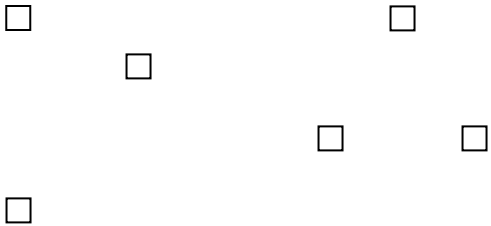
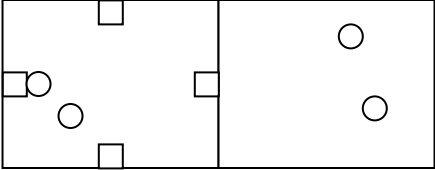
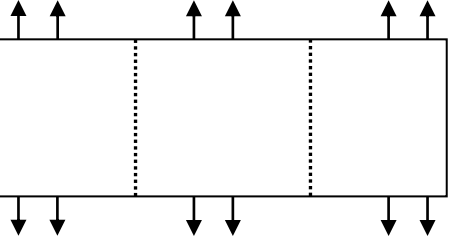
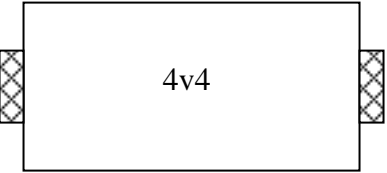


Name: Jeff Hopkins

Topic: U10 Support Play

<p>WARM UP-Sequence Passing</p> 	<p>ORGANIZATION</p> <ul style="list-style-type: none"> ▪ Ball between four players – moving and passing ▪ Number players off #1-#4 ▪ #1 plays to #2, #2 to #3, #3 to #4, #4 to #1 	<p>KEY COACHING POINTS</p> <ul style="list-style-type: none"> ▪ Need players in immediate support of the ball – relieve pressure ▪ 1st touch of receiver is towards next # in sequence ▪ Support receiver in advance to help play the way you are facing ▪
<p>Transfer Box</p> 	<ul style="list-style-type: none"> ▪ Set up two adjacent 15-x-12 yard grids ▪ In one grid the squares play keep away from two circles ▪ When the circles win possession they look to play the ball into the other square to their teammates then sprint into the other square to support them ▪ Two square go into other square to try to win the ball back ▪ Points for 5 consecutive passes, 5 pts wins 	<ul style="list-style-type: none"> ▪ Need players in immediate support of the ball once it is won – relieve pressure ▪ Support players positioned behind, square, or in advance of the ball ▪ Supporting distance not so close that one defender can cover both 1st and 2nd attacker ▪ Look for penetration = split ▪ Body shape of receiving players ▪ Distance and angles
<p>Game with 6 goals</p> 	<ul style="list-style-type: none"> ▪ Play 4v4 to 6v6 ▪ Each team attacks any of the 3 yard goals on the opponent's end line ▪ As the ball is played from one side of the field to another players must move to support the new ball position ▪ Must dribble through ▪ Progress to passing through goals ▪ Another option is for side goals to be worth more/less than central goal 	<ul style="list-style-type: none"> ▪ Angle and distance of support changes depending on pressure on ball ▪ Recognition of numbers in attack and in defense ▪ Does player with ball have adequate help ▪ Transition
<p>GAME – TWO GOALS</p> 	<ul style="list-style-type: none"> ▪ Play 4v4 + GK's ▪ No condition on players 	<ul style="list-style-type: none"> ▪ Observe to see if 1st attacker has adequate support ▪ Attack as a unit and stay connected ▪ Movement off ball