



Session Date

Season

Age Group

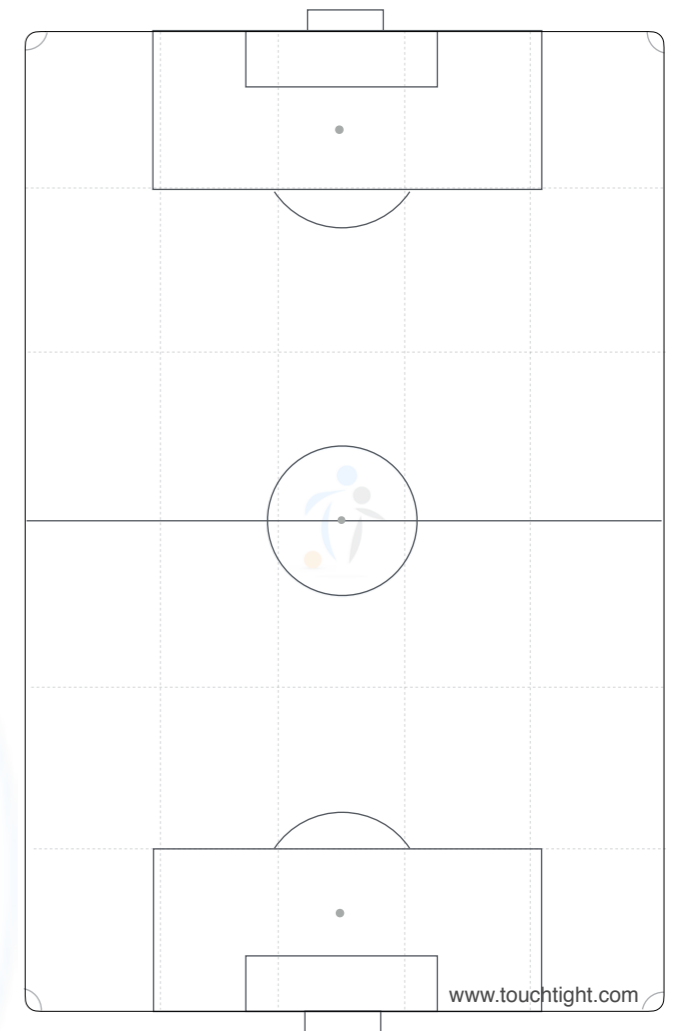
Players

Duration

Type:

Area:

Team Objectives:



BALL MASTERY: CONTROL

06

WITH 2 PLAYERS WITH A BALL EACH ON OPPOSITE FACING CONES, THEY MUST DRIBBLE AROUND EACH OF THESE AT AN ANGLE AND RUN THE BALL THROUGH 2 POLES.

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Set up / Organisation:

This Ball Mastery practice is focused on dribbling with players challenged to improve their technique within competition.

With 2 players with a ball each on opposite facing cones, they must dribble around each of these at an angle and to run the ball through 2 poles.

Pair players based on their age and ability and set competition, with the winner gaining a point for their team.

Questions & Notes:

- How can you motivate players to succeed within the practice?
- What areas do players need support with and how can you support this best?

Progressions / Constraints:

- Progress the practice, by introducing 2 mini goals for individuals to score into, with every player scoring a point for a goal, with the fastest gaining a 2nd point..

Key Coaching Points:

- **Technical** | Ability to use both feet when dribbling
- **Technical** | Changes in direction, maintaining control on each repetition
- **Physical** | Balance to keep ball under close control

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

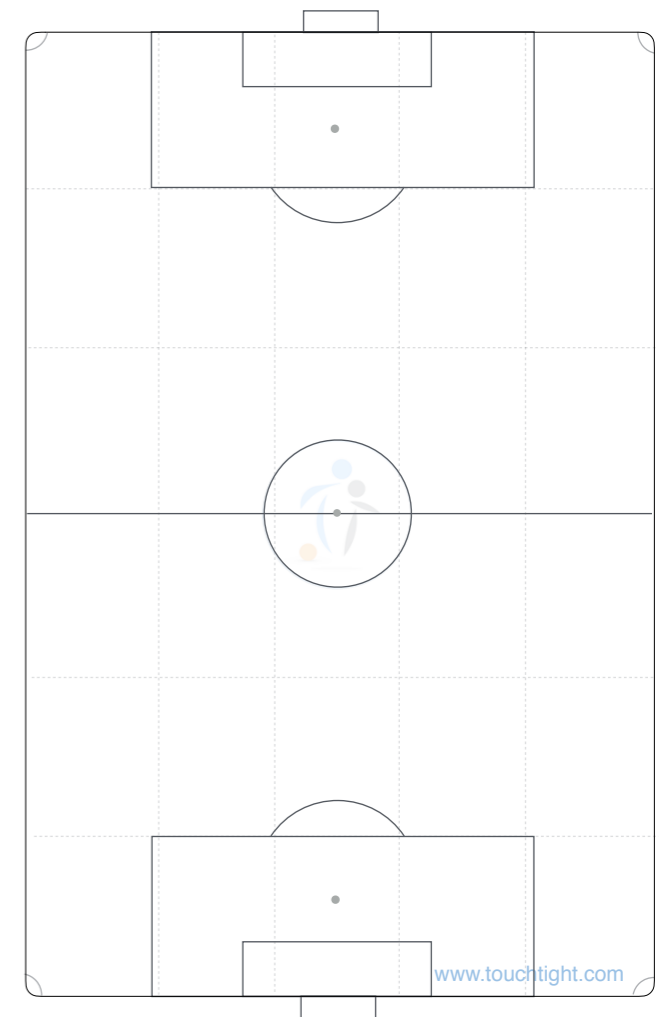
Player Trios initials	Objectives

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?



