



Tactics Manager

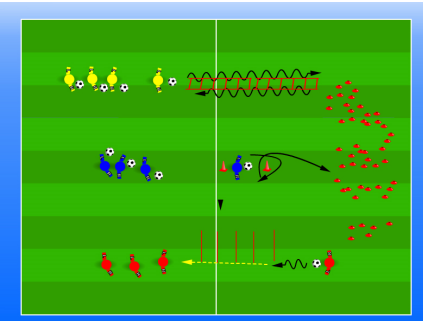
Date: 18/04/18
Time: 01h 00m

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

Session
Objective:

Active Start session 5

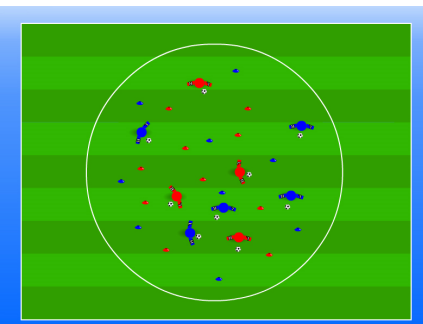
Wacky Races



Description: Physical Literacy: Players in three or four teams, they race to grab a cone then bring it back to their team, high five the next player before they can go. Have different obstacles per race or per line depending on amount of equipment. Teams can rotate through each line.

Progression: add a ball that the player must dribble.

Volcanos and Craters



Description: Two teams, one is craters, one is volcanos. Players dribble their ball around the area looking for cones on the floor and turning them over to either make a volcano or a crater, depending on which team they are.

Space invaders



Description: Split group into two teams, balance some balls on the centre cones and have each player grab a ball for themselves. Try to make sure centre balls and individual balls are different (either size or colour). Players on the outside shoot their balls into the asteroids in the middle, trying to knock the asteroid into their opponents space ship. If the asteroid crosses the oppositions end line, the other team gets a point. If an asteroid stops before it crosses the line, it stays where it is but can still be hit. Play until all asteroids have been fired into a ship.

Coaching Points: Players can go into the centre to collect a ball, not one that is an asteroid though. Players can only use their ball to block an asteroid, not their feet or hands. Players can not cross the centre line to collect a firing ball, they must wait until one crosses into their zone.