



Tactics Manager

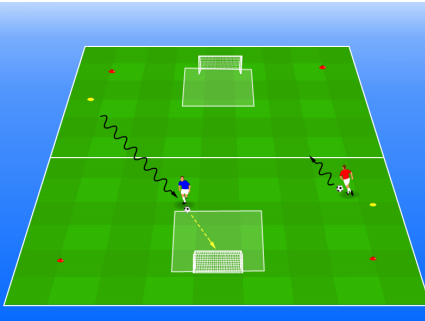
Date: 6/04/20
Time: N/A

Duration: 1:00 hour
Age/Level:

Session
Objective:

Building Up Play, Dribbling

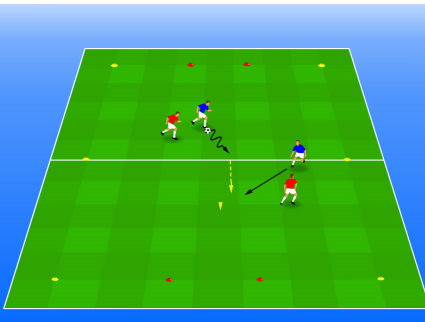
1v1 Transition



Objective: Transition from offense to defense quickly. Key words: Attack with speed.

Description: Set up an area with small goals on either end. One the sides are dribbling unopposed to score in the small goal on opposite end of the area. Player 1 scores, and then player 2 dirbbles out and tries to score a goal, player 1 turns and defends the goal. Cycle continues with attacker immediately becoming the defender each time.

2v2 Warm Up



Objective: When should players shoot? When there is an opening to goal. When should you dribble? When there is space infront of the player, this attracts a defender when you can then pass.

Description: Shoot, pass, dribble forward. Looking to create 2v1 or 1v1 situations. Play with kick-ins, or dribble-ins.

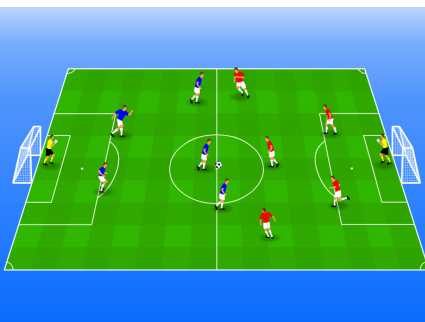
Initation/Build Out Play



Objective: Create situations where the centerbacks can dribble into the midfield and create 2v1 opportunities. Start with no pressure from red team, then allow them to pressure after several rounds

Description: Place the GK, two centerbacks and three attackers on the field for offense (blue team). The GK is looking to pass to a defender, who then dribbles to attract pressure from the forward. The defender should then look to pass to the winger, and they can try and dribble through a cone gate. If the defensive team (red team) wins the ball they can try and score.

Scrimmage



Objective: Look to keep postioning and spacing.

Description: 6v6 scrimmage.