



Session Date

Season

Age Group

Players

Duration

Type: Opposed Practice

Area:

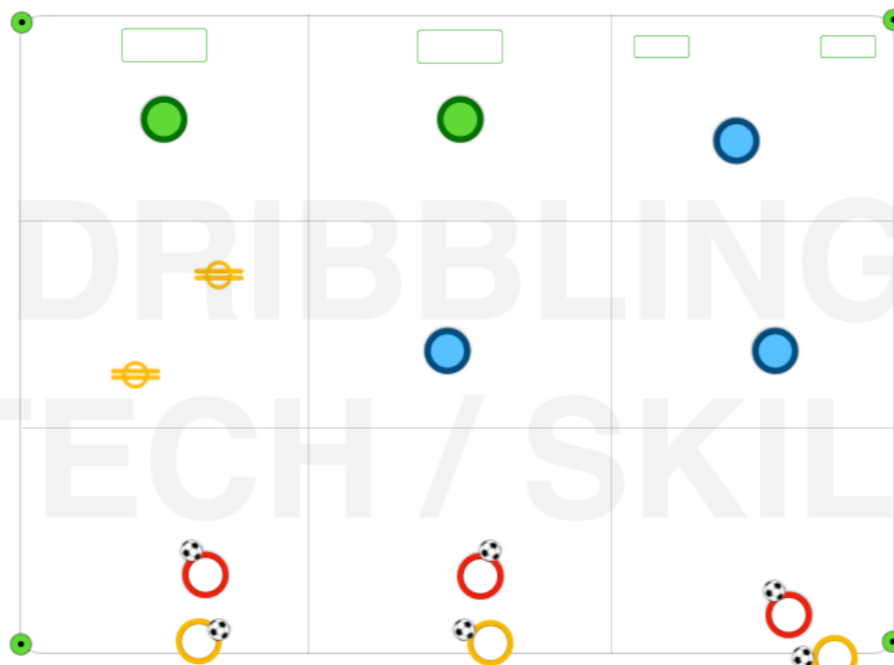
Team Objectives:

PHASE

2

RECEIVING TO DRIBBLE & DRIVE

44 | A1



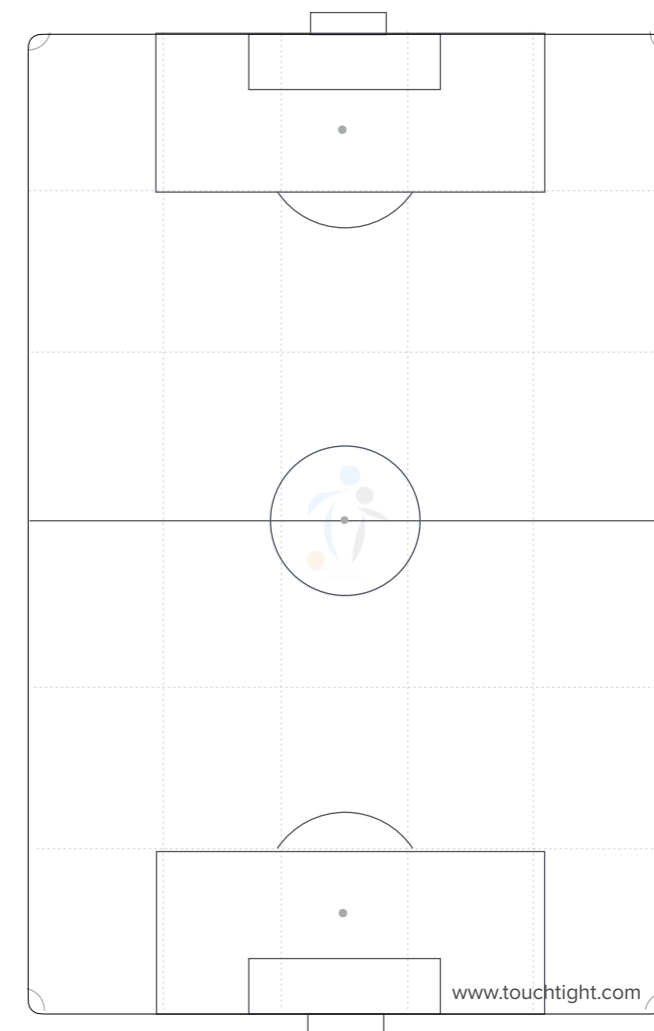
SET UP

3 Teams of 3 with 1 or 2 GKs for players to attack. 3 different dribbling exercises split into 10 x 25 Yard areas, with one unopposed, a 1 v 1 & 1 v 2 practice. Each teams rotate defending after 3 or 4 minutes.

