



Session Date

Season

Age Group

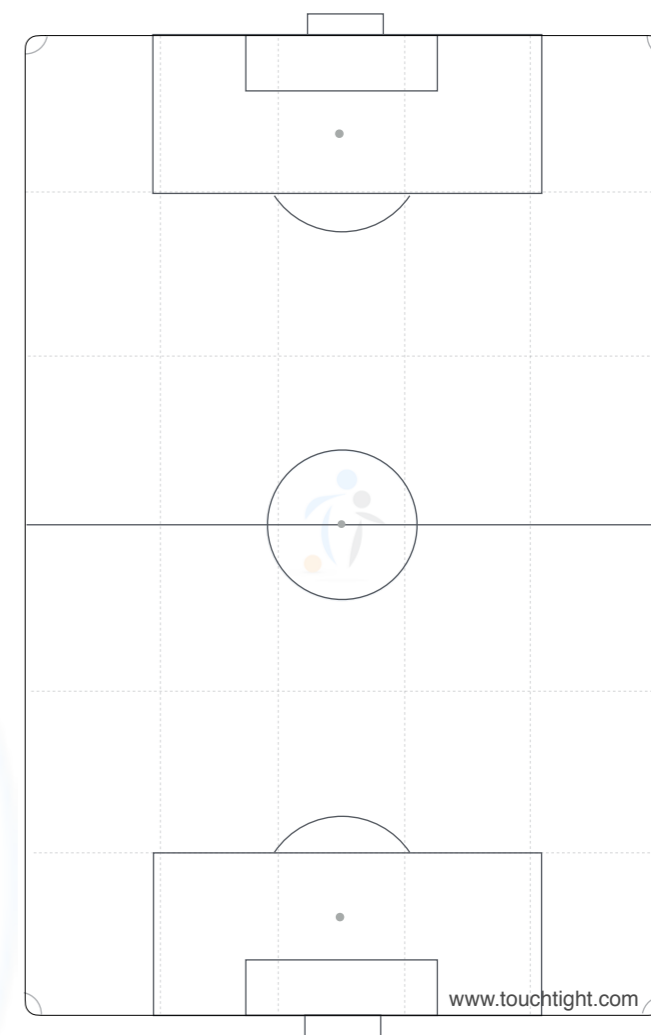
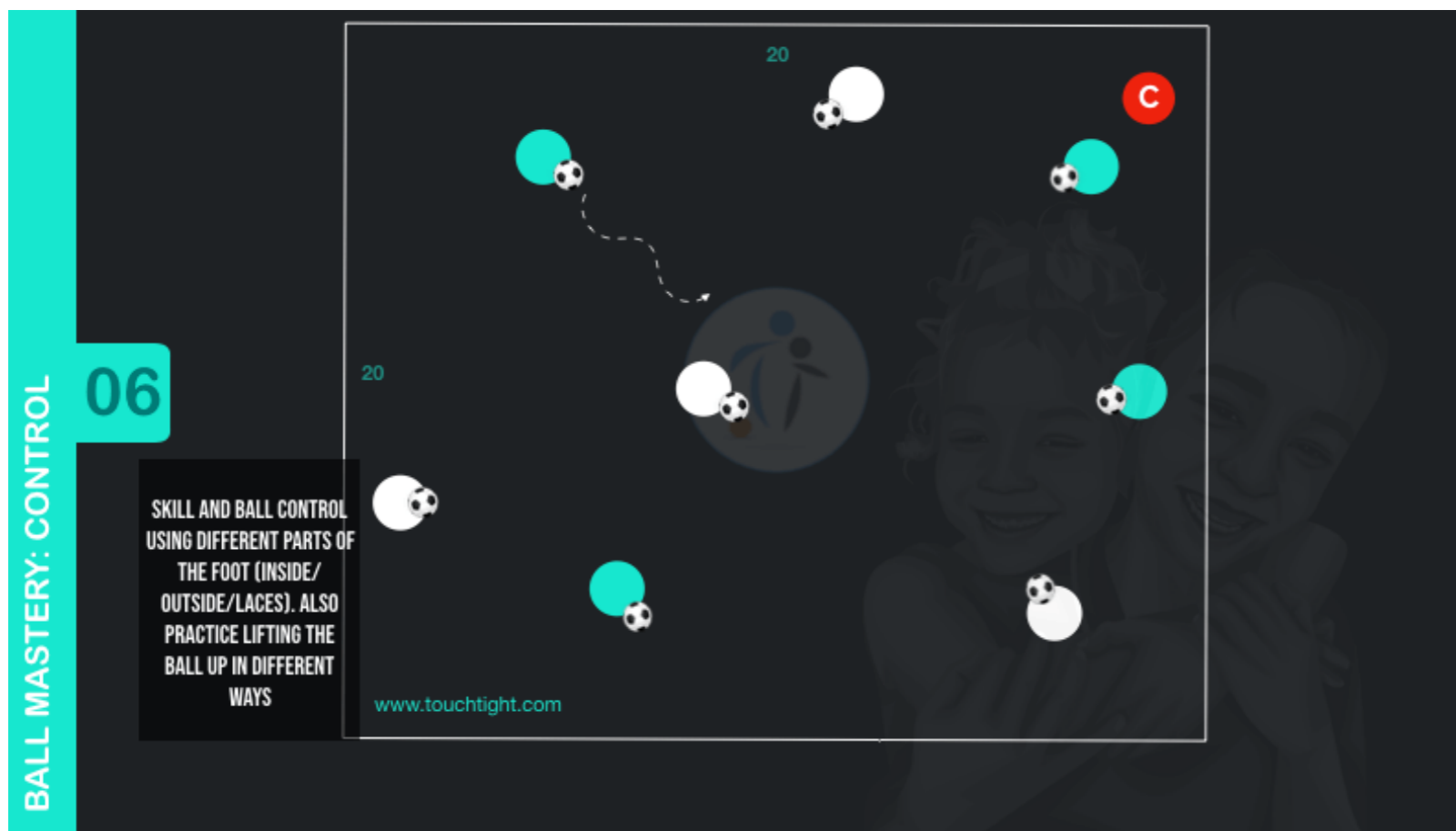
Players

Duration

Type:

Area:

Team Objectives:



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Set up / Organisation:

This simple ball mastery practice, number 6 in the series, can be used as an activation exercise or to develop individual ball dribbling skills for younger players. In a 20 by 20 yard area, each player has a ball and must perform different dribbles, with different parts of the foot, using both feet.

Key Coaching Points:

- **Technical** | Ability to use both feet when dribbling
- **Technical** | Close control with both parts of the feet
- **Physical** | Agility to manoeuvre between players and cones

Progressions / Constraints:

- Progress the practice by adding flat discs or cones, which players must dribble to when the coach signals, observe the speed of player's reactions
- Progress further by calling a different number to trigger players into forming groups as quickly as possible.

Questions & Notes:

- How can you ensure you do not clash into other players?
- Can you use your weaker foot to perform 3 different dribbles?

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

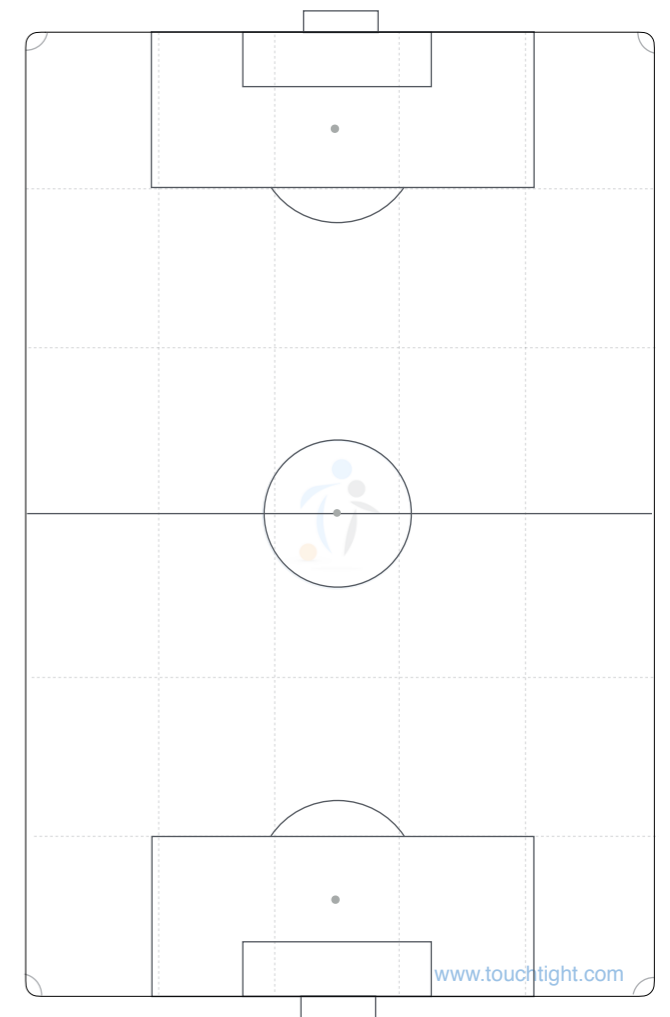
Player Trios initials	Objectives

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?



