



Tactics Manager

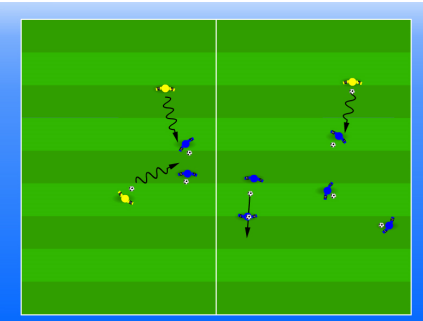
Date: 18/04/18
Time: 01h 00m

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

Session
Objective:

Active Start session 4

Stuck in the mud

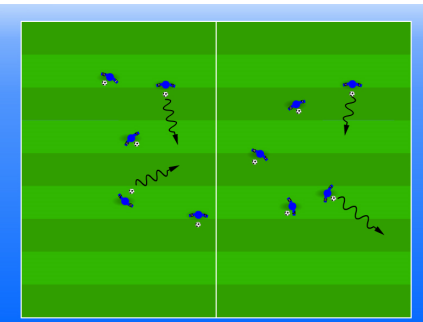


Description: Physical literacy: Pick three or four players to be the mud monsters. The mud monsters try to tag the other players. If they get caught, they stand with their feet apart, stuck in the mud. Other players can unlock them by crawling through their legs or tapping both their shoulders if they don't want to crawl.

Progression: give everyone, including mud monsters a ball. To be freed, another player has to pass the ball between the caught players legs. Then, take the mud monsters ball away so it is easier for them.

Coaching Points: Small touches, on our toes, knees bent, scanning/head up when dribbling. T shape when passing, inside of the foot

Traffic lights

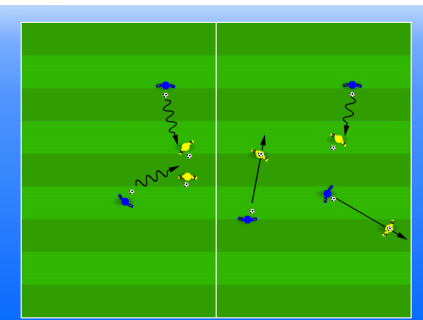


Description: Every player has a ball and dribbles around an area. The coach either hold up a cone (red, yellow, green) or shout the colours. RED = Stop, YELLOW = get ready/toe taps, GREEN = go! The players have to react as fast as possible to the shout/cone.

Progression: add the shout "round about" the player must dribble around their parent, a coach or a cone. Add the shout "reverse" the player must try to move backwards with the ball (little ones can pick the ball up and walk backwards). "Roadblock" the player turns to go other way

Coaching Points: Small touches, on our toes, knees bent, scanning/head up

Soccer golf



Description: Player works in pairs or with their parent. The player follows partner around trying to keep as close as they can, parent or leader must get away. When coach yells "STOP!" the leader faces their child/partner, picks their ball up and holds it in the air with their feet spread apart. The follower tries to pass their ball between the leaders feet. One point if they manage it, then switch roles.

Coaching Points: Small touches, on our toes, knees bent, scanning/head up when dribbling. T shape when passing, inside of the foot