



THEME 44:

RECEIVING TO DRIBBLE AND DRIVE

PRACTICE 3:

AGE GROUP:

Title	Date	Start Time	Duration	No. of Players	Area Size

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 cones.

PLAYERS QUESTIONS:

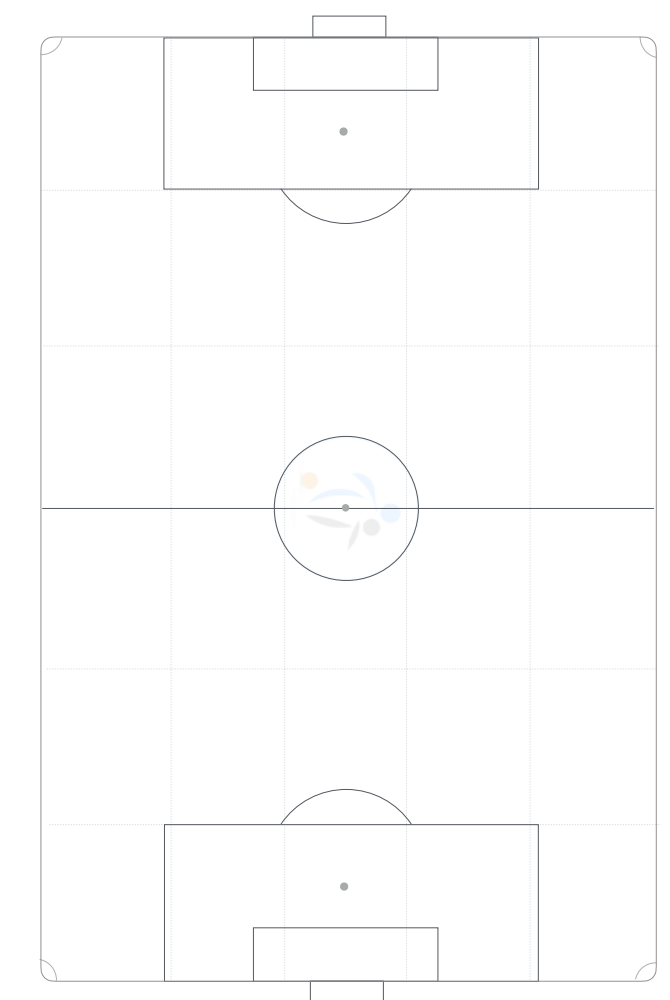
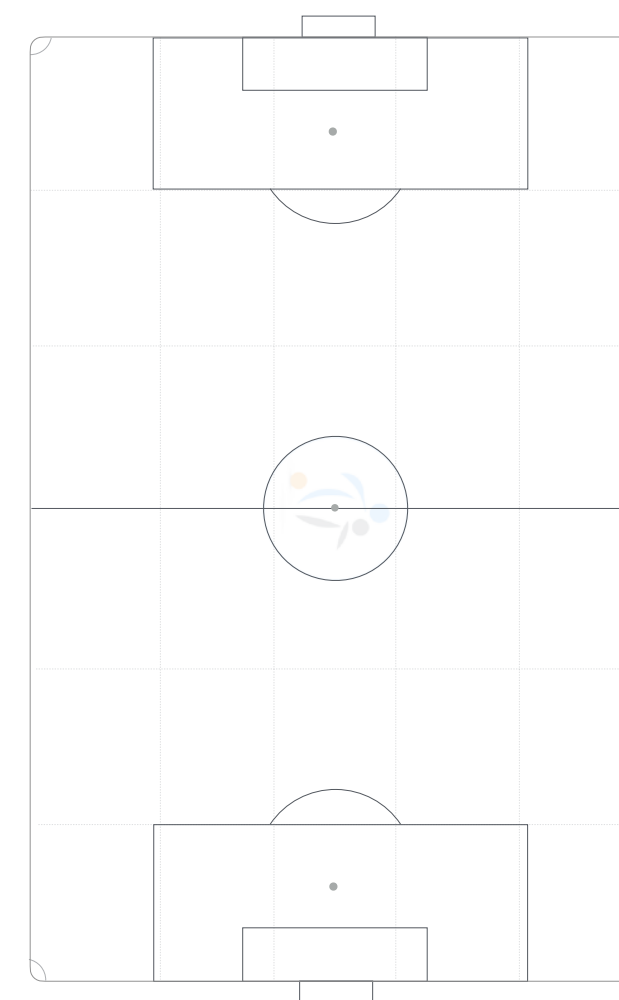
1. What different parts of the foot can we use and why?
2. Are we quick enough with execution in-front of goal?
3. The importance of eyes up? moving the ball quickly? using both feet? Not making it predictable for the defender?

