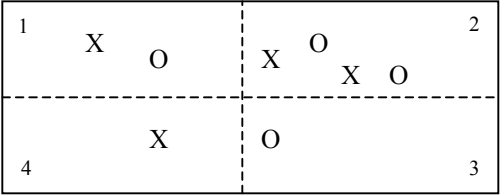
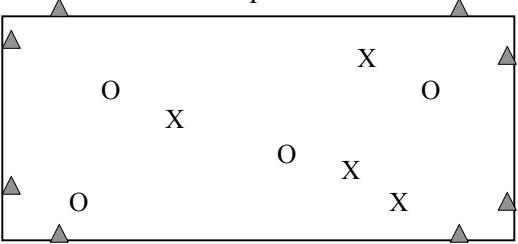
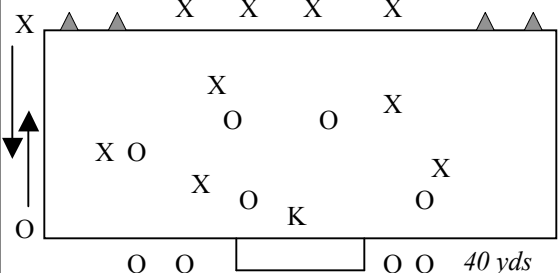
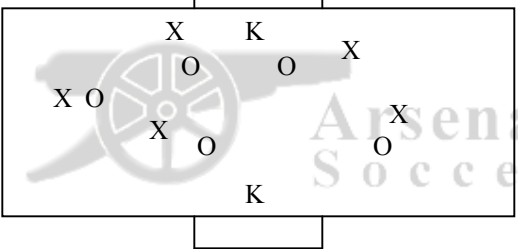


Name: Arsenal - Alex Mason

Topic: Coach to Improve Possession

Date: _____

X = Attacker O = Defender T = Target N = Neutral S = Server ▲ = Cone ● = Ball ← = Run ←..... = Pass

<p>Fundamental - Warm Up 15 min. Two teams of 4 players</p> <ul style="list-style-type: none"> -open possession -time possession -unlimited touch / progress to 2 touch - change of direction <p style="text-align: right;">* STRETCH</p>	<p style="text-align: center;">Organization</p>  <p style="text-align: right;">20 yds</p> <p style="text-align: center;">30 yds</p>	<p style="text-align: center;">Key Coaching Points</p> <p>Field is divided into 5 areas, coach calls which area teams play in, 1 being the top left and 5 being the whole field.</p> <ul style="list-style-type: none"> -individual ability -quality of passing -team must achieve set # of passes -ball control
<p>Match Related Activity 15 min. 4 v 4 to targets of small goals</p> <ul style="list-style-type: none"> -open possession coach calls when targets are open - can add a third team to pay on and off (speed of play) 	 <p style="text-align: right;">20 yds</p> <p style="text-align: center;">30 yds</p>	<ul style="list-style-type: none"> -quality of passing -ball control -support, balance -speed of play -movement of players -communication -shielding
<p>Match Related Activity 20 min. 5 v 5</p> <ul style="list-style-type: none"> - add players at end of field - add Keeper 	 <p style="text-align: right;">30 yds</p> <p style="text-align: center;">40 yds</p>	<ul style="list-style-type: none"> -rotate players in and out so the teams always have to adjust -possession must have a purpose (direction or to achieve topic example: score) -team understanding -safety
<p>Match Condition Game 40 min. 4 v 4 or 5 v 5 + keepers</p>		<ul style="list-style-type: none"> -to understand that possession allows your team to progress within the game
<p style="text-align: center;">Cool Down</p>	<p style="text-align: center;">Light Jog & Stretch</p>	