



Tactics Manager

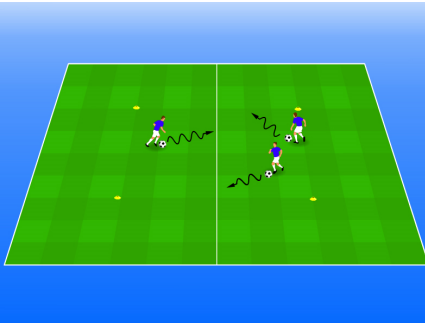
Date: 22/03/20
Time: N/A

Duration: 1:00 hour
Age/Level:

Session
Objective:

Dribbling, Change of Direction, Turning

Practice Title

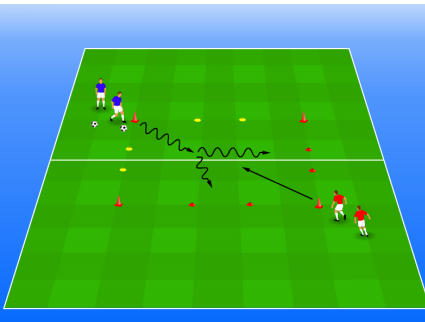


Description: Warm up activity. Each player should have a ball.

Coaching Points: Use different commands to move players around the grid.

- Dribble fast
- Tip-toe touches (slow)
- Toe touches (tap the top of the ball with the sole of the foot)
- Freeze (stop the ball with the sole of the foot.)
- Outside turn (use pinky toe to turn in a 180)

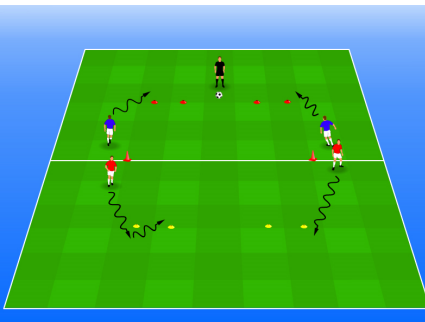
1v1 Change of Direction



Description: 1v1 change of direction activity.

Coaching Points: Players should dribble straight at the defender to allow both gates to be an option to score on.

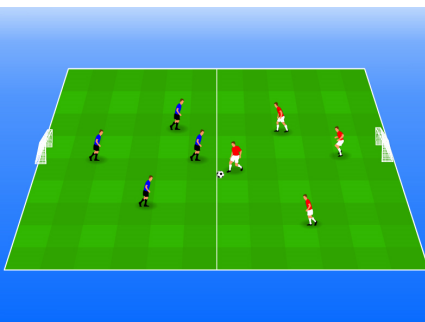
2v2 Change of Direction



Description: 2v2 Change of Direction

Coaching Points: As players try to go toward one goal, remind them that they can switch the field and try and score on the other one.

Practice Title



Description: Four versus four scrimmage.