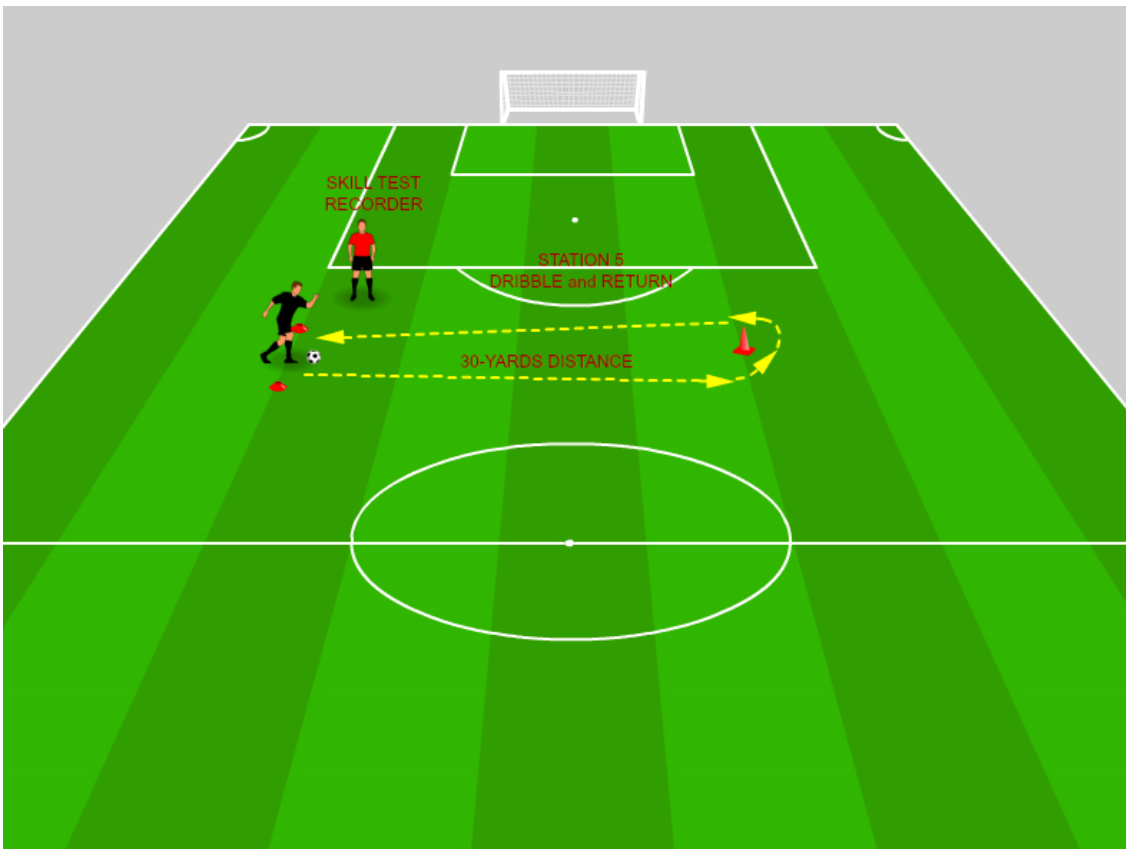




# Tactics Manager

## CAPS STATION 5 DRIBBLE RETURN



<b>Date:</b>	7/Jan/2018	<b>Measurement:</b>	Select Pitch Area
<b>Time:</b>	N/A:N/A	<b>Players:</b>	0
<b>Duration:</b>	N/A	<b>Level:</b>	U5 - U18

**Objective:** Measure speed with ball and change of direction

**Description:** STR starts clock and stops it when player goes around cone and back through starting gate.  
ADD 5 seconds for hitting cone

**Coaching Points:**

**Progression:** Move to CAPS Station 6 WEIGHTED PASS