



Session Date

Season

Age Group

Players

Duration

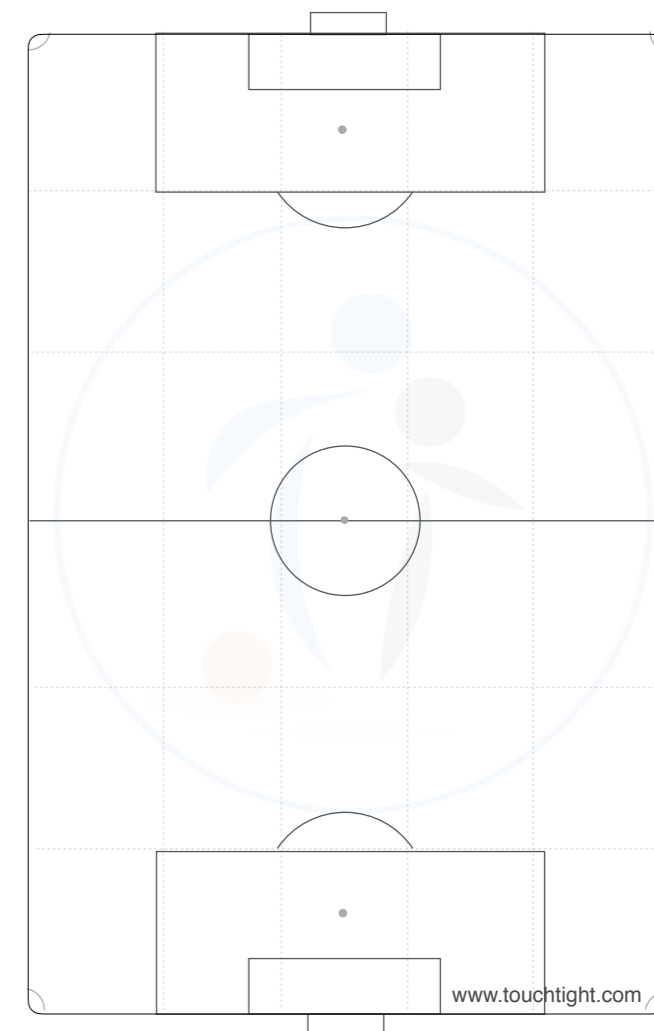
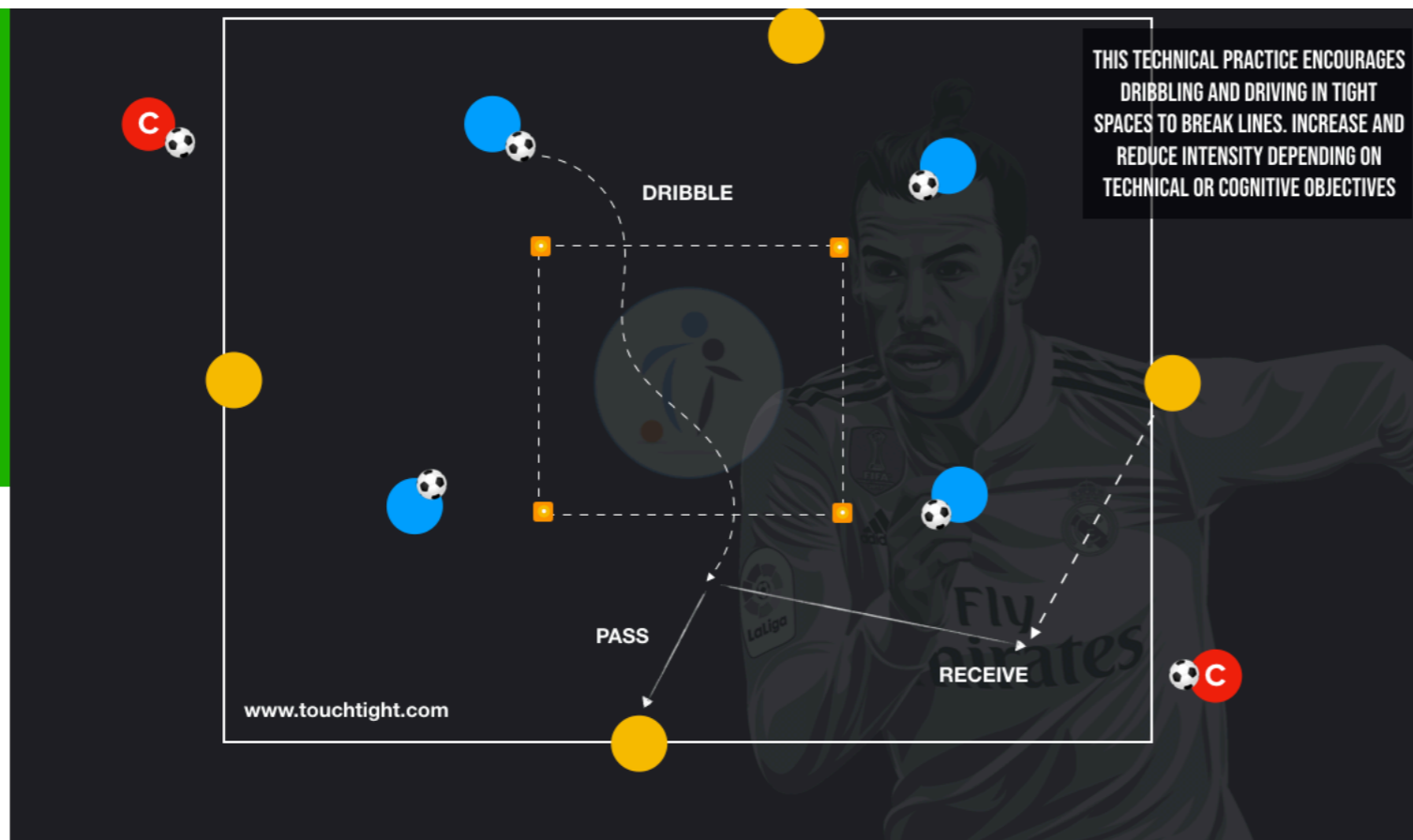
Type: Technical/Skill Practice

