



Session Date

Season

Age Group

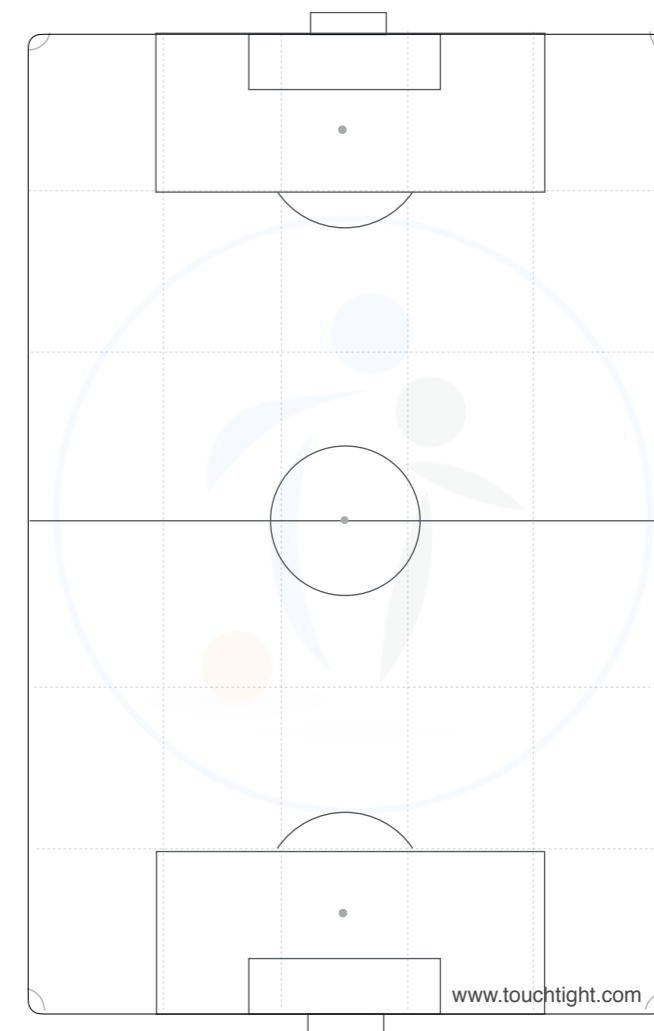
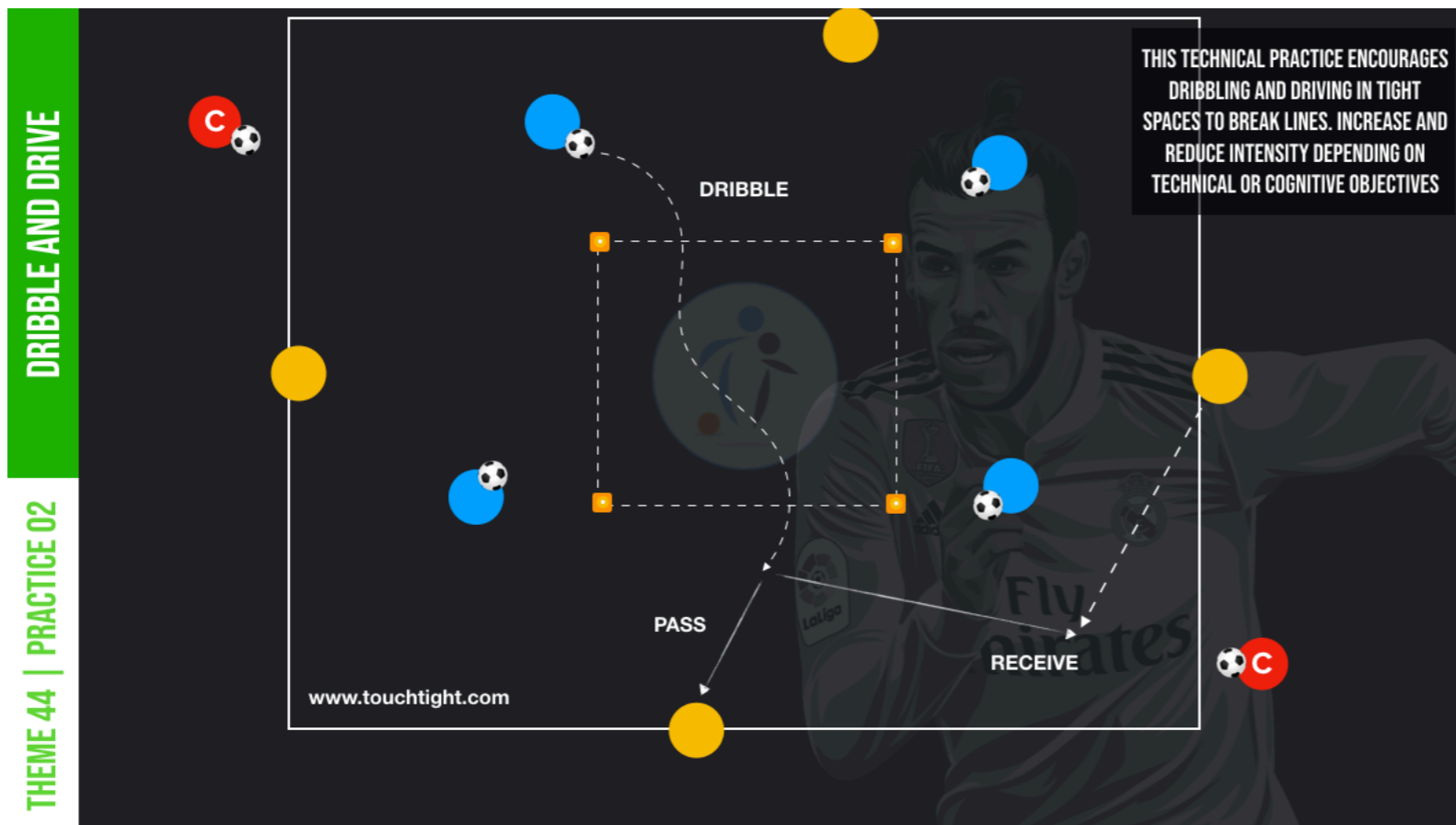
Players

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



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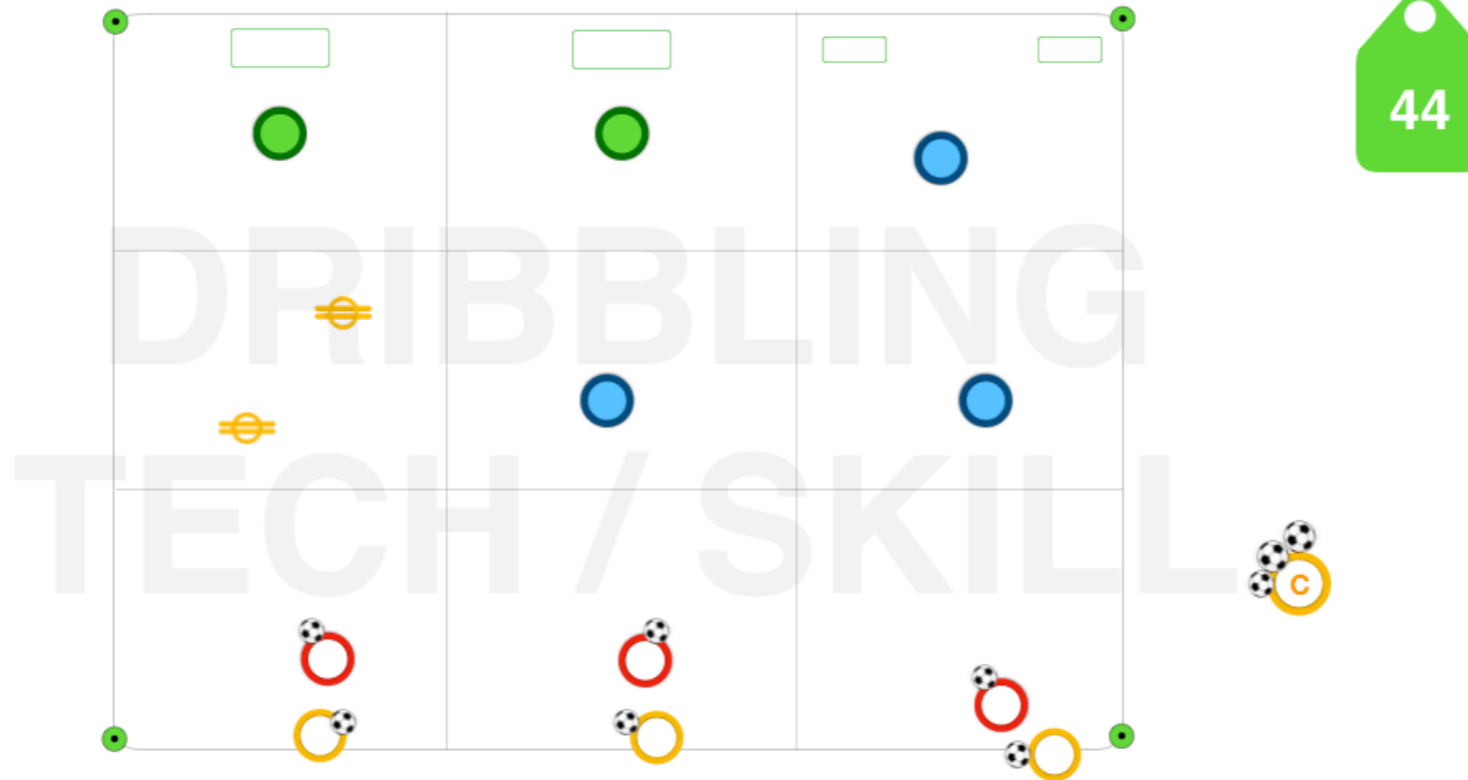
Players

