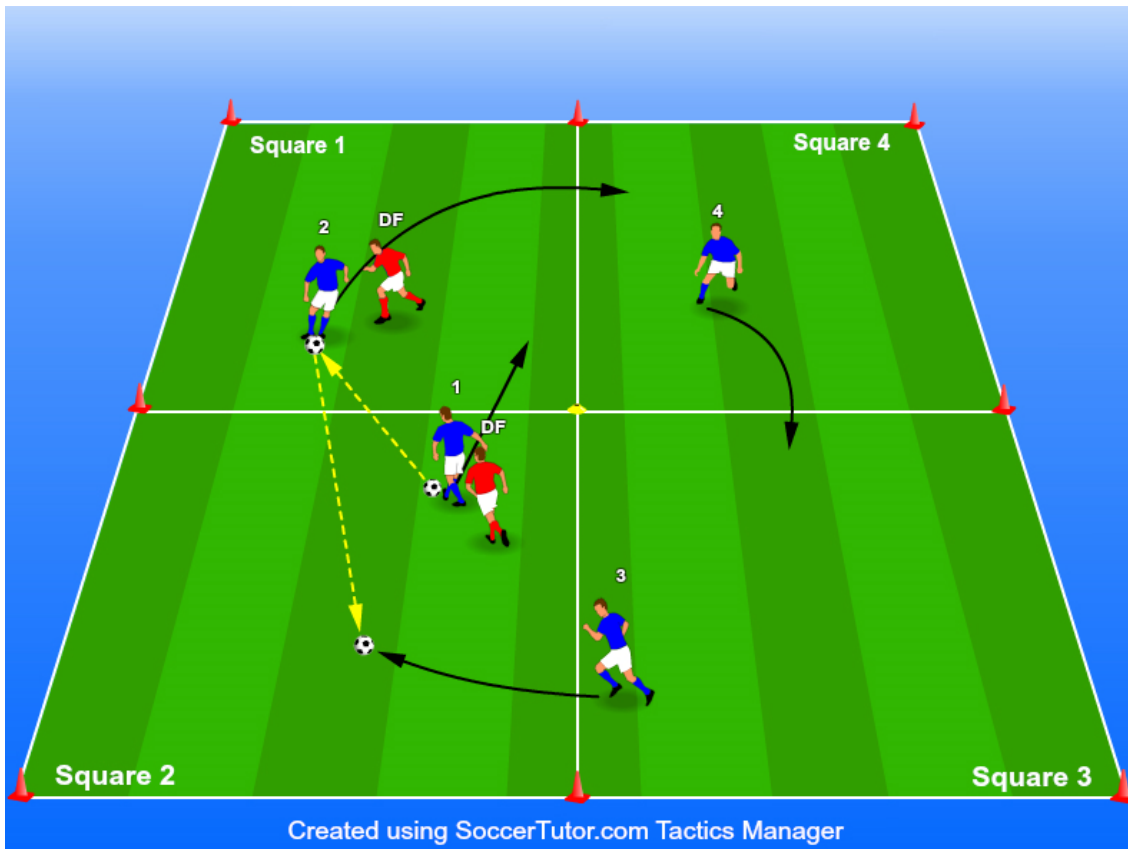




Tactics Manager

Possession - 4 square activity



Date: 13/Jun/2012

Measurement: 20 x 30

Time: N/A:N/A

Players: 5

Duration: N/A

Level: U8 - 18+

Objective: To Improve players game awareness and movement.

Description: Split the 20 x 20 coned area into 4 10 x 10 squares. The attacking blue team play 4 v 2 against the two red defenders who try to win possession of the ball. The four attackers should be constantly moving into a different square and when they pass the ball they move into another square. If an attacker enters the square of a team mate to offer support then one of them must move into a different square after ball is passed. If defender wins possession they either dribble to another square or make two passes with team mate to score a point. Rotate defenders

Coaching Points: 1. Game Awareness - Where is the Ball, Where are the players, who is in your square? 2. Positioning - Am I in a square of my own and am I in a position to receive the ball? 3. Receiving - Can I receive the ball with an open body to see the whole game environment? 4. Passing - Can I deliver my pass with the correct weight and direction? 5. Movement - Can I pass and then move into another position to receive the ball?

Progression: 1. Can adjust to 3v1 to make easier for players to get them used to the principles of the activity. 2. Allow players to dribble into the another square, can the second player inside the square ready to receive pass or move to another square.