



# Tactics Manager



**Coach:** Glenn  
**Club:** SoccerTech / Calgary Rockies FC  
**Role:** Technical Director  
**Qualf:** USSF 'A' (United States)

**Date:** 15/05/22  
**Duration:** N/A  
**Time:** N/A  
**Age/Level:**

**Session** The Energy you put in the players will Mirror  
**Objective:**

## U5-U6 Week 3

### U5-U6 Starting Game



**Description:** As players arrive to your field. Alternate putting pinnies on them. Get them playing it may start 2v2 then 3v2. MAX 6v6 IF MORE PLAYERS ARRIVE POLITELY ASK THEM TO GO ONTO ONE OF THE FIELDS WITH LESS THAN 12 PLAYERS. Same goes if players sneak on( 1 is ok more than that stop the session and rebalance the numbers). If the ball goes out throw a new one in. Game continues. If a team scores the whole scoring team must go touch their goal before they can challenge their opponents. DO NOT TAKE THE PINNIES OFF THEM.

**Coaching Points:** ALWAYS encourage dribbling (it is not ball hogging or showing off; avoid using these phrases) Dribbling is one of the hardest things to teach and should be encourageaed from a young age. Even if they maybe should have passed or mess up encourage the attempt to dribble. The decision making can be taught easily when they are older. If it is crowded TURN! (sound simple but players will offer try to jam the ball through players)

### Builders and Destroyers



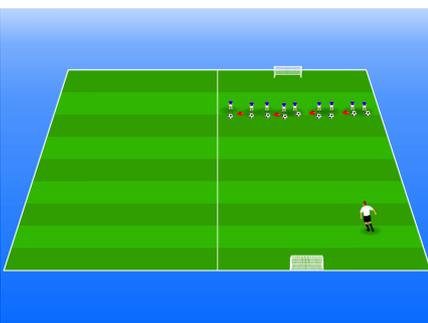
**Description:** 8-9 min Place a 10-20 cones in a 10x10 area. Some face up some face down. The colors don't matter. Split the group in half. and have them on two sides. Group1 is the builders on go they are going to turn all the upside down cones the right way up. Group 2 is the distroyers and they are trying to turn all the cones upside down. Go for 30-45 seconds. Stop see who is the winner, 1 jumping jack 4 the losers. Switch roles. Repeat 4-5 times. Last round everyone is a builder, see how fast they can turn all the cones right side up. Leave the cones out. WATER BREAK

### Cone Dribbling



**Description:** 7-8 min Using the cones from builders and destroyers. Have the players line up on either side. On you command they try to dribble to the other side without hitting the exploding pinnapples/tomates (cones). after a few roundsee if they can go a bit faster. Then if they can go supper fast. At the end see who can pick up the most cones and bring them to you. WATER BREAK

### Kick the Ball



**Description:** 7-8 min Line the players up with there ball and on your command see how far they can kick it. Once they kick can they get and bring it back to the line without using their hands. After a few rounds get them to leave the ball on the line and take 1 big step back. Now they are going to run and do the same thing. Increase the steps back.(no more than 5 steps back). WATER BREAK



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### U5-U6 Starting Game



**Description:** If the ball goes out throw a new one in. Game continues. If a team scores the whole scoring team must go touch their goal before they can challenge their opponents. Bring the players in thank them for being there. Ask if they had fun. Tell them you can't hear them. Ask again if they had fun. Collect the pinnies. Prepare for the next session.

**Coaching Points:** ALWAYS encourage dribbling (it is not ball hogging or showing off; avoid using these phrases) Dribbling is one of the hardest things to teach and should be encouraged from a young age. Even if they maybe should have passed or mess up encourage the attempt to dribble. The decision making can be taught easily when they are older. If it is crowded TURN! (sound simple but players will offer try to jam the ball through players)