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



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

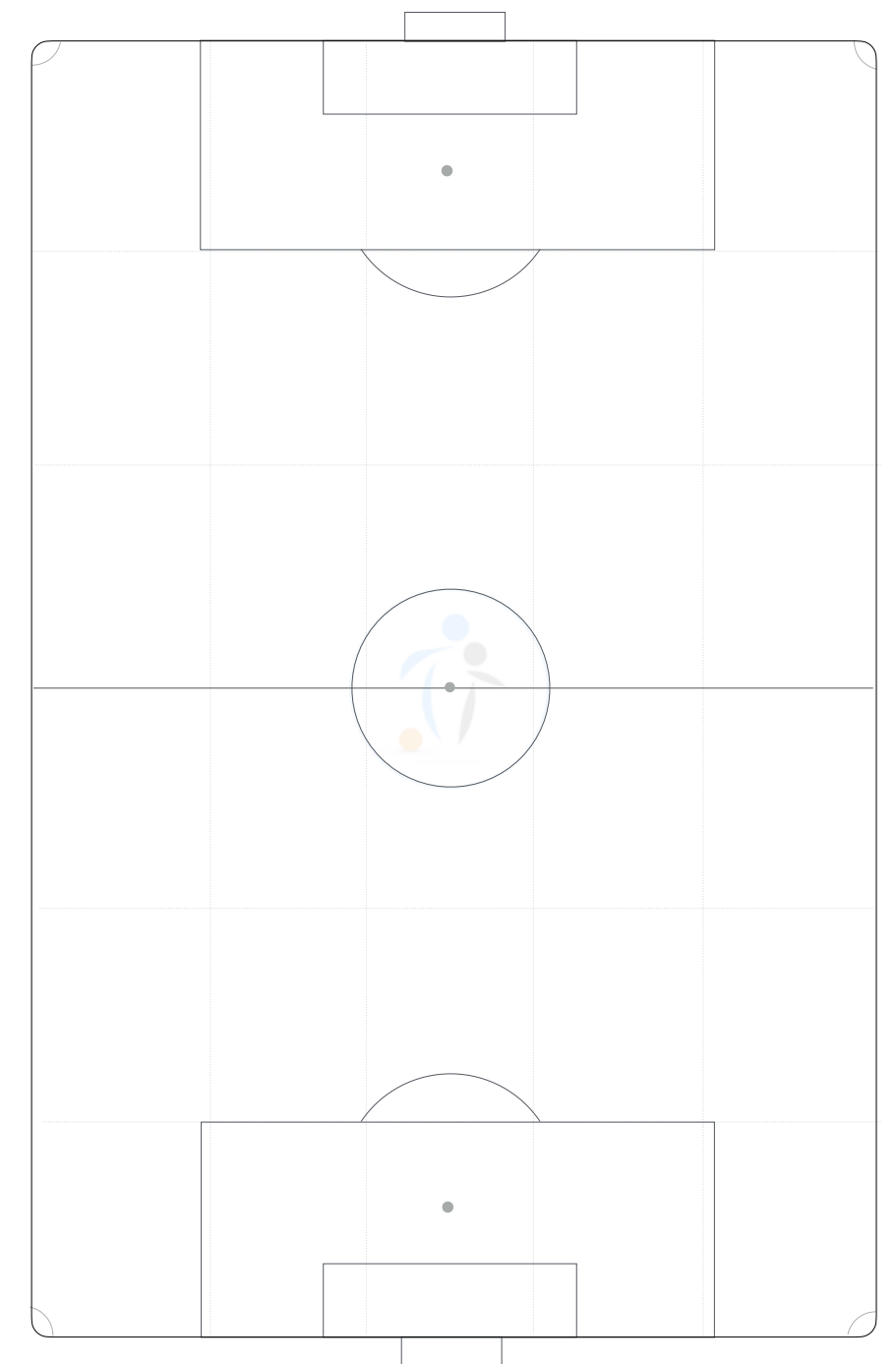
Player Trios initials	Objectives

Player Units initials	Objectives

Post Session Outcomes

What went well?	What did we learn?

Absentees: initials



LINK TO THE BIG GAME

How will we apply this session to a game situation?

