



Tactics Manager

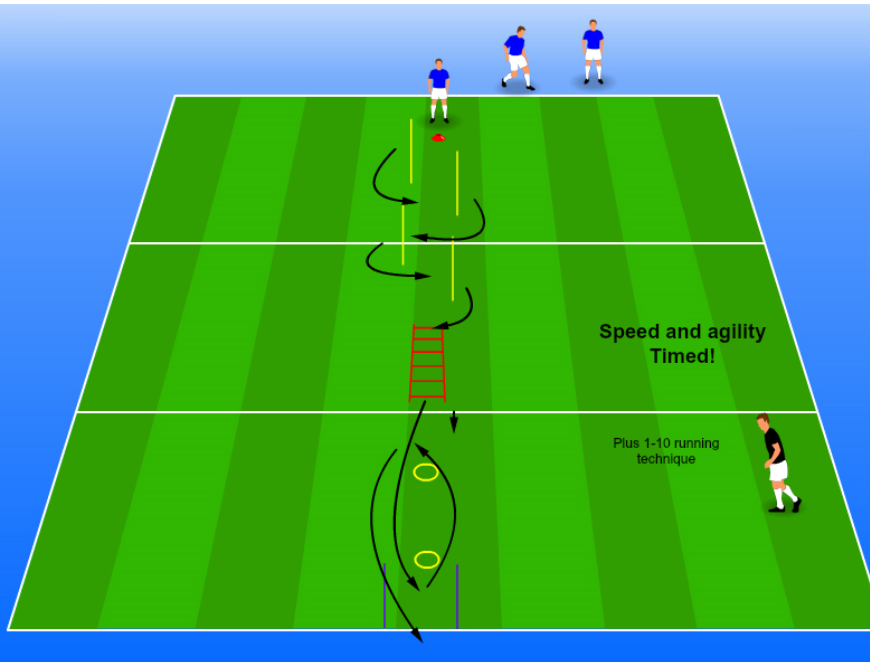
Date: 14/10/19
Time: N/A

Duration: 1:00 hour
Age/Level:

Session Objective:

U8 - U11 Grading day

Exercise 1 U8-U11

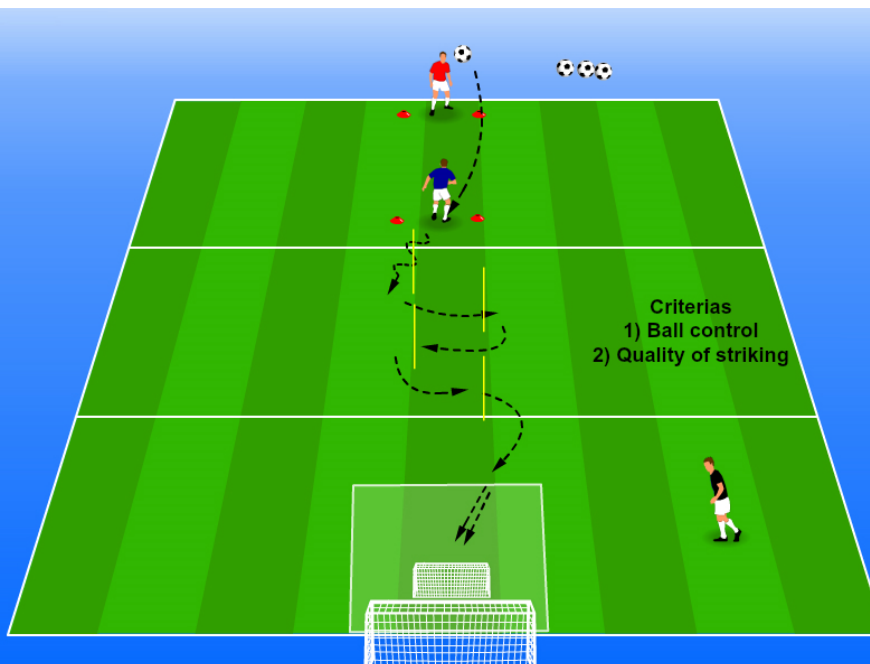


Description:

Coach has stopwatch and players have a timed run. Max 4 opportunities. Each run is under 10s. Combined speed - speed of locomotion + frequency speed + changes of direction + acceleration + deceleration

Grading criterias: 1-10 running technique + time

exercise 2 U8-U11



Description:

Throw - receive - turn - dribble - shoot on target

Grading criterias:
1-10 Ball control
1-10 Quality of strike



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exercise 3 U8-U11



Description:

Free game.

2 coaches assessing rotate teams every 5 min
No set positions, organise yourselves

Grading criterias: 1-10 technique, 1-10 tactics - usage of both feet, ball covering, changes of direction, usage of space, leadership, 1-10 overall impression - active, aggressive + Position recommendation - defense, midfield, attack