Area:

Team Objectives:

DRIBBLE AND DRIVE

THEME 44 | PRACTICE 02



Set Up & Organisation:

- Practice 2 of Theme 44 Receiving to Dribble and Drive, can be applied to players of all age groups and is a technical practice developing ball control and dribbling in tight spaces. In a 20 by 20 yard area, adjustable for age groups and numbers, 4 players begin inside a central 8 by 8 square and 4 players on the outside with a ball.
- Objective is simply for players to receive a pass and be creative with their dribbling, as they drive into a central space before playing a pass out to teammates.
- They then move to receive a pass from a different outside player, before trying different types of dribbling and turning.

Progressions & Constraints:

- Progress by players rotating from outside to in, allowing all players to be involved during each set.
- Progress further by introducing a 1-2 after each pass, to encourage players to think about taking care of the ball on release and creating angles to maintain flow.

Key Coaching Points:

- Technical: Dribbling skills with both feet and inside and outside
- Psych: Confidence and creativity to try different things
- Physical: Acceleration to break away into space

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

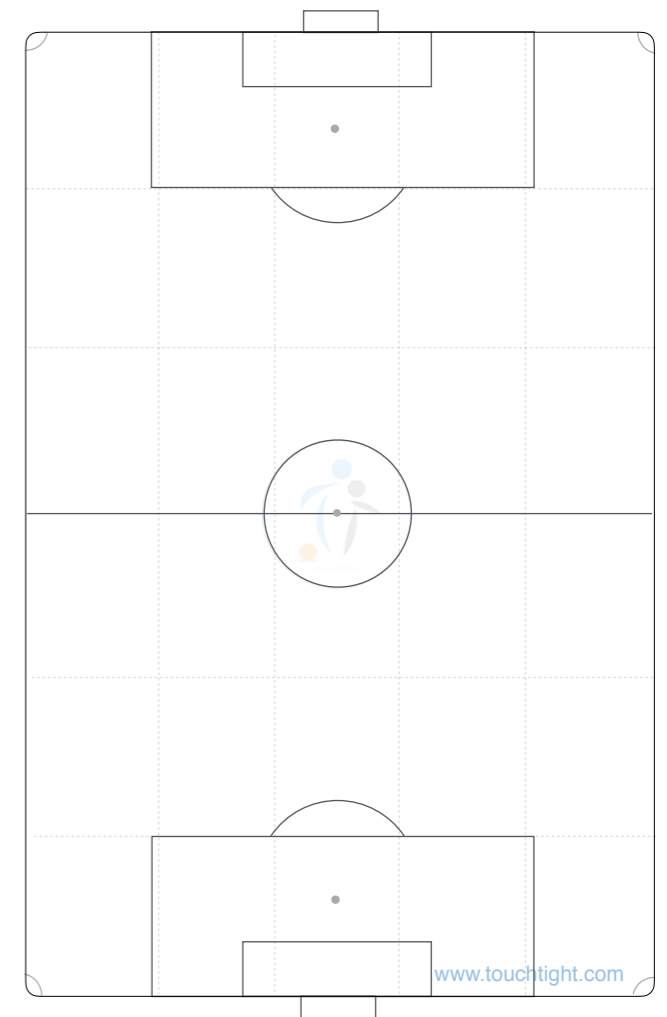
Player Trios initials	Objectives

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?