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KEY POINTS

Players to be positive in their dribbling and look to move opposition defenders one way to attack the other. Coach to observe differences in approach from practice to practice as players move to next skill.



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Set Up & Organisation:

- The first animation (of 14) in our Receiving To Dribble & Drive theme concentrates on dribbling with the ball in 3 different scenarios to developed isolated technical ability before progressing to 1 v 1s and then important decision making to finish. With 3 zones, we have a simple technical dribbling and finishing practice, followed by a 1 v 1 and finishing practice, before a 2 v 1 defending overload to challenge dribbling players

Progressions & Constraints:

- Progress to cone off the area and players to play in a 3 v 3 with a goalkeeper at each end (See animation for illustration)

Key Coaching Points:

- **Tactical** | Identify space to exploit in each practice situation, this will differ.
- **Technical** | Ability to take on players at pace and move defenders with quick feet
- **Psychological** | Confidence to take on players and try to solve problems.

Questions & Notes:

- How are defenders defending against you? How can you overcome this?
- What different types of dribbles can you use to beat defenders? Be creative.

Work / Rest Ratio:



mins



sets

Session Date:

Team:

Coach:



Session Objective/s:

Detail any Individuals, pairs, trios and units to work on in the group and specify what detail you will be developing within each session element.

Player initials	Technical	Tactical	Social	Psychological

Player Pairs initials	Objectives

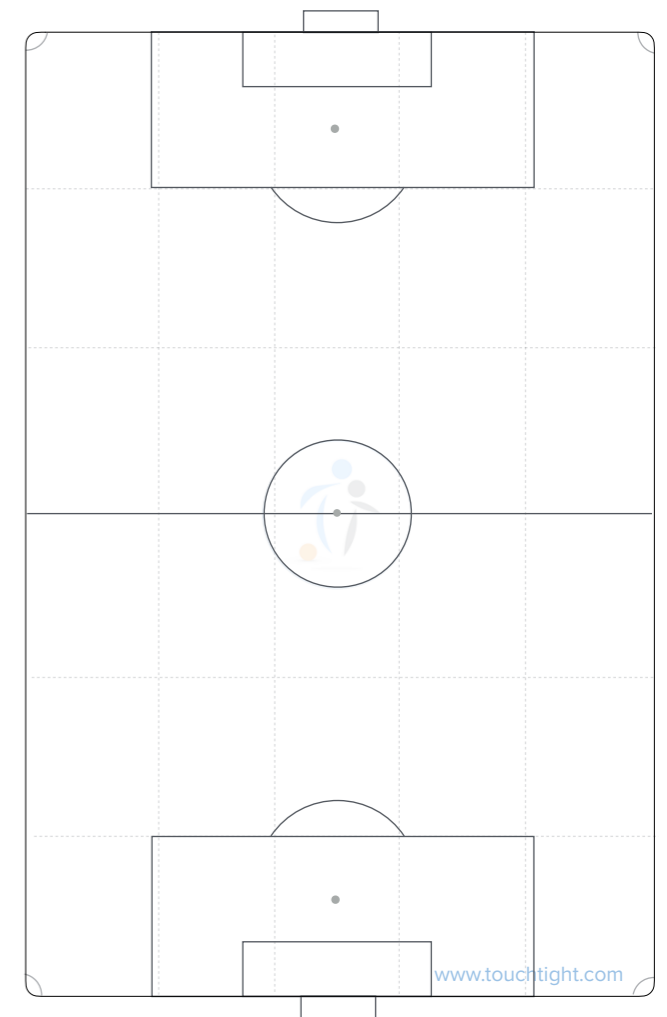
Player Trios initials	Objectives

Player Units initials	Objectives

Post Session Outcomes

What went well?	What did we learn?

Absentees: initials



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Big Game Question

How will we apply this session to a game situation?



Session Date:

Team:

Coach:



Session Objective/s:

Detail all Individual player objectives for the session and provide an evaluation on progress made

Player	Objective 1	Objective 2	Objective 3	Evaluation