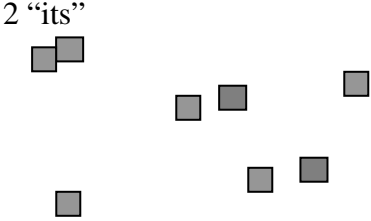

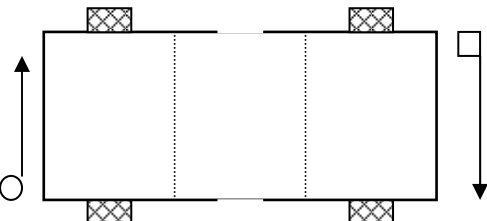



Name: Jeff Hopkins

Topic: U12 Defending

<p><b>Warm-up: Blob Tag</b></p> <p>2 "its"</p> 	<p><b>ORGANIZATION</b></p> <ul style="list-style-type: none"> <li>Play the width of the penalty box and 25 yards deep</li> <li>Choose 2 people to start as "its" and have them join hands</li> <li>Once they tag someone, they join tagger and work together to tag others</li> <li>Always must have at least 2 people connected</li> <li>Play until only several people are left or until all are caught</li> </ul>	<p><b>KEY COACHING POINTS</b></p> <ul style="list-style-type: none"> <li>Close quickly</li> <li>Channel player</li> <li>Communication</li> <li>Teamwork</li> </ul>
<p><b>1v1 to Small goals</b></p> 	<ul style="list-style-type: none"> <li>Play 1v1 to goal 30-40 yards apart</li> <li>Play 5 minute game</li> <li>Switch roles, attackers and defenders</li> </ul> <p><b>Progress to 2v2</b></p>	<ul style="list-style-type: none"> <li>Immediate pressure</li> <li>Angles and distances of support</li> <li>Delay and channel</li> <li>Read pressure on ball and 1<sup>st</sup> defender</li> <li>Angles, support, transition</li> <li>Communication and read the game</li> </ul>
<p><b>4 Goal Game</b> Coach</p> 	<ul style="list-style-type: none"> <li>Play 4v4 up to 6v6</li> <li>Play to 2 goals</li> <li>Coach only one team</li> <li>Switch and coach other team if time</li> </ul>	<ul style="list-style-type: none"> <li>Be patient, channel attack</li> <li>Stay connected, tuck in on weakside</li> <li>Defend as a unit, play on lines</li> <li>Communication, visual cues</li> </ul>
<p><b>Game</b></p> 	<ul style="list-style-type: none"> <li>Play 6v6</li> <li>One team possesses</li> <li>Other team (team you are coaching) just organizes and tries and closes passing lanes by staying connected</li> <li>Take of conditions and just play</li> </ul>	<ul style="list-style-type: none"> <li>The positioning of the far side back/mid depends on the amount of pressure on the ball             <ul style="list-style-type: none"> <li>Pressure on the ball=back/mid plays up to offer support and to be ready to transition</li> <li>Lack of pressure the back/mid tucks in and back</li> <li>Play on lines and stay connected</li> </ul> </li> </ul>