



Tactics Manager

CAPS STATION 1 SMALL SLALOM



Date: 2/Jan/2018

Measurement: 10 x 20 Yards

Time: N/A:N/A

Players: 16

Duration: N/A

Level: U5 - U18

Objective: Measure quality of touch using only outside of both feet in a double touch motion

Description: STR gives the GO to player and starts stop watch, STOPS watch once player crosses end line and records time in 100ths of second.

- Add 5 seconds for a missed cone
- Add 5 seconds for hitting a cone.

Coaching Points:

Progression: Move to STATION 2 Giant Slalom