



Tactics Manager

What We Are Learning - Week 1 Legacy ADP



Date:	6/Sep/2016	Measurement:	Select Pitch Area
Time:	N/A:N/A	Players:	0
Duration:	N/A	Level:	U5 - U10

Objective: Improve our dribbling skills and comfort with the soccer ball at our feet. Introduce team shape.

Description: Technical - Dribbling skills. Introduction to 1v1 moves to beat defenders. Getting comfortable with the soccer ball at our feet.
Tactical - Attacking. Looking to exploit space on the field. Team shape in 4v4 format. Getting head up to make a good decision.
Physical - Balance and coordination.

Coaching Points:

Progression: