



Tactics Manager



Coach: Renata Lawson
Club: Copper Mountain Soccer Club
Role: Director of Coaching
Qualf: USSF 'D' (United States)

Date: 12/02/20

Duration: 1:00 hour

Session Change the direction of the ball often to find

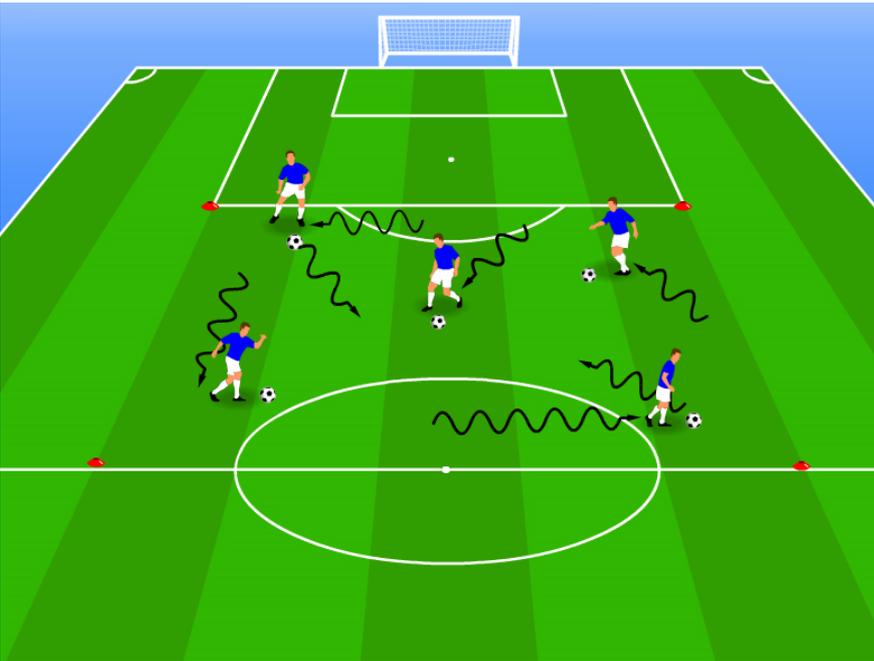
Time: N/A

Age/Level: U5 - U18

Objective: open space

1 -- Playing Away From Pressure

Chop Dribbling Warm Up (4-5 minutes)



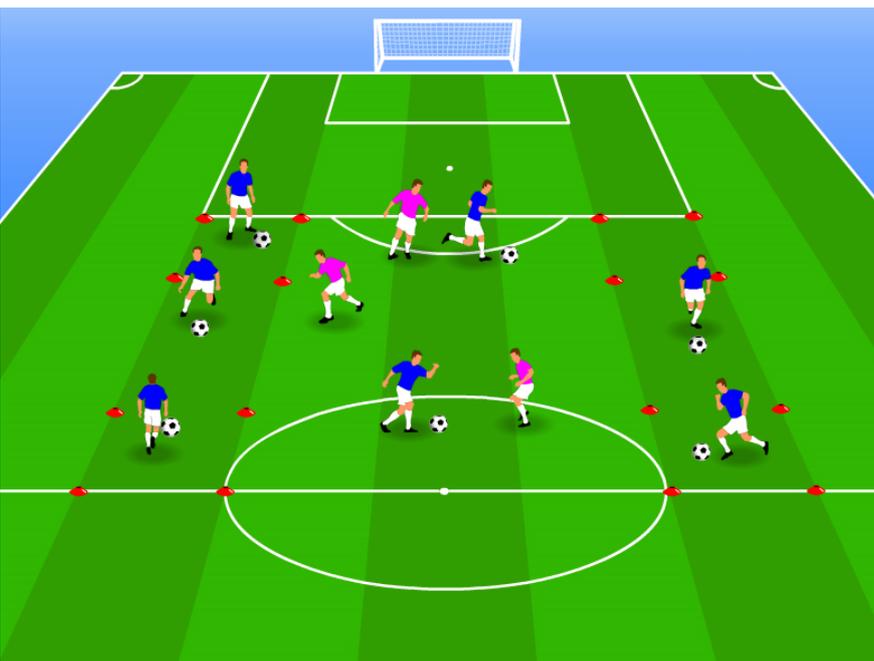
Description:

Every player should have a ball at their feet and practice chopping into the ball to keep it close. After every 3-4 chops players should change direction. Demonstrate pull backs, outside and inside cuts, spins moves, step overs, or any other move to challenge them when changing direction. After 2-3 minutes ask them if they can go faster and still keep control of the ball.

Coaching Points:

Encourage players to chop or push the ball when dribbling instead of kicking it. That visual can help players understand how to control the ball. Remind players to keep their head up as much as possible to see the space around them, notice the direction that other players are moving, and get used to the feel of the ball at their feet.

Running the Bases (10-15 minutes)



Description:

The four bases are each 3 yard squares at each corner of a 20x20 yard square. Two thirds of the players have a ball and are only safe in the bases. However, only one player can remain safe in a base at one time. The player who has been in the base the longest must leave. The other players that do not have a ball try to steal a ball from someone else. If a player goes out of bounds, then they lose their ball to the nearest player without a ball. Increase difficulty by adding more stealers.

Coaching Points:

Remind players that instead of kicking the ball away, they are trying to steal it. They should use any of the moves previously practiced to accomplish this. Players need to be aware of the bases that are open and where pressure is coming from. Encourage constant change in direction as they move with the ball.



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4 Gates (15-20 minutes)



Description:

There are four 6 yard wide gates at the corners of a 30x30 yard square. There are no out of bounds and goals can be scored from either direction. A point is scored by one teammate passing on the ground through any gate and another teammate receives the pass.

Coaching Points:

Players should be looking for an open gate or a gate that has less defenders. Encourage players to quickly change direction when approaching pressure and turn with a burst of speed to utilize their time to move the ball to space.

Scrimmage (20 minutes)



Description:

Game

Coaching Points:

Remind players to keep their head up with the ball and constantly look to change directions to find space in order to play away from pressure. Encourage players to keep the ball close so they can change direction when needed.