



Tactics Manager

Gatecrashers



Date:	8/Mar/2016	Measurement:	20 x 20 Yards
Time:	N/A:N/A	Players:	6
Duration:	N/A	Level:	U5 - U10

Objective: Balance, co-ordination, dribbling & passing skills, FUN!!!!

Description: Players run through as many gates as possible in 45seconds - 1minute.
Challenge players to move through gates in different ways - hopping,skipping,jumping,backwards etc.
Challenge them to see how many they can get through, then beat that score next time!
Introduce soccer ball, how many can they no dribble through?

Coaching Points: For younger ones, all basic movement skills, and learning how to dribble and pass a ball is necessary, help from the parents in how to mover around will be helpful. Older ones can work at skills, tricks, keeping the ball under control whilst moving at speed etc.

Progression: give points for dribbling through different gates, make some smaller & colour code them. How fast can they move through all the gates?