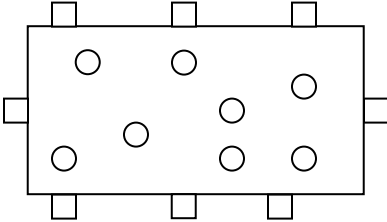
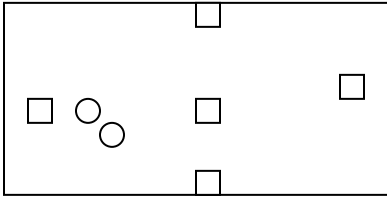
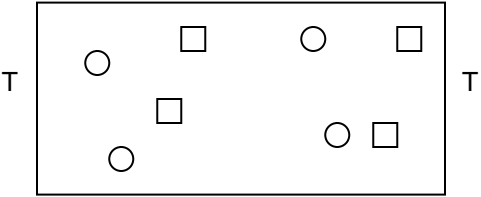
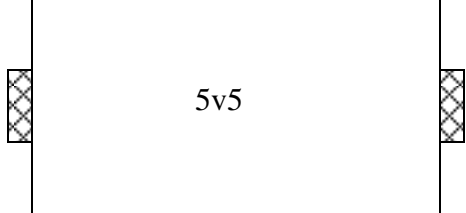


Name: Jeff Hopkins

Topic: U10 Receiving

<p><b>WARM UP- ½ In ½ Out</b></p> 	<p><b>ORGANIZATION</b></p> <ul style="list-style-type: none"> <li>Set up a 25-x-35 yard grid</li> <li>Half of team on outside of grid (half of those players need a ball), and the other half moving on the inside</li> <li>Progression: 1) 2 touch 2) 1 touch 3) Control from toss 4) Header 5) turn and play to player on opposite side</li> <li>Stretch then switch inside/outside players</li> </ul>	<p><b>KEY COACHING POINTS</b></p> <ul style="list-style-type: none"> <li>Get in line of the flight of the ball</li> <li>Come to meet the ball</li> <li>Watch the ball</li> <li>Make an early selection in the body surface to use</li> <li>Relax the controlling surface</li> <li>Receive at an angle</li> <li>Receive sideways on</li> <li>Take a peak before receiving</li> </ul>
<p><b>5v2</b></p> 	<ul style="list-style-type: none"> <li>Play 5v2 in a 20-x-15 yard area</li> <li>Defenders switch roles with an attacker when they intercept a pass</li> <li>Points earned by a pass splitting the defense or for a predetermined number of passes</li> <li>Add 3<sup>rd</sup> defender (if successful)</li> </ul>	<ul style="list-style-type: none"> <li>Get in line of the flight of the ball</li> <li>Come to meet the ball</li> <li>Make an early selection in the body surface to use</li> <li>Relax the controlling surface</li> <li>Control ball into space or away from pressure</li> <li>Open body position to field while rec.</li> <li>1<sup>st</sup> touch allows pass or dribble</li> </ul>
<p><b>4v4 to Targets</b></p> 	<ul style="list-style-type: none"> <li>Play 4v4 in a 25-x-35 yard area</li> <li>Points scored by dribbling ball, under control, over the end line</li> <li>Players pass ball around until someone has opportunity to dribble</li> <li>Players must have a dynamic first touch to set up an opportunity to penetrate</li> </ul> <p><b>Progressions:</b> 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"> <li>Get in line of the flight of the ball</li> <li>Come to meet the ball</li> <li>Make an early selection in the body surface to use</li> <li>Relax the controlling surface</li> <li>Control ball into space or away from pressure</li> <li>Open body position to field while rec.</li> <li>1<sup>st</sup> touch allows shot, pass, or dribble</li> <li>Team shape (wide and long)</li> </ul>
<p><b>Game</b></p> 	<ul style="list-style-type: none"> <li>Play 5v5</li> <li>No conditions on players</li> </ul>	<ul style="list-style-type: none"> <li>Observe to see if session has helped with receiving ability</li> </ul>