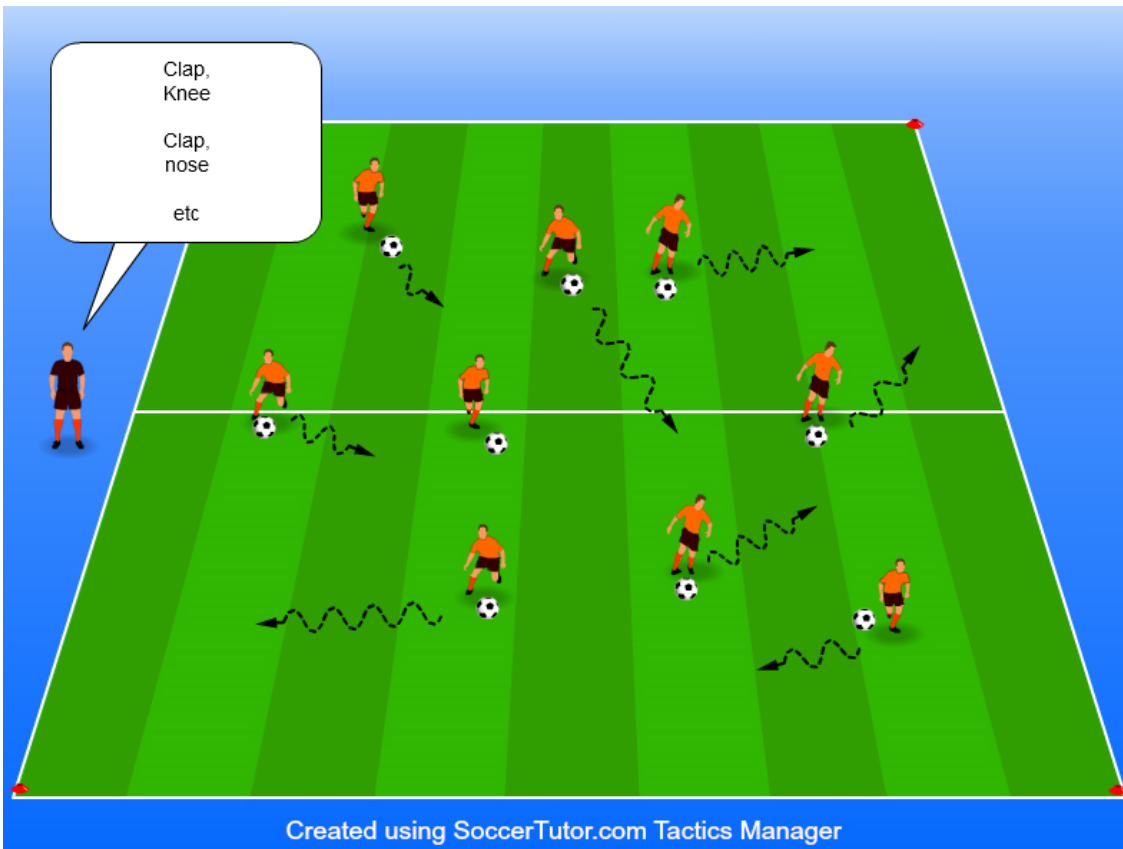




Tactics Manager

Ball control



Date: 22/Apr/2021

Measurement: 20 x 20

Time: N/A:N/A

Players: 9

Duration: 05

Level: U5 - U7

Objective:

Description: Ball control and dribbling in space

Rules:

Coach is regularly giving signals to player what body part they need to use.

Run with the ball- touch the ball with your knee - Run with the ball

Run with the ball-dribble the ball with your knee-Run with the ball

Use other body parts (nose, head, elbow, bottom etc.)

Additions:

Changes of speed,

on a signal you need to exchange the ball with someone

add a "tagger" who is stealing a ball while playing this exercise

Coaching Points:

Progression: