



Tactics Manager

Date: 6/04/20

Duration: 1:00 hour

Session

Time: N/A

Age/Level:

Objective:

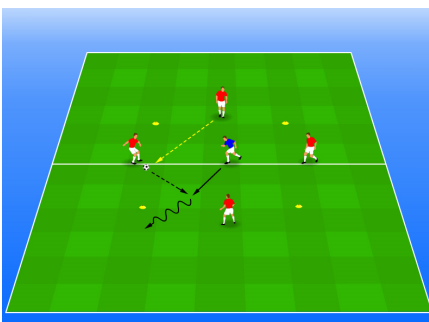
Defending

1v1 Defending from Behind



Description: Players stack themselves about three yards apart. The coach passes the ball into the offensive (red) player who turns and tries to dribble and score through a gate goal. The defensive (blue) player is tracking down the player and trying to get goal side to win the ball. If he wins the ball he can pass to the coach.

4v1



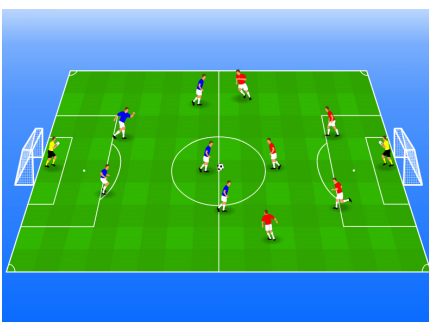
Description: Players circulate the ball among one another, passing only left/right and not across the box. The defender in the middle tries to recover the ball and dribble outside the box. If the defender wins and dribbles outside the box on a side, that player now becomes the defender in the middle.

Defending Build Out Play



Description: In one half of a game sized field, the attacking team set up with a GK, 2-3 formation. Play starts with the GK, and the play to a CB. The red team should shift their players to cut off passes to anyone but the blue forward where the solo red CB can win the ball/intercept the pass. Blue is looking to score through the gates and if red wins the ball, they can score on the goal.

Scrimmage



Description: 6v6 scrimmage.