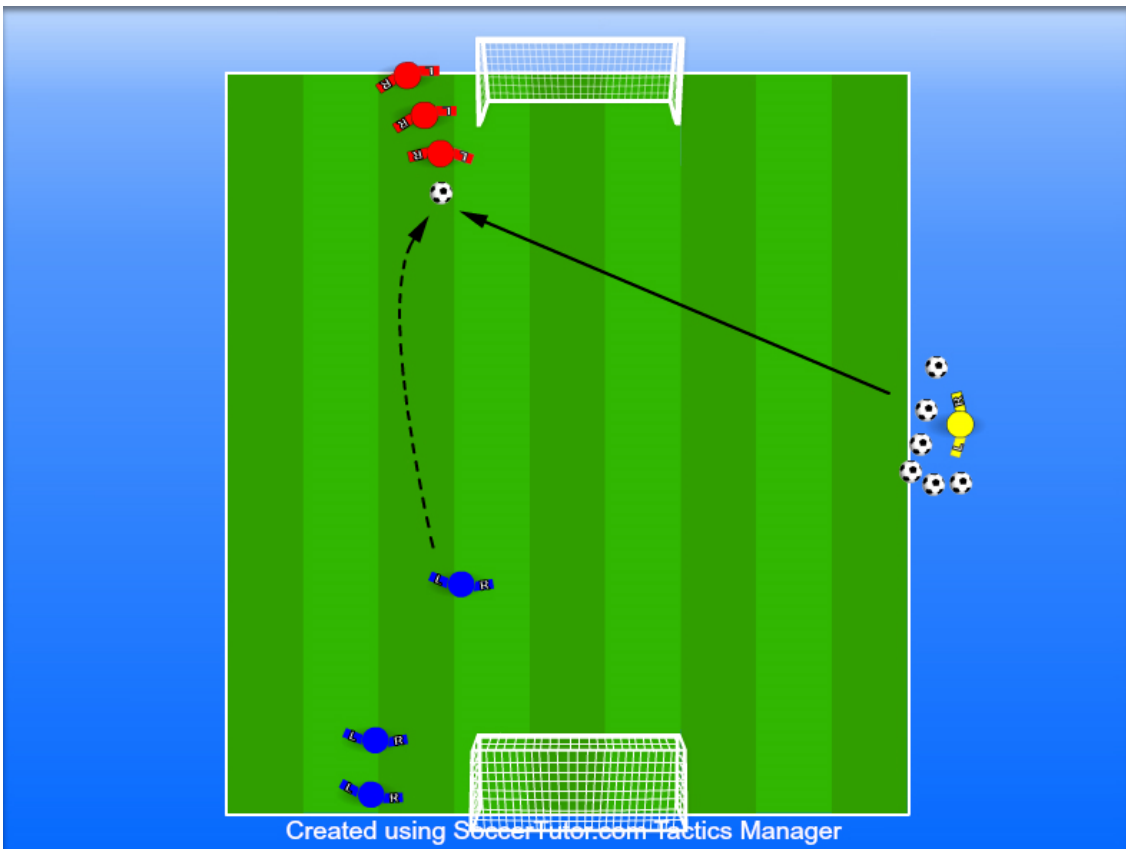




# Tactics Manager

## What We Are Learning - Week 7 Legacy ADP



<b>Date:</b>	17/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 - U10

**Objective:** Improve defending by the first defender. Pressuring defender.

**Description:**

Technical: Focus on defending this week. First person defending. Pressure on player who has the ball. Get close to player but not too close.

Tactical: Can you force the attacker to one side of the field? Angle of approach. Can you keep ball away from the goal?

Physical: Working on ability to pressure attacking player by closing down space and keep player in front of you. Quick stops and starts.

**Coaching Points:**

**Progression:**