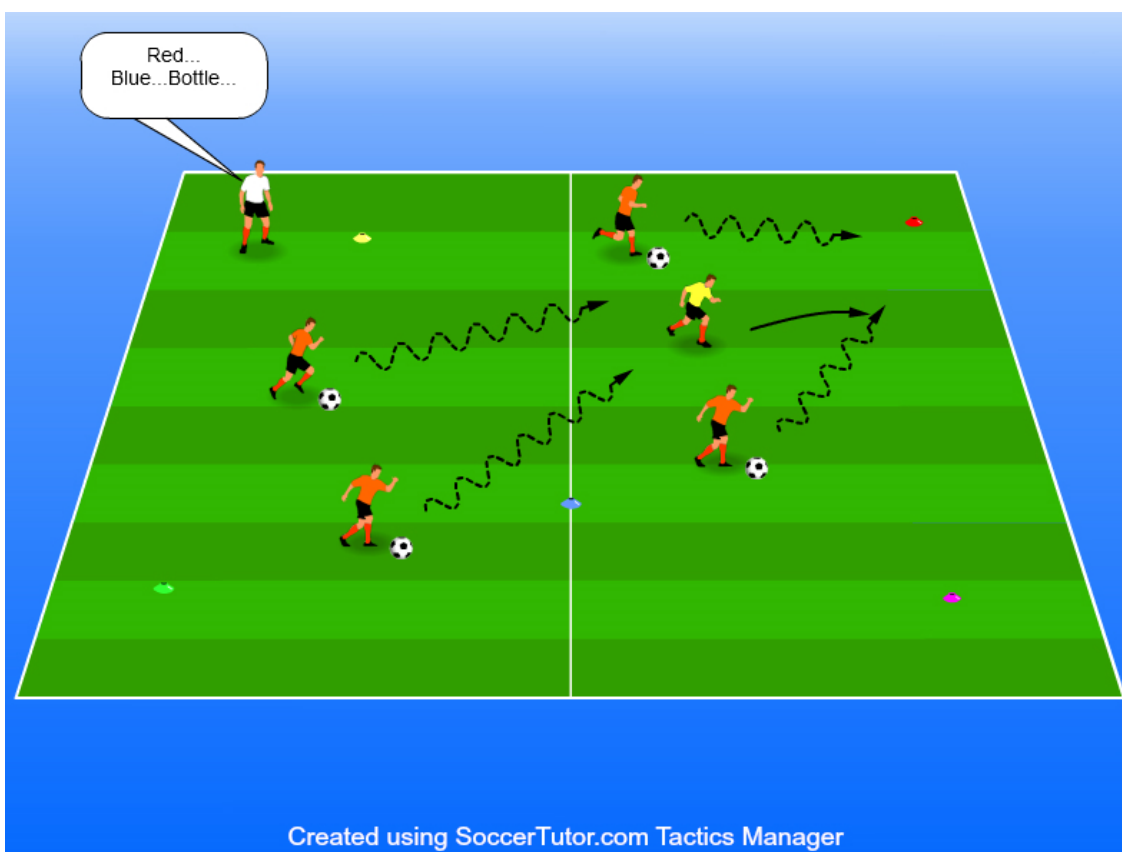




Tactics Manager

Color run with defender



Date: 27/Apr/2021

Measurement: 10 x 10

Time: N/A:N/A

Players: 0

Duration: N/A

Level:

Objective:

Description:

In a space 20x20m spread objects, or colorful cones. Keep saying colors, kids have to run with the ball to the cone (s) with DEFENDER in the way.

Job of defender is to steal the ball and pass it to the coach

Variations:

- 1 color at the time
- multiple colors as sequence
- gates instead of cones to run through
- different types of dribbling
- multiple defenders
- increasing number of defenders

Coaching Points:

Progression: