

TOPIC: Team Shape

Coach Name: Ian Barker



<u>ACTIVITY 1</u>	<u>ORGANIZATION</u>	<u>KEY COACHING POINTS</u>
	<p>5 v 0</p> <ul style="list-style-type: none"> • Pass & Move with two balls • 2 touch – 1 touch • “Pop” ball up & return to the ground 	<ul style="list-style-type: none"> ✓ Body shape ✓ Receiving and playing surface ✓ Vision in advance of receiving ✓ Movement w/out the ball
	<p>4 v 1</p> <ul style="list-style-type: none"> • Keep away • Attempt to complete • “Wall pass” around defenders 	<ul style="list-style-type: none"> ✓ Maintain possession ✓ Commit defender ✓ Accelerate w/out the ball ✓ Support angles ✓ Movement w/out the ball
	<p>5 v 2//3 + 3/2</p> <ul style="list-style-type: none"> • Possess and split defenders • Dispossess and transition 	<ul style="list-style-type: none"> ✓ Depth, width/support, penetration ✓ Move ball to move defenders ✓ Maintain good supporting space ✓ “Stretch” defenders
	<p>5 v 5</p> <ul style="list-style-type: none"> • Must always have one player in each half • No conditions 	<ul style="list-style-type: none"> ✓ Stay connected as a team <ul style="list-style-type: none"> ✓ Offensively ✓ Defensively ✓ Maintain support and penetrate ✓ Maintain cover and deny