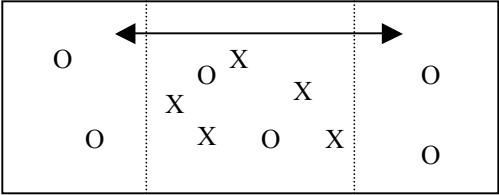
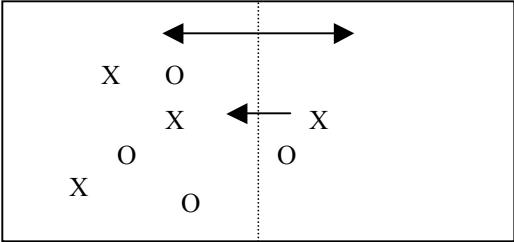
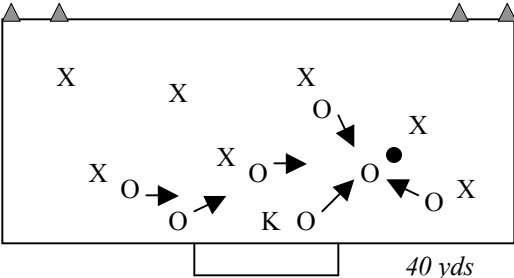



Name: Arsenal - Alex Mason

Topic: Coach to Improve Support Play

Date: _____

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

<p>Fundamental - Warm Up - 5 v 2 5(x) players pass the ball around the 2(O). Once they have completed 5 passes they move to the next grid. * STRETCH</p>	<p>Organization</p>  <p>25 yds 30 yds</p>	<p>Key Coaching Points</p> <ul style="list-style-type: none"> - players aware of team shape - speed of play - options of support - team shape
<p>Match Related Activity - 4 v 4 possession all players must be inside grid to achieve point, set number of passes</p>	 <p>25 yds 30 yds</p>	<ul style="list-style-type: none"> - game speed - communication - look for 1- or 2 touch soccer
<p>Match Related Activity - 7 v 7 team support</p>	 <p>35 yds 40 yds</p>	<ul style="list-style-type: none"> - team understanding - (O) team are all in a position to support each other
<p>Match Condition Game - 11 v 11 game</p>	 <p>Full field game</p>	<ul style="list-style-type: none"> - look for shape and support with or without the ball
<p>Cool Down</p>	<p>Light Jog & Stretch</p>	