



Tactics Manager

What We Are Learning - Week 3 Legacy ADP



Date: 19/Sep/2016

Measurement: Select Pitch Area

Time: N/A:N/A

Players: 0

Duration: N/A

Level: U5 - U10

Objective: Improve our dribbling skills but also start to hone our decision making skills too. Simple - When do I pass? When do I dribble?

Description: Technical - More in depth dribbling skills. Using 1v1 moves to beat defenders. Real focus on change of direction and speed with heads up to see the field. Introduction to inside the foot passing.
Tactical - Introduction to decision making - When do I pass? When do I dribble?
Physical - Balance, coordination, Different movements of body when passing/dribbling

Coaching Points:

Progression: