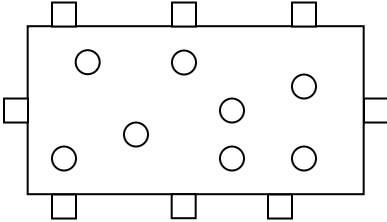
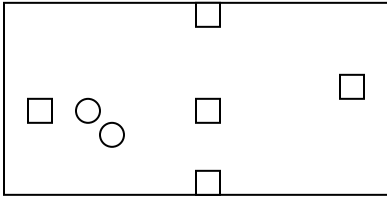
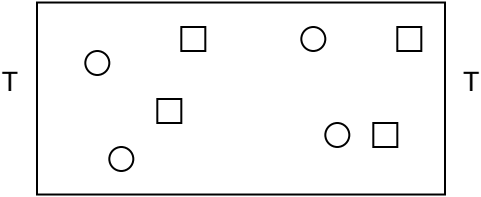
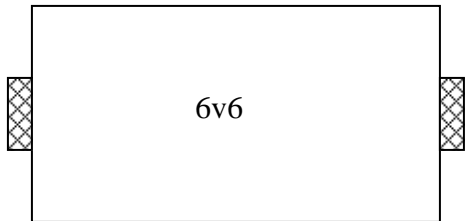


Name: Jeff Hopkins

Topic: U12 Receiving

<p>WARM UP-Ring Toss/Windows</p> 	<p>ORGANIZATION</p> <ul style="list-style-type: none"> Set up a 25-x-35 yard grid Half of team on outside of grid (half of those players need a ball), and the other half moving on the inside Progression: 1) 2 touch 2) 1 touch 3) Control from toss 4) Header 5) turn and play to player on opposite side Stretch then switch inside/outside players 	<p>KEY COACHING POINTS</p> <ul style="list-style-type: none"> Get in line of the flight of the ball Come to meet the ball Watch the ball Make an early selection in the body surface to use Relax the controlling surface Receive at an angle Receive sideways on Take a peak before receiving
<p>5v2</p> 	<ul style="list-style-type: none"> Play 5v2 in a 20-x-15 yard area Defenders switch roles with an attacker when they intercept a pass Points earned by a pass splitting the defense or for a predetermined number of passes Add 3rd defender (if successful) 	<ul style="list-style-type: none"> Get in line of the flight of the ball Come to meet the ball Make an early selection in the body surface to use Relax the controlling surface Control ball into space or away from pressure Open body position to field while rec. 1st touch allows pass or dribble
<p>4v4 to Targets</p> 	<ul style="list-style-type: none"> Play 4v4 in a 25-x-35 yard area Points scored by dribbling ball, under control, over the end line Players pass ball around until someone has opportunity to dribble Players must have a dynamic first touch to set up an opportunity to penetrate <p>Progressions: 1) Add target on each end line 2) Add 1 ○ and 1 □ on each end line, if ball is played to end line target switch out with them</p>	<ul style="list-style-type: none"> Get in line of the flight of the ball Come to meet the ball Make an early selection in the body surface to use Relax the controlling surface Control ball into space or away from pressure Open body position to field while rec. 1st touch allows shot, pass, or dribble Team shape (wide and long)
<p>Game</p> 	<ul style="list-style-type: none"> Play 6v6 No conditions on players 	<ul style="list-style-type: none"> Observe to see if session has helped with receiving ability