



Tactics Manager

Date: 20/08/18

Duration: 1:00 hour

Time: N/A

Age/Level: U5 - U10

Session Increase players confidence in attacking 1v1

Objective: scenarios

Attacking Moves 1

Ball Mastery Warm Up



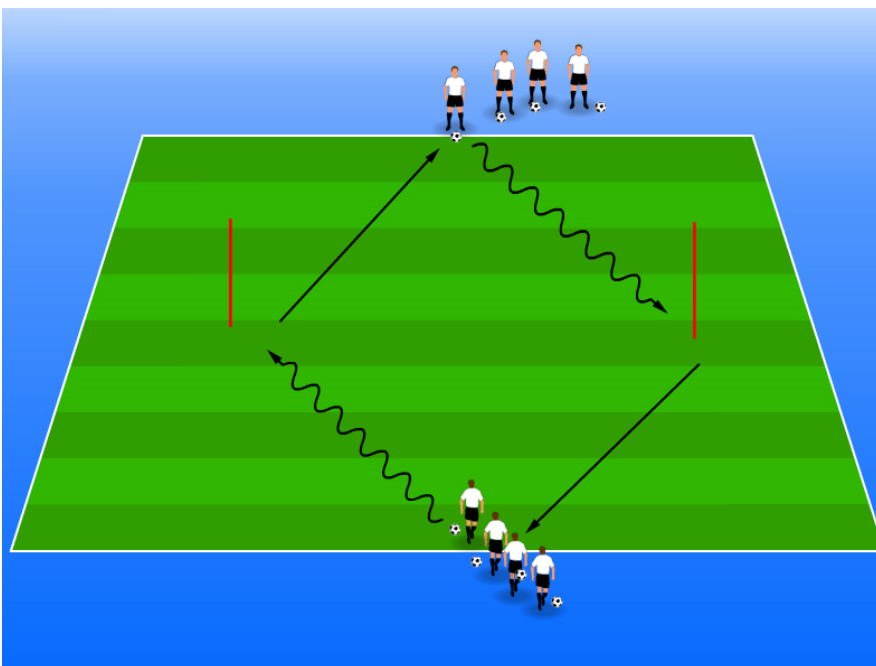
Description:

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: Toe Taps Toe Taps - Forward, Backwards Inside Toches (OKA. Tick Tocks, Penguin shuffles) Do each exercise 4 times, 30 seconds for each go. Have children keep count of their repetitions so they can try and beat their score. 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 - Technical Repititions



Description:

Split group up into equal lines. No more than 4 players per line when possible. Players will do each move on the flag, then accelerate to the other line. Do move using BOTH feet Moves:- 1) Body shift, 2) scissors, 3) V Drag 4) Reverse V Drag 5) Free Practice using any footskill learnt. Duration: 20 minutes

Coaching Points:

Ensure accalcerating away after performing footskill Controlled approach Dribble with the correct foot before performing footskill so don't have to reach across body Exaggerate moves to unbalance defender



Tactics Manager

Date: 20/08/18

Duration: 1:00 hour

Time: N/A

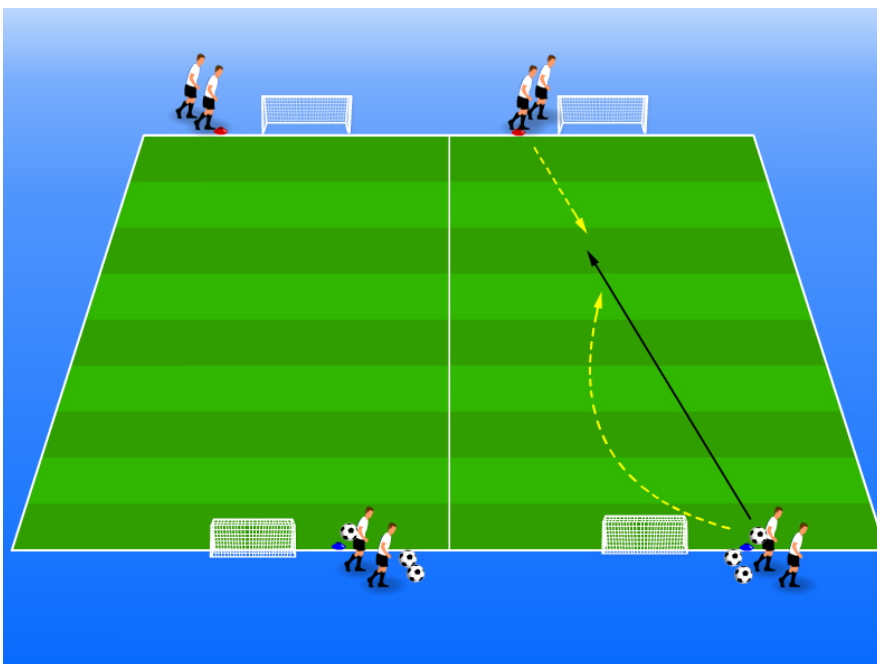
Age/Level: U5 - U10

Session Increase players confidence in attacking 1v1

Objective: scenarios

Attacking Moves 1

1v1 - Games



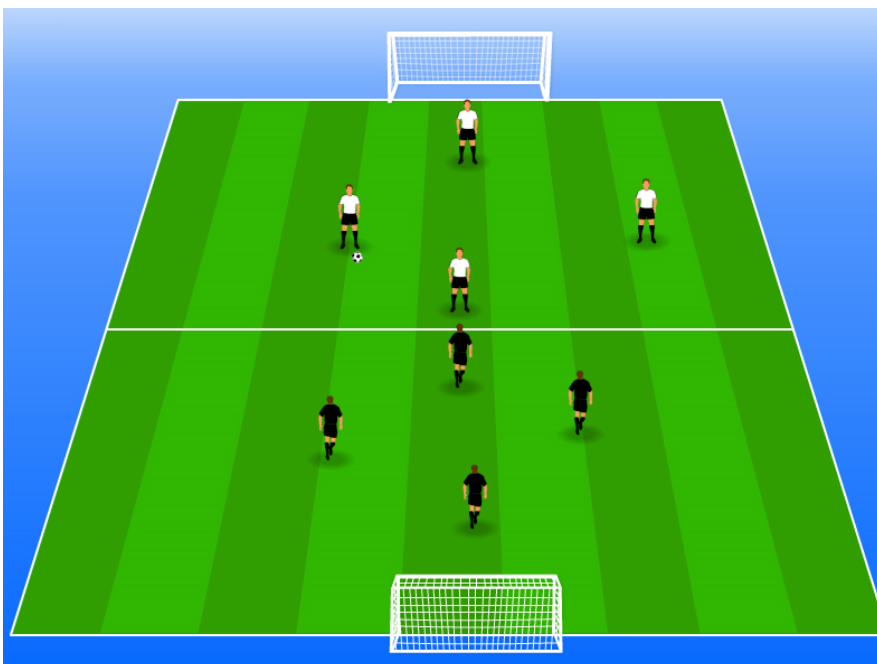
Description:

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