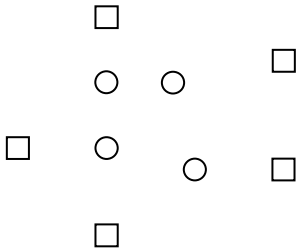
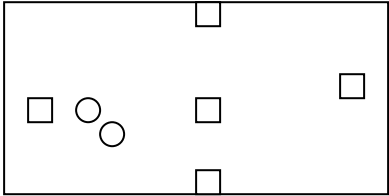
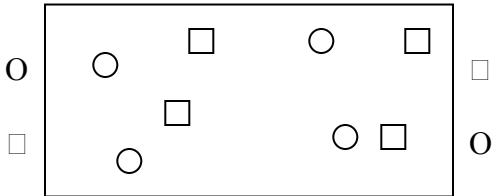
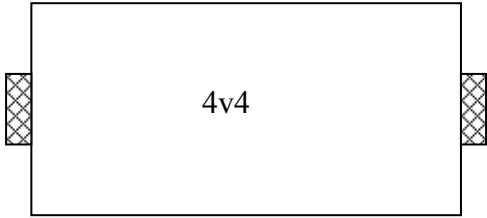


Name: Jeff Hopkins

Topic: U12 Team Shape

<p style="text-align: center;">Windows</p> 	<ul style="list-style-type: none"> ▪ Make groups of 6 players ▪ Players on outside with a ball (6) ▪ Players on inside without (6) <ul style="list-style-type: none"> ○ 2 touch ○ 1 touch ○ Turning and playing to opposite ○ Receiving out of air ○ Headers ▪ Switch roles after about 1 minute ▪ Stretch 	<p style="text-align: center;">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 style="text-align: center;">6v2</p> 	<ul style="list-style-type: none"> ▪ Play 6v2 in a rectangle ▪ Defenders hold vest, on winning ball, drop vest and transition ▪ Look to play out of pressure ▪ Possess and look to split (penetrate) 	<ul style="list-style-type: none"> ▪ Width ▪ Length ▪ Support and movement ▪ Penetration or Possession ▪ Combination play ▪ Changing the point of attack
<p style="text-align: center;">4v4 to End Line Targets</p> 	<ul style="list-style-type: none"> ▪ Play 4v4 + End lines targets ▪ Ball played into target, player switches and takes their place ▪ Play for points. Going from one end line target to next = 1 point 	<ul style="list-style-type: none"> ▪ Width ▪ Length ▪ Body Shape ▪ Support Angles ▪ Play the way your facing ▪ Possess vs. Penetration ▪ Read the game (defensive shape/pressure)
<p style="text-align: center;">The Game</p> 	<ul style="list-style-type: none"> ▪ Play 4v4 + GK's ▪ No conditions on players 	<ul style="list-style-type: none"> ▪ Team Shape ▪ Width, length, support angles ▪ Play the way you are facing ▪ Possession versus penetration ▪ Observe to see if session has helped with team shape