



Tactics Manager



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

Date: 5/03/20

Duration: 00:30 min

Session Finding and creating space for directional play

Time: N/A

Age/Level: U5 - U10

Objective:

4--Gate Keepers

Colored Gates (5 minutes)



Description:

Every player has a ball, but they are in pairs and asked to follow the coach's instructions together. Players dribble through the gates the coach instructs them to (ie. yellow then red, or blue, red, yellow, etc.). Coach is moving around, so players need to work together to complete each task and then find the coach for new instructions. Older players can progress to passing one ball between the pair through each gate. If they need to be challenged a little more, then limit their touches on the ball.

Coaching Points:

Remind players to keep checking to see where coach is and to talk to their partners because they need to complete each challenge together. Ask them to plan ahead. While dribbling through one gate they should already be looking for where they need to go next.

Gate Keepers (8-12 minutes)



Description:

Two thirds of the players have a ball and try to dribble through as many gates as they can. One third of the players are gate keepers without a ball who try to keep the other players from scoring. Gate Keepers can move about freely and defend any gate. Change gate keepers about every two minutes. Progress to telling gate keepers to not only prevent other players from scoring, but to try to steal a ball so they can go try to score themselves. If a player gets their ball stolen they become a gate keeper.

Coaching Points:

Encourage players to look for open gates or dribble through a gate when the gate keeper isn't looking. Players need to keep the ball close so it doesn't get kicked away or stolen.



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4 Gate Game (8-12 minutes)



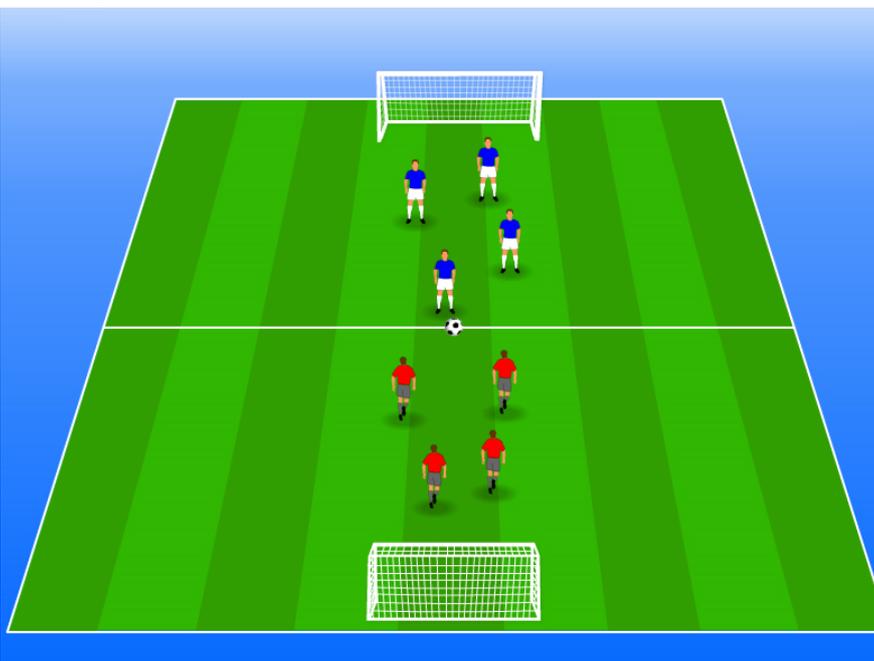
Description:

4-5 yard wide gates are at the corners of a 20x20 yard square. There are two teams and players can score a point by dribbling through any of the gates.

Coaching Points:

Keep asking players which gates are open. Remind them that open space changes quickly, so if they see an open gate they should tell their teammates and then move quickly to that gate. Encourage attacking teams to spread out so there is only one teammate at the ball. The supporting teammates need to be reminded to make room for the dribbler, but be ready to help.

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.