



# Tactics Manager

**Date:** 20/08/18

**Duration:** 1:00 hour

**Time:** N/A

**Age/Level:** U5 - U10

**Session** Increase the comfort of the players using

**Objective:** attacking moves

## Attacking Moves 2

### Ball Mastery Boxes Warm Up 2



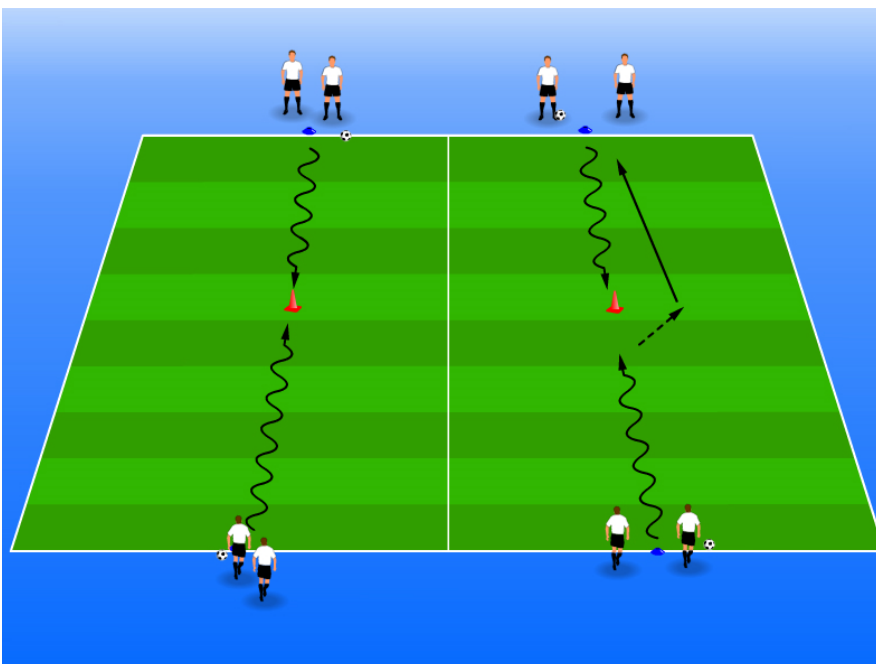
#### Description:

1 box per player Encourage players to work at their own speed to ensure repetitions of the correct technique Ensure ALL exercises are done using both feet Exercise: Rolls alternate feet, push pulls (same foot, progress to switch foot), Inside foot shuffles moving forwards and backwards. Each exercise 4 times. 4x30 seconds. Duration: 10 minutes

#### Coaching Points:

Light on feet. Be on balls off feet as often as possible to encourage explosive push offs and being in the ready position with the ball.

### Attacking Moves 2 Technical Repetitions



#### Description:

Players at the front of lines go at the same time. All go same directions to ensure no collisions. Dribble to central cone and do move before cone. Cone represents a defender Do all moves using both feet. Moves: Outside Roll, Scissors, Messi, Iniesta Shuffle. Duration: 20 minutes

#### Coaching Points:

Change of Speed & Direction In slow out fast Push ball at diagonal to ensure change of direction but still going forwards with the ball Bend knee's when landing with moves to get power on spring off into acceleration



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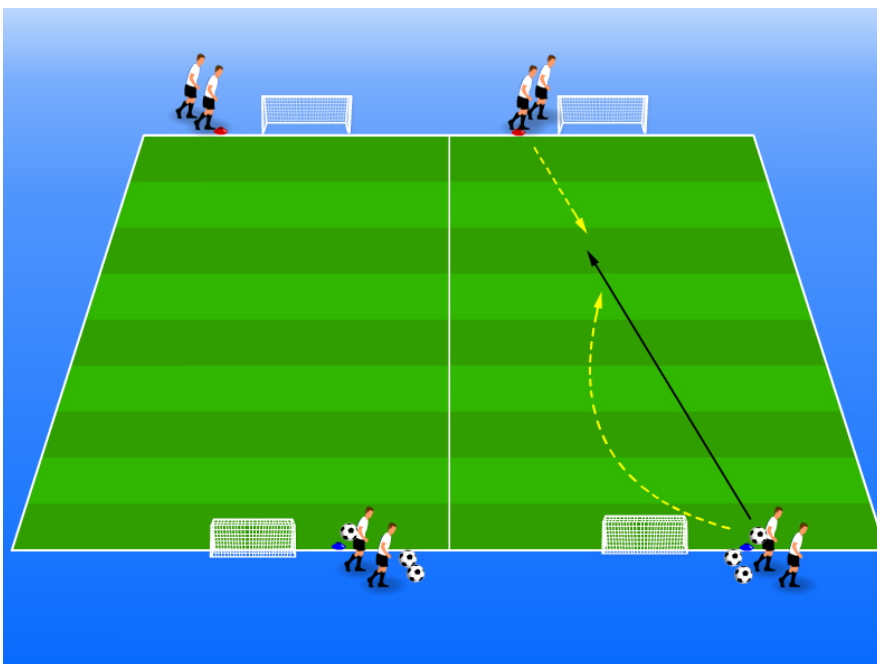
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## Attacking Moves 2

### 1v1 - Games



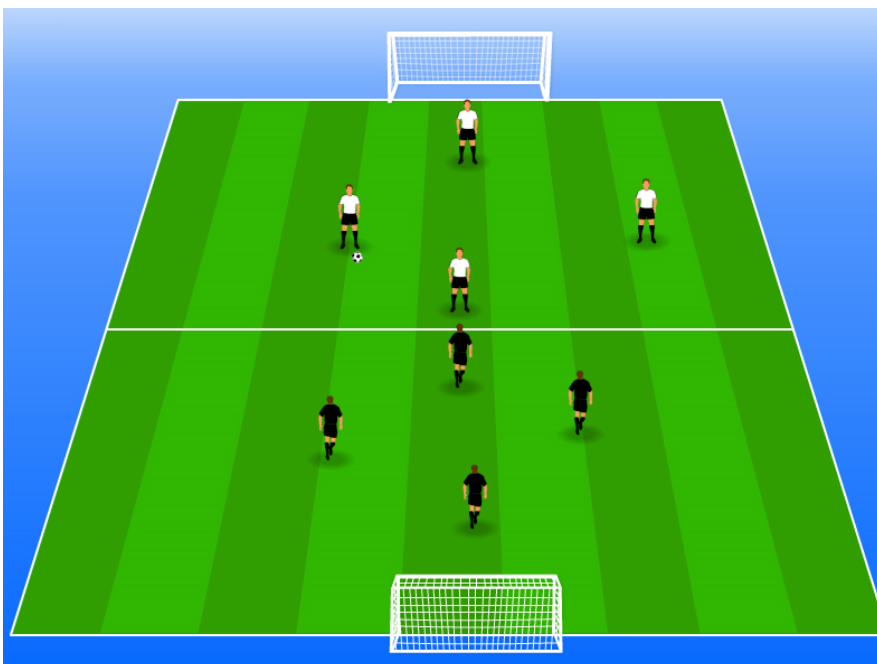
#### Description:

1v1 Games One player passes out to the player at the opposite end of the field. Player who passes moves out to become defender Receiving player becomes attacker Aim is to score in the opposite goal from where recieved the ball. Duration: 20 minutes

#### Coaching Points:

Change of speed & Change of Direction In slow, out fast Accelerate into the space after performing attacking move Keep the ball moving

### Game



#### Description:

Free Play Game. Duration: 20 minutes

#### Coaching Points:

Encourage creativity Praise good ideas and good practice Play game realistic rules