Duration

Type: Opposed Practice

Area:

Team Objectives:

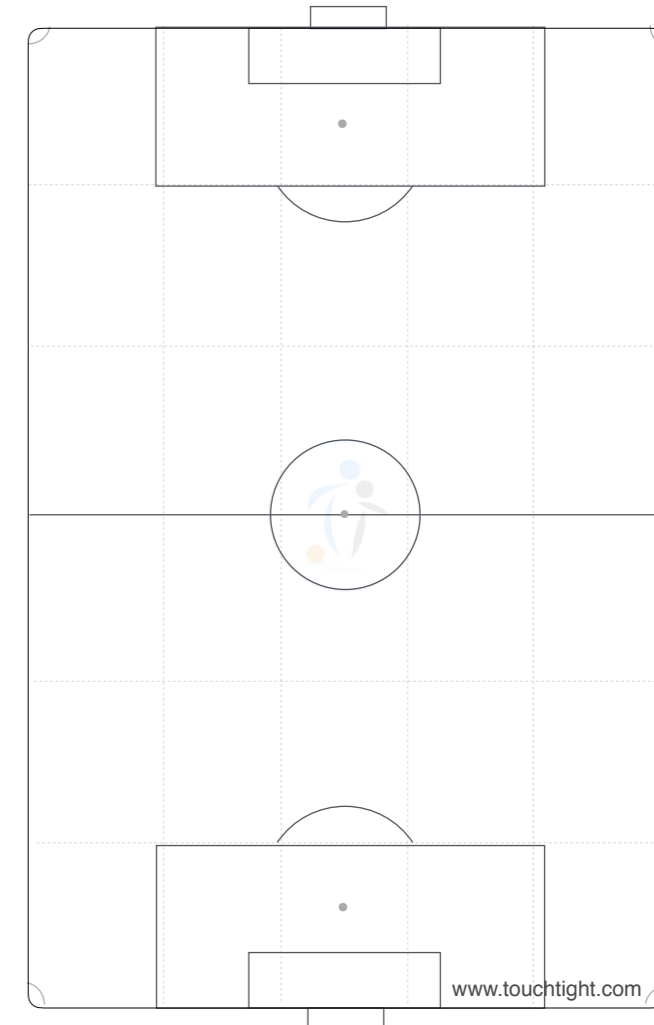


SET UP

3 Teams of 3 with 1 or 2 GKs for players to attack. 3 different dribbling exercises split into 10 x 25 Yard areas, with one unopposed, a 1 v 1 & 1 v 2 practice. Each teams rotate defending after 3 or 4 minutes.

