
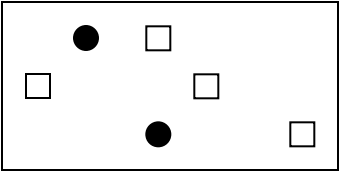
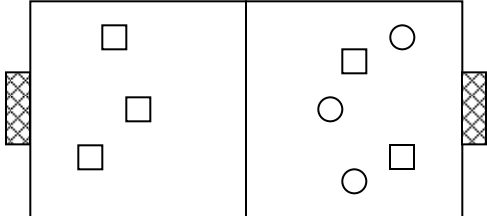
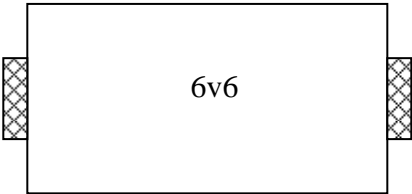


Name: Jeff Hopkins

Topic: Speed of Play

U14

<p>WARM UP-2 Teams 3 Balls</p> 	<p>ORGANIZATION</p> <ul style="list-style-type: none"> Play 8v8 (40x32) Red and Blue must inter-pass Cannot play to your own color Have 3 or 5 balls going at once On signal teams try and keep possession Play for 1-2 minutes Each ball that is possessed at time is = 1 point Play to 10 points 	<p>KEY COACHING POINTS</p> <ul style="list-style-type: none"> Head up to read game Passing technique Mobility Play the way you are facing Awareness Speed of thought/play
<p>Eight Balls C....</p> 	<ul style="list-style-type: none"> Divide into 2 groups. One team is in grid Other team is about 5-8yards away Coach plays 1 ball in at a time Defending team sends in 2 defenders who must get ball out of grid as fast as possible As soon as ball is out, a new one is sent in and 2 new defenders enter Play is finished when 8 balls have been sent in <p>Progressions: Switch roles. Defenders must connect a pass between one another to stop</p>	<ul style="list-style-type: none"> Team shape Awareness Body Shape Quality of passing Speed of thought/play
<p>Transfer Box</p> 	<ul style="list-style-type: none"> Play 6v2, mark off a center line (20x15) Each team has three defenders and two attackers, the players are restricted to their respective half of the field Can send over 2 defenders at a time. If they win ball play to coach or other side <p>Progressions: Remove the condition of players staying in their own half. If defenders win ball they go to goal</p>	<ul style="list-style-type: none"> Team shape Awareness Body Shape Quality of passing Speed of thought/play
<p>MATCH CONDITION GAME</p> 	<ul style="list-style-type: none"> Play 6v6 + GK's Play maximum 2 touch Take off conditions on players 	<ul style="list-style-type: none"> Observe to see if session has improved player's ability to think and play quickly