



Tactics Manager

Date: 22/03/20

Duration: 1:00 hour

Session

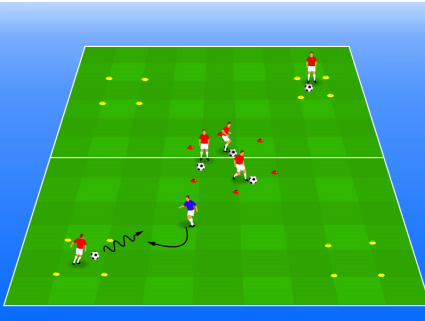
Time: N/A

Age/Level:

Objective:

Defending

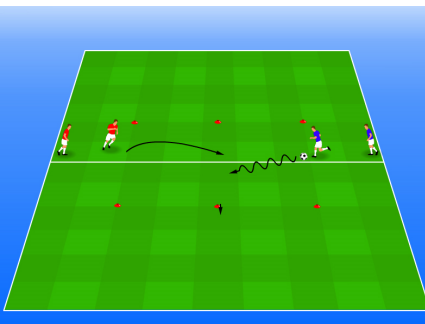
Jailbreak - Defending



Description: One or two defenders is trying to keep players in jail (middle circle of cones). Two attacking players are trying to dribble in to tag and free their teammates. Boxes on the fringe are safe zones. If the attackers free their teammates, they must try to get to the safe zones.

Coaching Points: Angled approach from the defender. Block tackles to steal the ball.

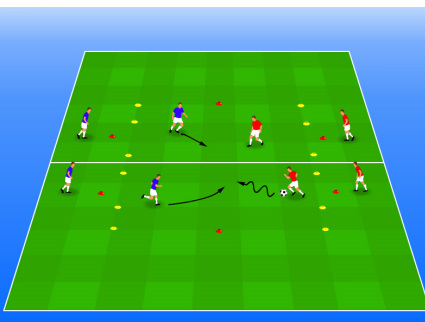
1v1 Defending



Description: 1v1 defending. Player with the ball is trying to dribble across the opposite endline. Defender is looking to force the player in one direction and out of bounds. If defender wins the ball, they are trying to get across the endline.

Coaching Points: Curved run to approach the defender. Angle body sideways to force player in certain direction.

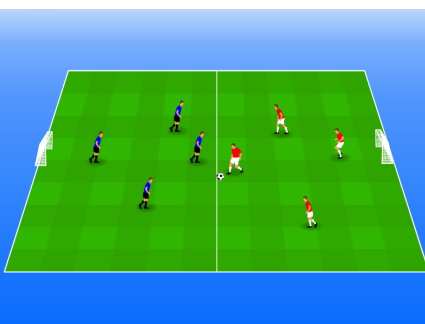
Practice Title



Description: 2v2, with each team able to score on three goals.

Coaching Points: Focus on defenders, get them to work together and force the players to one goal.

Scrimmage



Description: Four versus four scrimmage.