



Tactics Manager

Date: 20/08/18

Duration: 1:00 hour

Time: N/A

Age/Level: U5 - U10

Session Learn different ways to turn with the ball

Objective:

Turns

Ball Mastery Boxes Warm Up 2



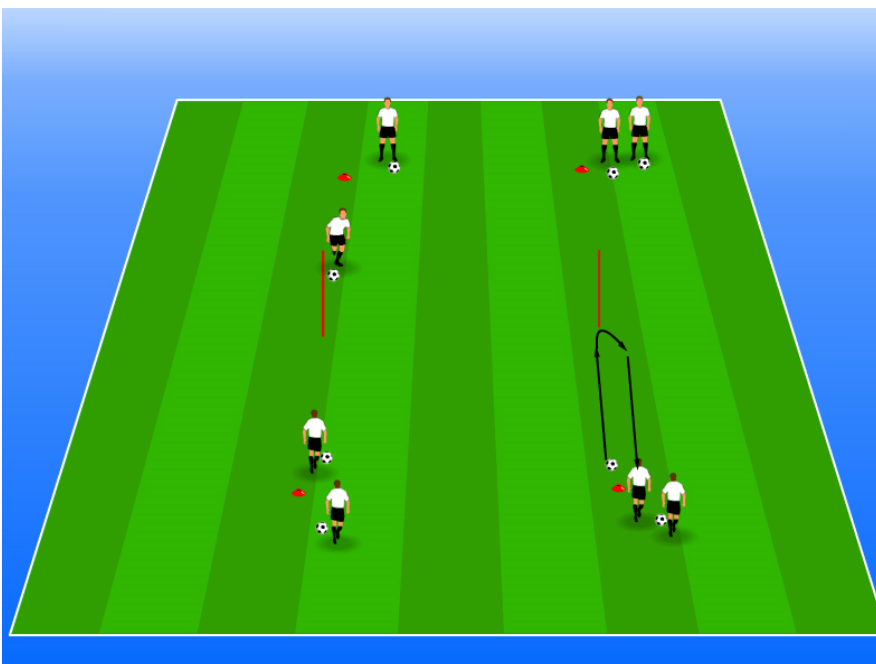
Description:

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.

Turns Technical Repetitions



Description:

Players take it in turns to dribble up to the flag and practice their turn. Turns to work on are: 1) let players create and think of ways to turn. 2) Pull Back 3) Inside hook 4) Outside hook. Duration: 20 minutes

Coaching Points:

Small controlled touches on the way to the flag. Pull back turn: Turn direction where can still see the ball which also protects the ball. Use ball of foot to pull it back, bend knee and push off for speed in turn. Inside hook: Get low, turn inside, keep toes pointing up as turn and push through center of the ball. Outside hook: Keep toes up, turn outside of body, get passed the ball to ensure hook it straight back in desired direction



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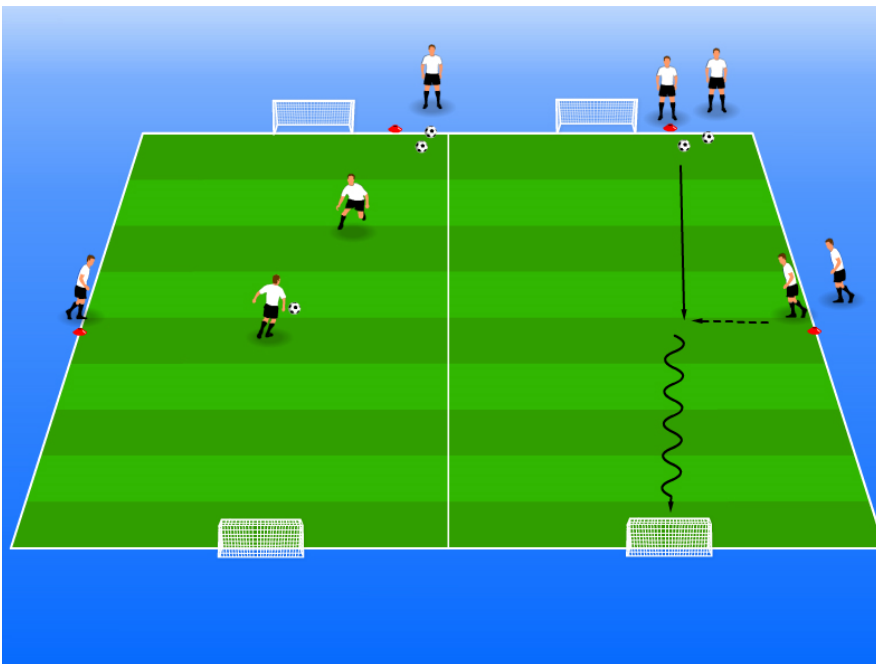
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Objective:

Turns

Turns with Defenders



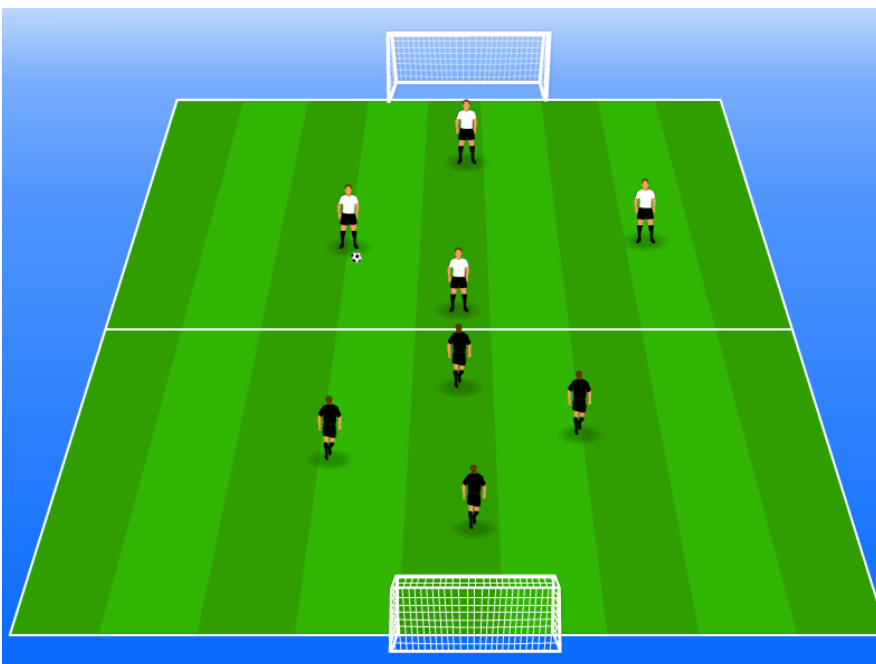
Description:

Players on side of area, enter area before receiving the pass from the defending player. Defender can press the ball after attackers first touch. Attacker must turn and score in the goal. If defender wins the ball, they can score in the goal next to where they started. Duration: 15 minutes

Coaching Points:

Choose appropriate turn to keep the ball away from the defender. Accelerate towards the goal after turning. Keep ball under control when turning. Encourage creativity on the ball when turning. Keep scores and move players up or down fields when appropriate.

Game



Description:

Free Play Game. Duration: 20 minutes

Coaching Points:

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