

THEME 44:

RECIEVING TO DRIBBLE AND DRIVE

PRACTICE 3:

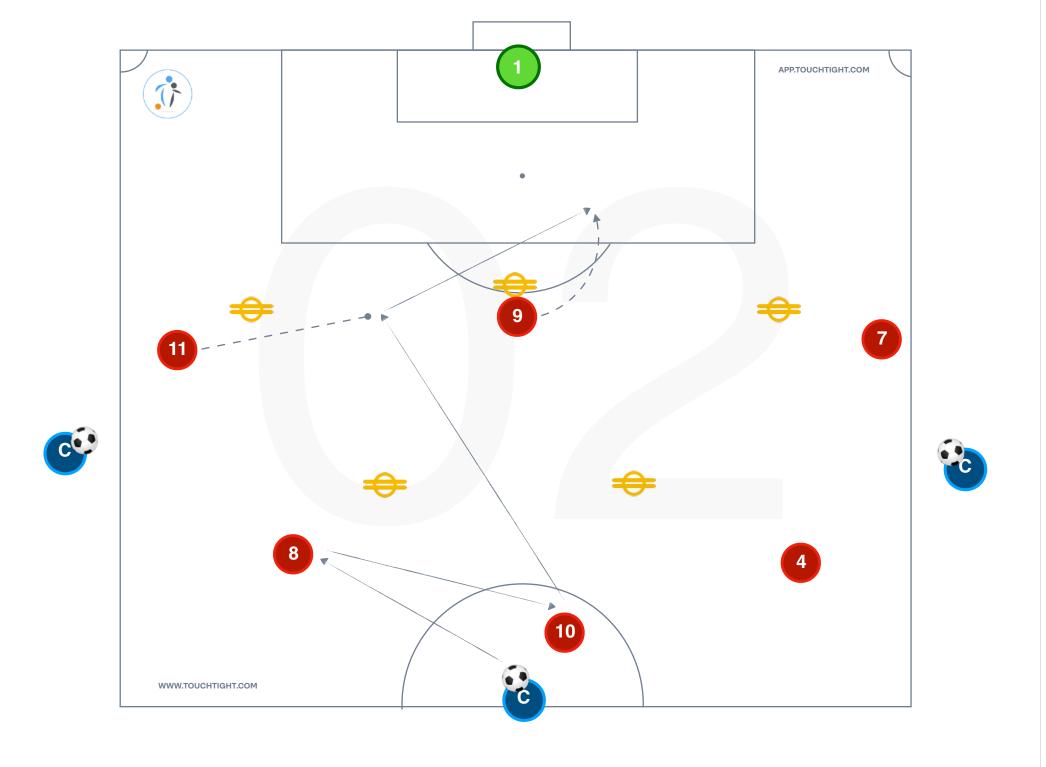
AGE GROUP:





Title Date Start Time Duration No. of Players Area Size

HOW TO PENETRATE QUICKLY IN A PATTERN



ORGANISATION:

This Pattern Of Play practice can take place on a full size pitch, with a complete team or in units. For the purpose of this practice we will have 9 players and balls positioned on the pitch as shown.

Players must react to the number call from a coach or from ball played into a specific area as players react, be creative as a coach to stimulate individual players..

KEY COACHING POINTS:

- 1. Develop touch and change of direction (feet only).
- 2. Focus on technical execution, then develop the speed of the technique.
- 3. Encourage players to play with head up.
- 4. Can players use both feet, move the ball with all parts of the foot.
- 5. Quick execution in front of goal.

TECHNICAL FOCUS

RECEIVING TO DRIBBLE AND DRIVE

- 1. Make opposed with defender at the end of the dribble.
- 2. Add bounce player at the end of the dribble, where you can combine then shoot.
- 3. To challenge players add a time before can score for example 10/15 seconds depending on ability.
- 4. Make competitive add scoring system in certain amount of time.
- 5. Add of reduce the number of touches each side of the

PLACONES. ESTIONS:

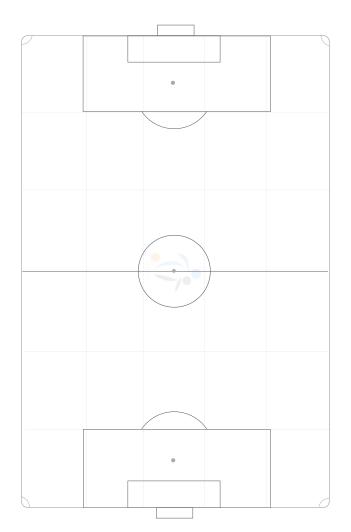
- 1. What different parts of the foot can we use and why?
- 2. Are we quick enough with execution in-front of goal?
- 3. The importance of eyes up? moving the ball quickly?using both feet? Not making it predictable for the defender?

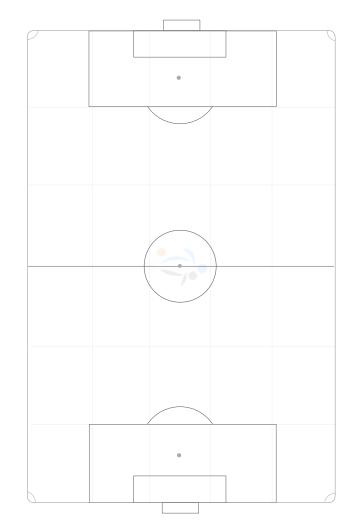
ADDITIONAL INFORMATION:

COACH REFLECTIVE QUESTIONS:

- 1. Reflect on players technique and speed of the dribble?
- 2. Was the practice too easy or too difficult for the player?
- 3. What would be a key focus on the player if you was to deliver the practice again?
- 4. Consider work to rest ratio? How hard do you want the player to work?

COACH PLANS







Absentees: initials

Player initials	Technical		Tactical	Social		Psychological		
Player Pairs initials	S							
Player Trios initials Objectives		Objectives						
Player Units initials Objectives		Objectives						
Post Session Outcomes								
What went well?		What did we learn?			How will	LINK TO THE BIG GAME we apply this session to a game situation?		

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Player	Objective 1	Objective 2	Objective 3	Player Evaluation

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