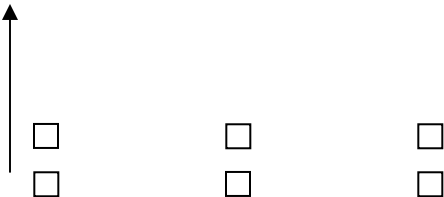




Name: Jeff Hopkins

Topic: Pressure and Cover

U14

<p><b>Unrestricted: Defense Approach Rehearsal</b></p> 	<p><b>ORGANIZATION</b></p> <ul style="list-style-type: none"> <li>▪ Make 3 groups of players x 20 yards</li> <li>▪ Play ball to other side and close quickly (1v1)</li> <li>▪ Attacker stops ball, progress to shadow</li> <li>▪ Progress to cutting of passing lane after 1<sup>st</sup> touch</li> <li>▪ Play live after success</li> </ul>	<p><b>Key Coaching Points</b></p> <ul style="list-style-type: none"> <li>▪ Close quickly</li> <li>▪ Channel player</li> <li>▪ Arrive balanced</li> <li>▪ Cut off passing lane</li> </ul>
<p><b>Restricted: 1v1 and 2v2 to End Lines</b></p> 	<ul style="list-style-type: none"> <li>▪ Play 1 v 1 to end lines/small goals</li> <li>▪ Play 2 v 2 to end lines/small goals</li> </ul>	<ul style="list-style-type: none"> <li>▪ Angles and distances of support</li> <li>▪ Close space quickly</li> <li>▪ Arrive balanced</li> <li>▪ Read pressure on ball and 1<sup>st</sup> defender</li> <li>▪ Angles, support, transition</li> <li>▪ Communication</li> </ul>
<p><b>One Goal w/Counter: Ball to Coach</b></p> <p>XXXX            X O.</p> <p><b>Coach..</b></p> <p>OOOO</p>	<ul style="list-style-type: none"> <li>▪ Play 1v1 to 4v4 Games</li> <li>▪ Coach is boss of balls</li> <li>▪ Play ball out and call out a number</li> <li>▪ 1<sup>st</sup> player out becomes attacker and 2<sup>nd</sup> player out becomes defender</li> <li>▪ Play ball to coach</li> <li>▪ Keep game lively and fast paced</li> </ul>	<ul style="list-style-type: none"> <li>▪ Immediate pressure on ball</li> <li>▪ Be patient, channel attack</li> <li>▪ Stay connected, tuck in on weak-side</li> <li>▪ Defend as a unit</li> <li>▪ Communication, visual cues</li> </ul>
<p><b>2 Goals: The Game</b></p> 	<ul style="list-style-type: none"> <li>▪ Play 6v6 game</li> </ul>	<ul style="list-style-type: none"> <li>▪ The game</li> </ul>