after turning to freeze the defender, then move to the side of them and penetrate (shot, pass, dribble)</li> </ul>
<b>ONE GOAL WITH COUNTER</b> 	<ul style="list-style-type: none"> <li>▪ Play a 3 zone game by marking off lines across the field using disc cones</li> <li>▪ Play 6v6 – the forwards have to stay in the attacking zone (only two defenders can stay in that zone)</li> </ul> <p><b>Progressions:</b> Add another defender, play 2v2 in the 3 zones and allow one player to move to the next zone when the ball is played over the line</p>	<ul style="list-style-type: none"> <li>▪ Check back diagonally</li> <li>▪ Vision – sneak a peak before receiving</li> <li>▪ Receive ball on appropriate foot – depending on pressure</li> <li>▪ Do a quick feint immediately after turning to freeze the defender, then move to the side of them and penetrate (shot, pass, dribble)</li> </ul>
<b>GAME – TWO GOALS</b> 	<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>▪ Check back diagonally</li> <li>▪ Vision – sneak a peak before receiving</li> <li>▪ Receive ball on appropriate foot – depending on pressure</li> <li>▪ Do a quick feint immediately after turning to freeze the defender, then move to the side of them and penetrate (shot, pass, dribble)</li> </ul>