



What We Are Learning - Week 8 Legacy ADP



Date:	24/Oct/2016	Measurement:	Select Pitch Area
Time:	N/A:N/A	Players:	0
Duration:	N/A	Level:	U8 - U10

Objective: Improve our ability to stay organized through looking at our position on the field and our teammates position on

Description: Technical - Continue our focus on attacking while touching on the first defender and their job- pressuring the ball
Tactical - We will focus on trying to play quickly when the ball is put back in play. Work on playing in "your space" and not closing down a teammates space.

in. Defensive side - who is closest to the ball?

Physical - Balance and Coordination

Coaching Points:

Progression: