



# Tactics Manager

## CAPS STATION 4 TRIPPLE EIGHTS



<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 player ability to control ball with either foot while changing direction

**Description:** STR starts clock, player performs 3-consecutive figure eights in a 10-yard square with one cone in center of it from 1Yard starting gate. STR records time when player comes through starting gate. Add 5-seconds for hitting a cone or missing an eight

**Coaching Points:**

**Progression:** Move to CAPS STATION 5