



## What We Are Learning - Week 8 Legacy ADP



<b>Date:</b>	24/Oct/2016	<b>Measurement:</b>	Select Pitch Area
<b>Time:</b>	N/A:N/A	<b>Players:</b>	0
<b>Duration:</b>	N/A	<b>Level:</b>	U5 - U7

**Objective:** Improve our ability to stay organized through looking at our position on the field and our teammates position on the field. Finding our "shape".

**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. Either dribbling or passing back in. Defensive side - who is closest to the ball?

Physical - Balance and coordination.

**Coaching Points:**

**Progression:**