



Tactics Manager

Dot to Dot



Date:	8/Mar/2016	Measurement:	20 x 20 Yards
Time:	N/A:N/A	Players:	10
Duration:	N/A	Level:	U5 - U7

Objective: Balance and Co-ordination, passing skills, catching skills, FUN!

Description: Place soccer balls on different coloured cones
Objective is to see how many balls can be moved from 1 cone to another in 45seconds - 1min.
As session goes along ask parents to join in & throw balls to kids, pass balls on floor, one bounce & catch, volleys etc. Colour code the cones and move from one colour to another.
Add a storyline to the session, farmers have planted carrots in wrong field & they need moving etc.

Coaching Points: Basic surface of the foot techniques of passing, how to catch the ball, hand/foot eye co-ordination.

Progression: Make it a competition to see how many they can do in allotted time, and then can they beat it!