



Tactics Manager

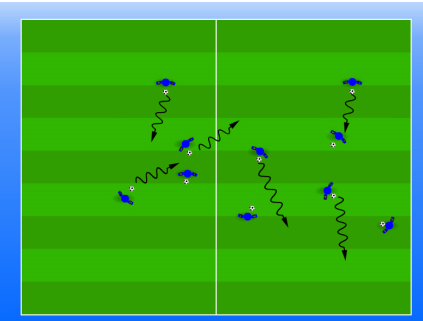
Date: 18/04/18
Time: 01h 00m

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

Session
Objective:

Active Start session 1

Body parts



Description: Physical Literacy: Have players run, skip and hop around the area with ball in their hands. When the coach shouts a body part, the players must put the ball on that body part.

Players all have a ball and dribble around the area. When the coach shouts a body part out, the players have to touch it too the ball. If players don't want to drop down onto the ball, have them stop it with their foot and point to the body part.

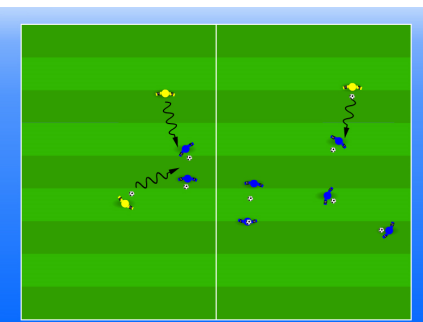
Coaching Points: Small touches, on our toes, knees bent, scanning/head up when dribbling.

Duelling Dragons



Description: Three or four teams depending on numbers. Each Dragon has an egg (ball) in their lair. When the coach calls, Dragons can go and steal eggs from the other lairs, one at a time. They must dribble them back not carry them.

Donkey tails



Description: Donkeys have a ball each and tuck a donkey tail into the back of their shorts. They try to stay away from the cowboys who look to take the donkeys tails. If a donkey loses its tail they help the cowboys catch the other donkeys.

Progression: have the cowboys control a ball whilst chasing

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