



Coach: GONDEK

Topic: Possession/Support Play

Date: _____

UNRESTRICTED SPACE - WARM UP	ORGANIZATION	KEY COACHING POINTS
	<p><u>4 players to a ball - # players</u></p> <ul style="list-style-type: none"> • 3 touch, 2 touch, 1 touch • 3 touch → 2 touch → 1 touch 	<ul style="list-style-type: none"> • 1st touch • speed of pass • direction of pass • supporting roles → # of touches • Movement off ball
<p>RESTRICTED SPACE</p>	<p><u>4 v 4 + 4</u></p> <ul style="list-style-type: none"> • 8 v 4 w/ possession • count passes for goals • change roles 	<ul style="list-style-type: none"> • all of above • re-emphasize supporting roles <ul style="list-style-type: none"> - Angle of support - speed of support
<p>ONE GOAL WITH COUNTERS</p>	<p><u>7 v 5 (4 v 3 → 3 v 2 + GK)</u></p> <ul style="list-style-type: none"> • 4 v 3 possess to find • 3 v 2 to goal • allow movement of players through zones 	<ul style="list-style-type: none"> • movement off ball • shape • vision • speed of play
<p>GAME - TWO GOALS</p>	<p><u>5 v 5 + GK's</u></p> <p>no restrictions</p>	<ul style="list-style-type: none"> • DECISION-MAKING • All of Above • SHAPE • ESTABLISH SUPPORT <p>← wide depth HIGH</p>
<p>COOL DOWN</p>	<p>Jog and Stretch</p>	