



# Tactics Manager

**Date:** 9/Jun/2017

**Duration:** N/A

**Time:** N/A

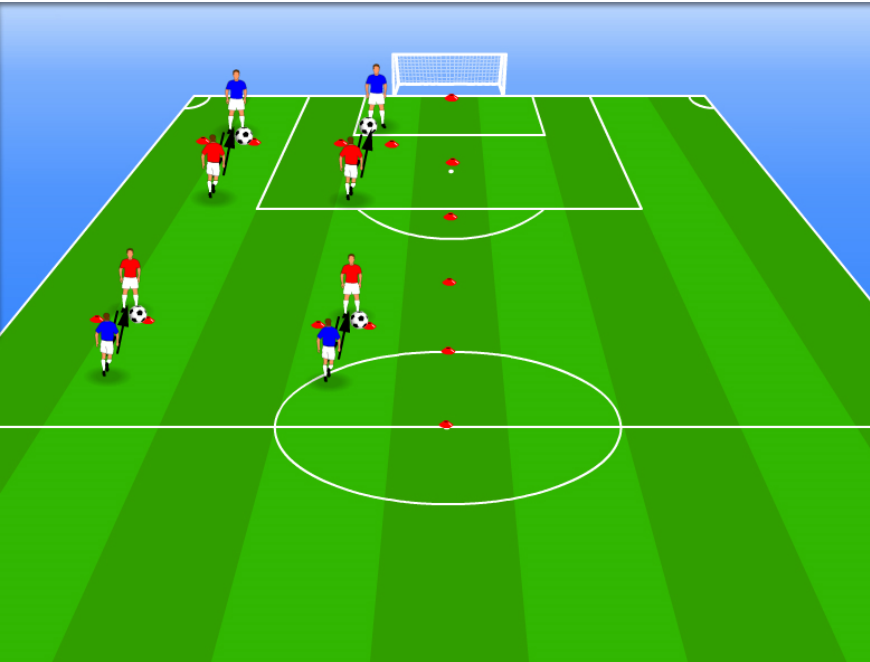
**Age/Level:**

**Session**

**Objective:**

## u7 - u12 coach clinic sessions

### Technical warm up



#### Description:

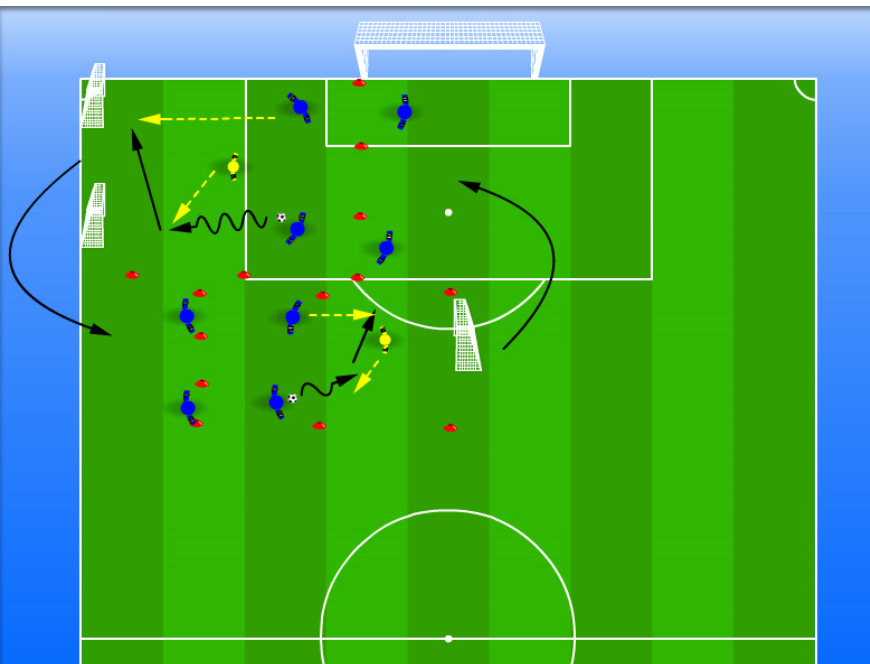
Players in pairs work at a gate, passing back and forth. Pass must go through the gate. On the coaches command, inside (red) players turn and find a new person to work with. Switch inside and outside players after a minute.

Progressions: right foot passing, left foot passing, alternating feet, sole passes, inside and outside touches to shift ball around the gate. Progression: have outside player enter the field past the inside player with a skill, find new partner. Inside player moves to outside

#### Coaching Points:

Players on toes, step into the pass, T shape feet when passing, middle of the foot, middle of the ball DEMO!!

### Pass or dribble skill wave



#### Description:

Two fields side by side with goals at opposite ends. Players attack 2v1 against the yellow defender at the 2 goals. If they score or the defender manages to pass the ball back to the next blue pair, their game is done and they move laterally to the next field. They then play on the 1 goal field. Change defender every 2 minutes.

Progression: after everyone has defended, have two defenders per game to play 2v2

#### Coaching Points:

Attack with speed, if defender closes me down can I pass? Is my partner in a better position? Can I beat the defender with a pass?

