

TOPIC: Team Shape #2

Coach Name: Ian Barker



<u>ACTIVITY 1</u>	<u>ORGANIZATION</u>	<u>KEY COACHING POINTS</u>
	<p>5 v 2</p> <ul style="list-style-type: none"> • Limit touches • Point for split/consecutive passes 	<ul style="list-style-type: none"> ✓ Supporting angles ✓ Vision in advance of receiving ✓ Spit but do not force ✓ Involve a playmaker
	<p>5 v 2 with direction</p> <ul style="list-style-type: none"> • Play to other grid after split/consecutive passes • Half line is offside line 	<ul style="list-style-type: none"> ✓ Possess and transition space ✓ Penetrate on dribble ✓ Penetrate on through ball ✓ Penetrate in combination
	<p>7 v 7 to 4 goals</p> <ul style="list-style-type: none"> • Play in 4 – 3 formation • Use an offside line 	<ul style="list-style-type: none"> ✓ Employ width and length and depth ✓ Players to exchange position ✓ Players look to “overload” lines in possession
	<p>7 v 7 to 2 goals</p> <ul style="list-style-type: none"> • Unconditioned play 	<ul style="list-style-type: none"> ✓ Team shape in and out of possession ✓ Team shape in areas of field ✓ Connected movement – cover/support