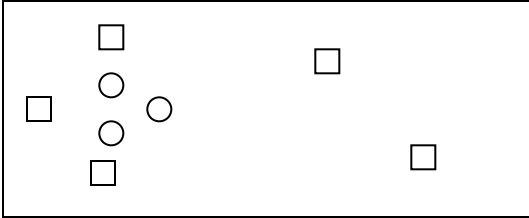
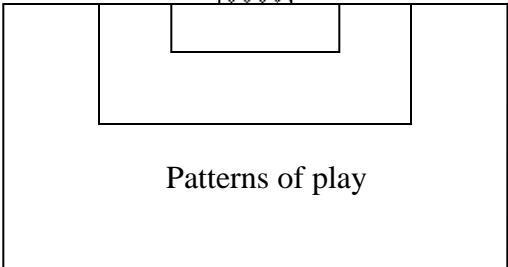
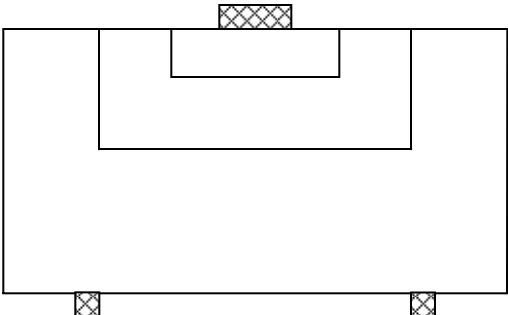
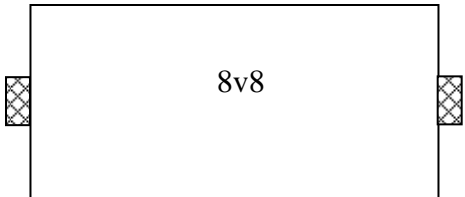




Name: Matt Callahan

Topic: Improve Central Combination Play (MF & F)

Date:

<p>UNRESTRICTED SPACE – WARM UP</p> 	<p>ORGANIZATION</p> <ul style="list-style-type: none"> ▪ Have two teams of 8 ▪ Play 5v3 in a rectangle ▪ Substitute in players that are not playing ▪ Give the teams points for combinations that are successfully completed 	<p>KEY COACHING POINTS</p> <ul style="list-style-type: none"> ▪ Team shape (width, depth) ▪ Use of different combinations ▪ Tactical application of technique
<p>RESTRICTED SPACE</p>  <p>Patterns of play</p>	<ul style="list-style-type: none"> ▪ Play 6v0 – show the team different patterns of play that utilize combinations between midfielders and forwards <p>Progressions: Add defenders</p>	<ul style="list-style-type: none"> ▪ Team shape ▪ Tactical application of technique ▪ Use of different combinations ▪ Creativity and improvisation without undue risk
<p>ONE GOAL WITH COUNTER</p> 	<ul style="list-style-type: none"> ▪ Play 6v4+GK ▪ The team of 6 attacks the goal while the team of 4+GK attacks the counter goals ▪ Play for a set period of time to see who can score more goals <p>Progressions: Add more players</p> <p>Alternate activity: Play a 3 zone game where play starts in the middle, the ball must be played to a forward in the attacking zone and dropped off before everyone can leave the middle grid.</p>	<ul style="list-style-type: none"> ▪ Team shape ▪ Tactical application of technique ▪ Use of different combinations ▪ Creativity and improvisation without undue risk
<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"> ▪ Team shape ▪ Tactical application of technique ▪ Use of different combinations ▪ Creativity and improvisation without undue risk