Encourage using the space (width) and positive off the ball movement (run in behind)

Combination moves: wall pass, overlap



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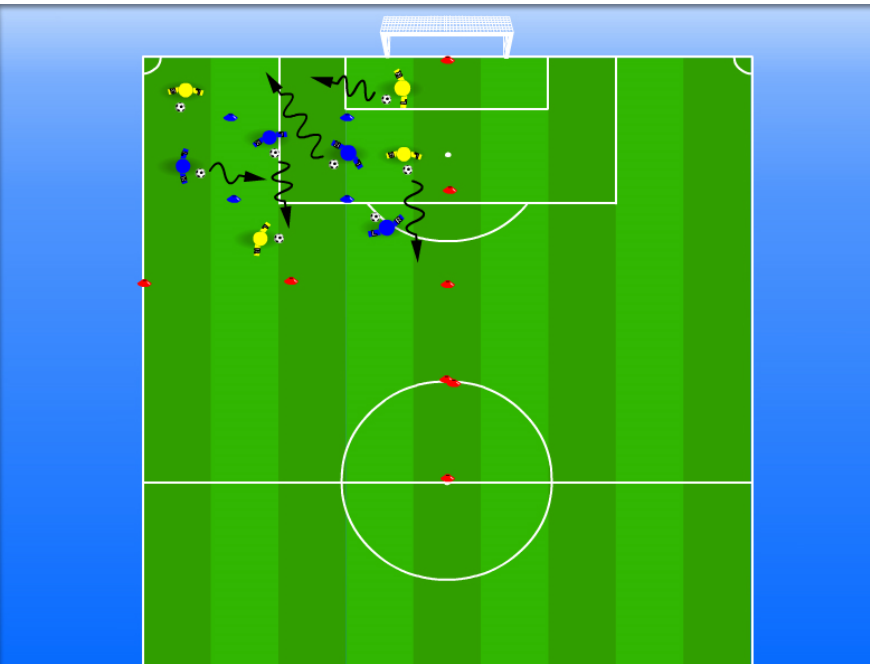
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### HL Plus dribbling technical magic box



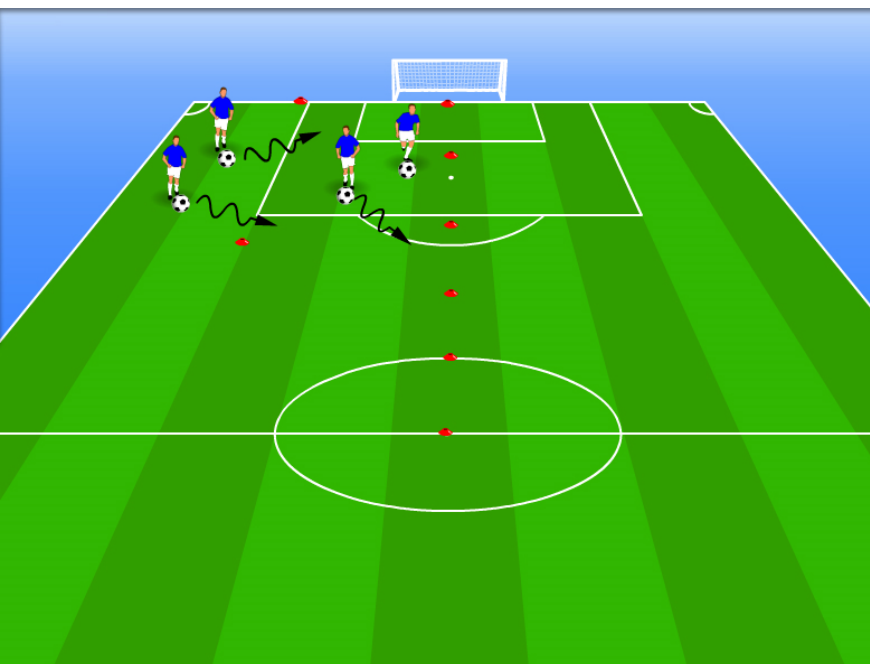
#### Description:

Have group split and numbered 1 or 2. Players dribble around the outside of the magic box. When coach shouts a number, players dribble into the box, perform a skill and leave the box as quickly as they can. Skills: shoulder drop (step behind ball one way, outside of opposite the other way), scissor (step over ball from in to out one way, outside of opposite the other way), roll step push (roll across body, use inside of opposite foot to go out the other way), ronaldo chop (hop past ball with one leg, use inside of other foot to chop ball behind front leg)

#### Coaching Points:

Small touches, heels off the ground, knee and chest over the ball, head up scanning for spaces. Encourage using both feet, moving into space, not using their stronger foot if it will put them into another players space. Progression: give each skill a number, coach shouts the teams number and then the skill number. Then flip the numbers (1 and 3 switch, 2 and 4 switch)

### Technical warm up



#### Description:

Technical: Ball each, players dribbling around a 20x20 area. Coach demo each dribbling technique before giving commands for players to react too. #1 - right foot laces, #2 - left foot laces, #3 - inside bounces, #4 - sole rolls

Coaching points: heel off the ground, on toes, knee bent, chest over the ball, small touches

#### Coaching Points:

Progression

Technical: switch call #1 with #2, switch call #3 with #4. For older u10+, #1 is inside outside right foot, #2 is inside outside left foot, #3 add a sole roll, #4 is backwards sole dribbles