



Tactics Manager

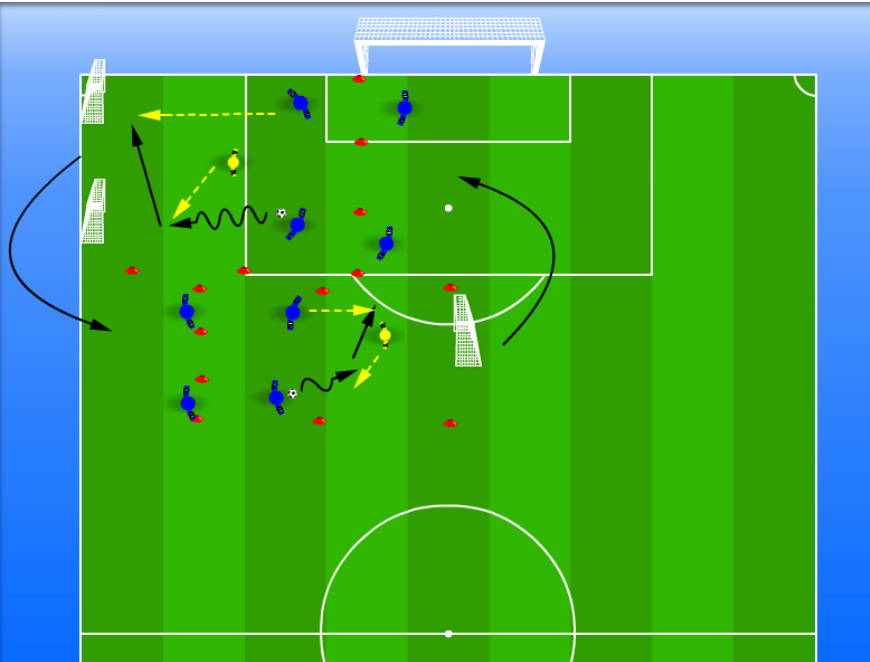
Date: 16/May/2017
Time: N/A

Duration: N/A
Age/Level:

Session
Objective:

20 minute sessions - Attacking and Shooting

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

Shooting wave practice



Description:

Split group over two sides of the goal, with two manequin/dummy defenders.

- 1) Player comes off the back of the closest defender and signal for the ball
- 2) Ball is played between the two defenders for attacker to shoot. Passer follows their pass as the next shooter
- 3) Once attacker has shot, they switch with the manequin they ran around, the manequin drops out to the back of their sides line

Coaching Points:

Session should keep flowing and rotating quickly. Focus on hitting the targets (corners) with different techniques (inside foot, laces, creative finish).

To progress, keep the same set up but move out to the next sets of cones near the edge of the box.