



# Tactics Manager

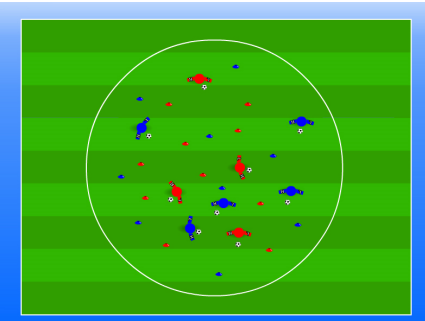
**Date:** 18/04/18  
**Time:** 01h 00m

**Duration:** N/A  
**Age/Level:** U5 - U7

**Session**  
**Objective:**

## Active Start session 2

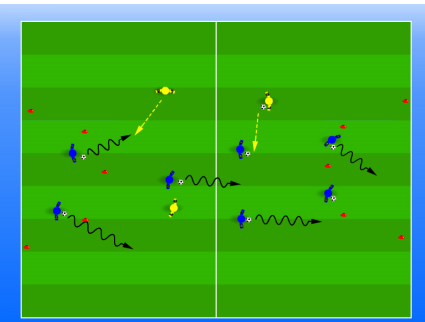
### Follow the leader



**Description:** Physical literacy: players start without a ball. The leader can hop, skip, jump, roll, crawl and the follower must copy exactly.

Players are in pairs or can work with a parent. The leader dribbles around the area with their ball while the follower stays as close to them as they can. The closest follower gets a point. Encourage players to dribble round obstacles to slow down the follower and to use different foot parts or moves (toe taps) too slow them down.

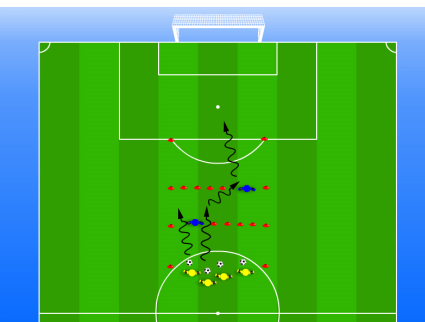
### Foxes and farmers



**Description:** Pick three or four players to be farmers, the rest are foxes. The foxes start in one end zone and must get to the far zone without the farmers catching them (tagging their shoulder). If they get caught, they become a farmer and help catch the other foxes. Progression: give everyone a ball, farmers still tagging. Then take farmers ball away, everyone is still tagging. Start giving points for the faster dribbler who is under control.

**Coaching Points:** Small touches, on our toes, knees bent, scanning/head up when dribbling.

### Gladiator



**Description:** Select two Gladiators to guard the gates. The other players must try to evade the gladiator and get to the far side of the guantlet. If they manage it, they get a point and can go back through from the start. If a Gladiator tags a player they must go back to the start and begin again without gaining a point. Play for two minutes then switch Gladiator. Progression: players must dribble a ball and the gladiator is trying to tackle them.