



# Tactics Manager



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

**Date:** 5/03/20  
**Time:** N/A

**Duration:** 00:30 min  
**Age/Level:** U5 - U10

**Session** Develop spacial awareness to better shield the ball  
**Objective:**

## 3--Doctors

### Ambulance (5-10 minutes)



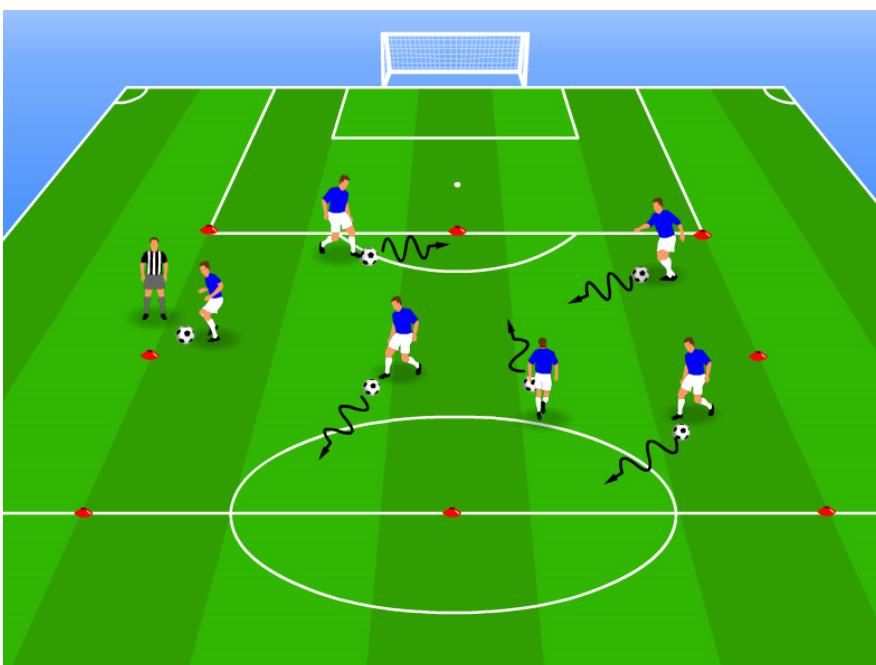
#### Description:

Every player has a ball and brings it to coach, then the coach throws the ball and tells them how to bring it back. Coach can ask for players to bring the ball back using only the outside of their feet, their knees, bottom of their shoes, inside of their feet, their head, etc. Coach should continually move around so players have to keep looking for their target while they are bringing the ball back like an ambulance (super fast).

#### Coaching Points:

Encourage players to keep their head up as much as possible while moving the ball. They should get as many touches on the ball as they can while moving fast.

### Hospital Tag (8-12 minutes)



#### Description:

In a 20x20 yard square, everyone has a ball. Players try to tag other player's balls. If a player's ball gets tagged (touched, not kicked), they have to hold an arm across their torso. The second time their ball is tagged they hold their other arm across their torso. The third time they must go to the hospital (the coach) to get better. Coach can ask players to do 5 soccer moves, like 5 toe taps, or 5 tick tocks, etc. in order for players to heal and then return to play. Progress to making the space smaller to make it more challenging for the players.

#### Coaching Points:

Talk about shielding and protecting their ball by keeping their body between the taggers and their ball. Encourage players to dribble to space, but look for opportunities to tag other balls when players aren't looking.



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### Doctor Doctor (8-12 minutes)



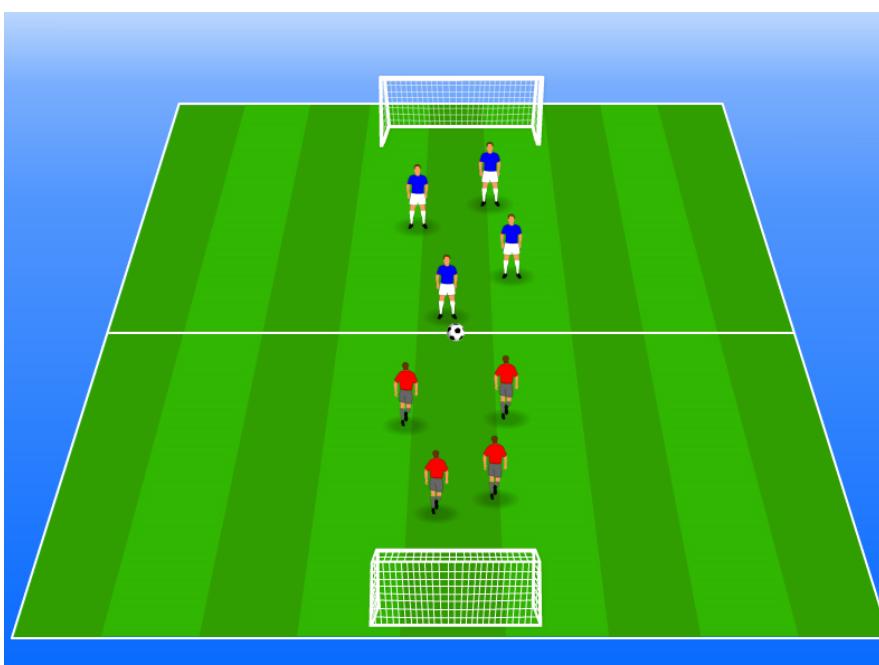
#### Description:

There are two teams in a 20x25 yard grid. Everyone has a ball except for the two doctors. Players can freeze players on the other team by passing their soccer ball into the other player's ball. Frozen players hold their ball above their head and call out "doctor, doctor!" The doctor can unfreeze their teammates by touching them. Each team has one hospital where their doctor is safe. A team wins if the doctor is tagged with a soccer ball below the knees outside of their hospital, or an entire team is frozen.

#### Coaching Points:

Players need to be constantly scanning their surroundings and moving to open space while looking for opportunities to tag other players, especially the other team's doctor. Encourage players to keep the ball close so they can move quickly and shield it when necessary.

### Scrimmage (8-12 minutes)



#### Description:

Game on a 20x30 yard grid

#### Coaching Points:

Remind players to move side to side in order to move around the other team, to watch where they are headed and go the other way. Pushing the ball instead of kicking it will keep it close and controlled. Players need to understand that changing direction often is hard to keep up with for defenders.