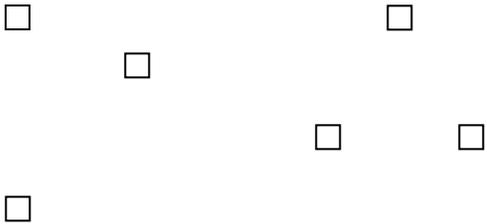
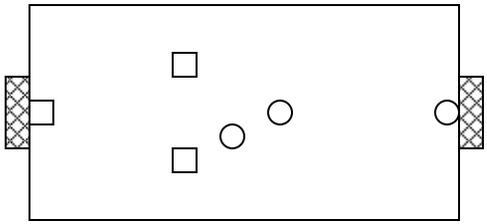
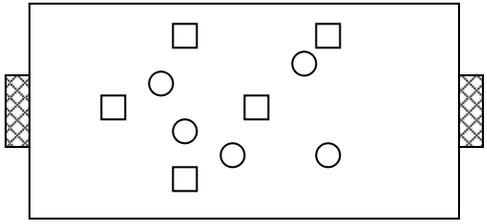
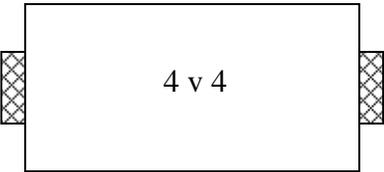




Name: Matt Callahan

Topic: Support play

Date:

UNRESTRICTED SPACE – WARM UP 	ORGANIZATION <ul style="list-style-type: none"> Ball between three players – moving and passing 	KEY COACHING POINTS <ul style="list-style-type: none"> Need players in immediate support of the ball – relieve pressure Support players positioned behind, square, or in advance of the ball Must combine with 1st attacker to gain penetration through overlaps, 1-2, double pass, take over, bent runs, etc.
RESTRICTED SPACE 	<ul style="list-style-type: none"> Play 3v3 (2 field players and a GK) in a 15-x-20 yard area When a player passes back to the GK they must switch roles Whenever a player is under pressure facing their own goal they should look to play the ball back 	<ul style="list-style-type: none"> Need players in immediate support of the ball – relieve pressure Support players positioned behind, square, or in advance of the ball Supporting distance not so close that one defender can cover both 1st and 2nd attacker Players must constantly be moving to support the ball – “ripple effect”
ONE GOAL WITH COUNTER 	<ul style="list-style-type: none"> Play 4v4 in a 35-x-25 yard grid up to 7v7 in a 50-x-40 yard grid One restriction, players may not pass the ball forward 	<ul style="list-style-type: none"> Need players in immediate support of the ball – relieve pressure Support players positioned behind, square, or in advance of the ball Supporting distance not so close that one defender can cover both 1st and 2nd attacker Angle and distance of support changes depending on pressure on ball
GAME – TWO GOALS 	<ul style="list-style-type: none"> 4v4 + GK's No restrictions on players 	<ul style="list-style-type: none"> Observe to see if 1st attacker has adequate support