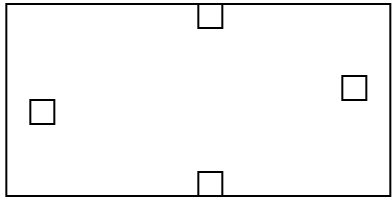
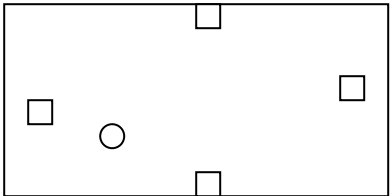
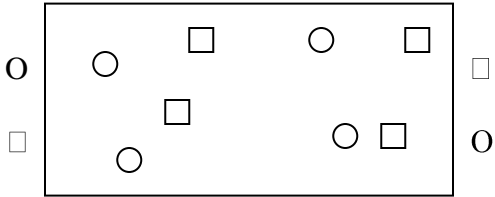
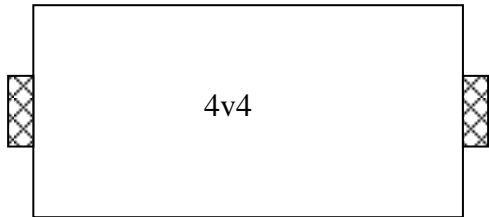


Name: Jeff Hopkins

Topic: U10 Team Shape

<p style="text-align: center;">Windows</p> 	<ul style="list-style-type: none"> ▪ Make groups of 4 players (25 x 40) ▪ Players have one ball and look to pass and move inside space ▪ Stretch ▪ Add second group so 2 groups are working inside same space each with their own ball 	<p style="text-align: center;">KEY COACHING POINTS</p> <ul style="list-style-type: none"> ▪ Get in line of the flight of the ball ▪ Support angles ▪ Movement off of the ball ▪ Body shape ▪ 1st touch ▪ Keep wide ▪ Have length ▪ Depth
<p style="text-align: center;">4v1</p> 	<ul style="list-style-type: none"> ▪ Play 4v1 in a rectangle ▪ At first play one player as defender continuously ▪ Advance to the defender holding vest, on winning ball, drop vest and transition ▪ Look to play out of pressure ▪ Possess and look to penetrate <u>Add 2nd defender upon success</u> ▪ 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