



# Tactics Manager

## The great escape



**Date:** 8/Mar/2016

**Measurement:** 20 x 20 Yards

**Time:** N/A:N/A

**Players:** 8

**Duration:** N/A

**Level:** U5 - U10

**Objective:** Balance, co-ordination, agility, ball control, speed, FUN!!!!

**Description:** Divide players into small teams. Objective is to run 'escape' between the cones without getting tagged by the 'prison guards'. If the guard tags a player they get a point, if the player 'escapes' without being tagged they get a point. Make sure all players have a go at being the prison guards and the escapees! Introduce soccer balls & dribble through gates for points.

**Coaching Points:** For younger players, ensure they have fun & run through as many gates as possible in different styles. Make the gates large when soccer balls are introduced to encourage lots of success. Parents can hold hands & help out.

**Progression:** Do different moves for extra points, escape by hopping/jumping/running backwards through gates for extra points. Introduce soccer ball & progress through skills, drag backs, tricks, for extra points going through the gates.