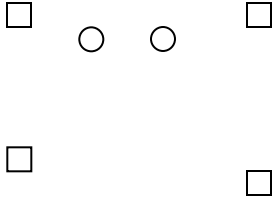
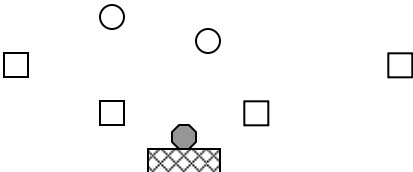
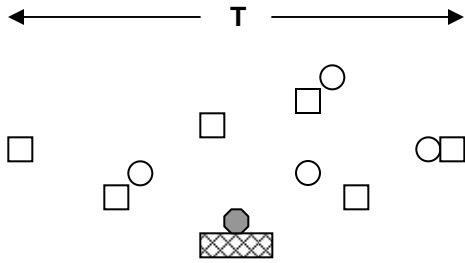
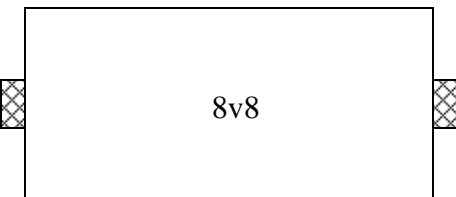




Name: Matt Callahan

Topic: Improve playing out of the back w/4 backs

Date:

<p>UNRESTRICTED SPACE – WARM UP</p> 	<p>ORGANIZATION</p> <ul style="list-style-type: none"> Play 4v2 keepaway The 4 players should be the 4 backs <p>Alternate warm-up: 4+GKv0 shadow play Progressions to alternate warm-up: Add attackers</p>	<p>KEY COACHING POINTS</p> <ul style="list-style-type: none"> Safety v. risk Angles and distance of support Utilization of GK and passback implications Passing – weight, accuracy, disguise Decision making – play forward whenever possible Transition (defense to attack)
<p>RESTRICTED SPACE</p> 	<ul style="list-style-type: none"> Play 4+GKv2 The two forwards try to win the ball and score (3 pts. for doing so) The backs try to play ball out and into one of two small counter goals (1 point for doing so) <p>Progressions: Add a defender</p>	<ul style="list-style-type: none"> Safety v. risk Angles and distance of support Utilization of GK and passback implications Passing – weight, accuracy, disguise Decision making – play forward whenever possible Body position of backs open to field
<p>ONE GOAL WITH COUNTER</p> 	<ul style="list-style-type: none"> Play 6+1v4 Now the backs can play the ball to a center mid who can then play the ball to a target player <p>Progressions: Add more defenders,</p>	<ul style="list-style-type: none"> Safety v. risk Angles and distance of support Utilization of GK and passback implications Passing – weight, accuracy, disguise Decision making – play forward whenever possible Body position of backs open to field Transition (defense to attack) If a back plays runs forward one of the mids should stay back Vision – look up as soon as the ball is received (sneak a peak before the ball arrives too)
<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 4-3-1 against a 3-3-2 	<ul style="list-style-type: none"> Safety v. risk Angles and distance of support Utilization of GK and passback implications Passing – weight, accuracy, disguise Decision making – play forward whenever possible Body position of backs open to field Transition (defense to attack) If a back plays runs forward one of the mids should stay back