



# Tactics Manager

## What We Are Learning - Week 2 Legacy ADP



<b>Date:</b>	12/Sep/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 our dribbling skills and comfort with the soccer ball. Introduce team shape (6v6). GK - rolling ball to defenders and playing out of the back, not just punting it forward every time

**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.

Tactical - Attacking. Looking to exploit space on the field. Team shape in 4v4 format. Getting head up to make a good decision. Where do I want to do dribble the ball on the field?

Physical - Balance and coordination - while changing direction and speed in quick bursts

**Coaching Points:**

**Progression:**