KEY POINTS

Players to be positive in their dribbling and look to move opposition defenders one way to attack the other. Coach to observe differences in approach from practice to practice as players move to next skill.



Set Up & Organisation:

- The first animation (of 14) in our Receiving To Dribble & Drive theme concentrates on dribbling with the ball in 3 different scenarios to developed isolated technical ability before progressing to 1 v 1s and then important decision making to finish. With 3 zones, we have a simple technical dribbling and finishing practice, followed by a 1 v 1 and finishing practice, before a 2 v 1 defending overload to challenge dribbling players.

Progressions & Constraints:

- Progress to cone off the area and players to play in a 3 v 3 with a goalkeeper at each end (See animation for illustration)

Key Coaching Points:

- **Tactical** | Identify space to exploit in each practice situation, this will differ.
- **Technical** | Ability to take on players at pace and move defenders with quick feet
- **Psychological** | Confidence to take on players and try to solve problems.

Questions & Notes:

- How are defenders defending against you? How can you overcome this?
- What different types of dribbles can you use to beat defenders? Be creative.

Work / Rest Ratio: mins sets



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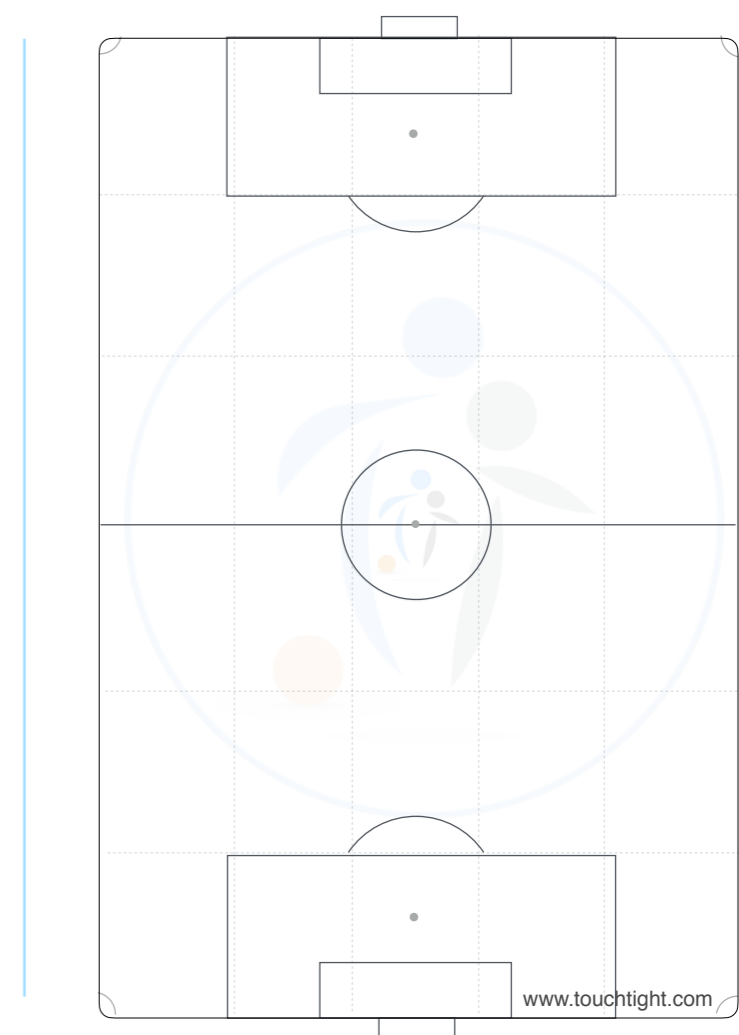
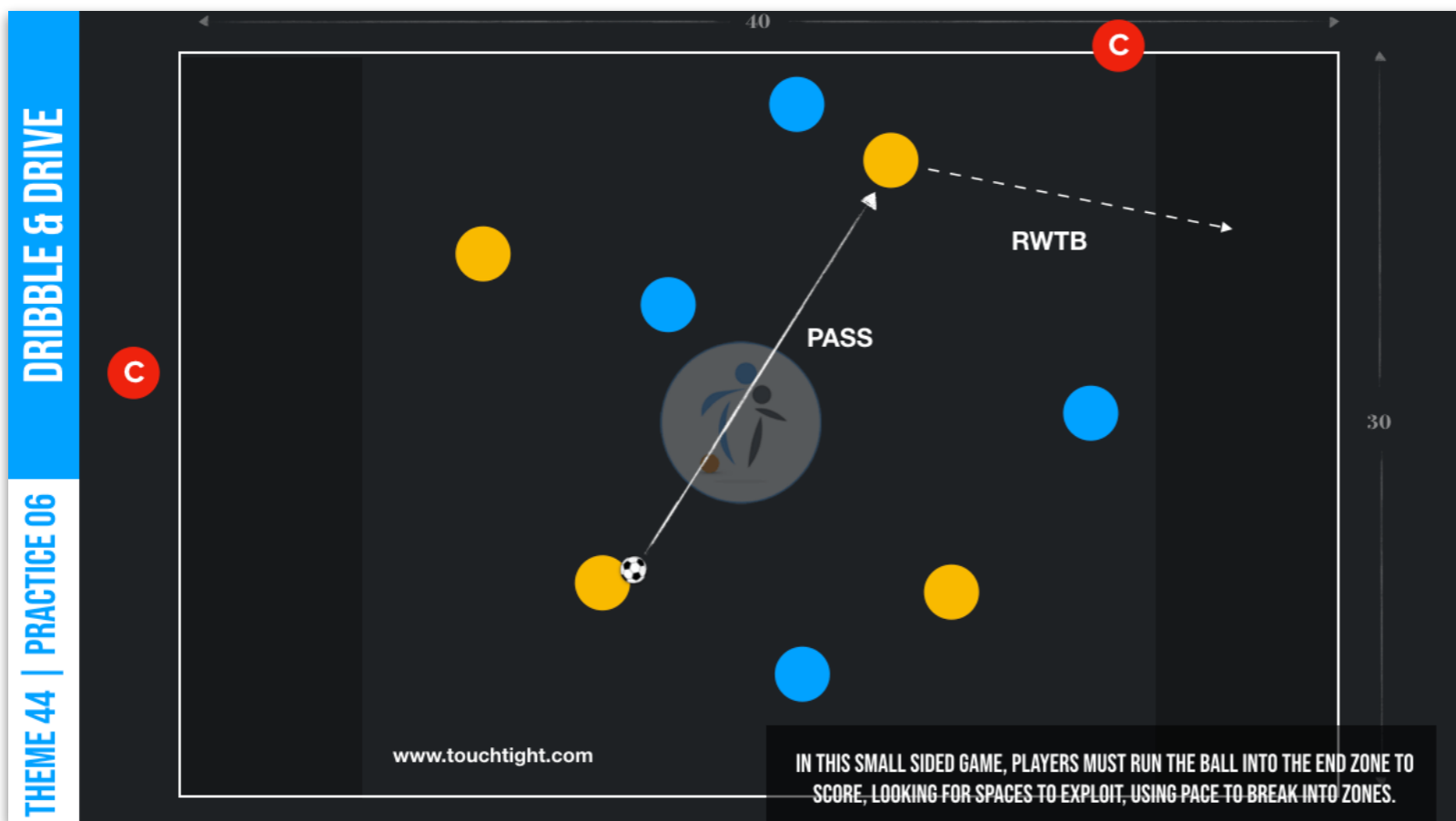
Players

Duration

Type: Small Sided Game

Area:

Team Objectives:



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Set Up & Organisation:

- Practice 6 of Theme 44 receiving to dribble and drive is a small sided game that encourages players to find spaces to run with the ball into an end zone to score a point. In this 4 v 4 possession, we have no goalkeepers or goals, putting an emphasis on the defending ability in dealing with attacking runners.
- Emphasise the need to defend effectively, setting challenges for attacking players. We can then focus on creating spaces for players to receive on the front foot to drive into the end zone.

Progressions & Constraints:

- Progress the practice by splitting the pitch into 4 zones, with defenders having to occupy all areas to deal in 1 v 1s. If beaten, teammates can support to double on attacking players.

Key Coaching Points:

- **Tactical** | Recognition of space to play forward into
- **Technical** | Running with the ball into space to break lines
- **Social** | Build relationships with teammates to attack and break 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

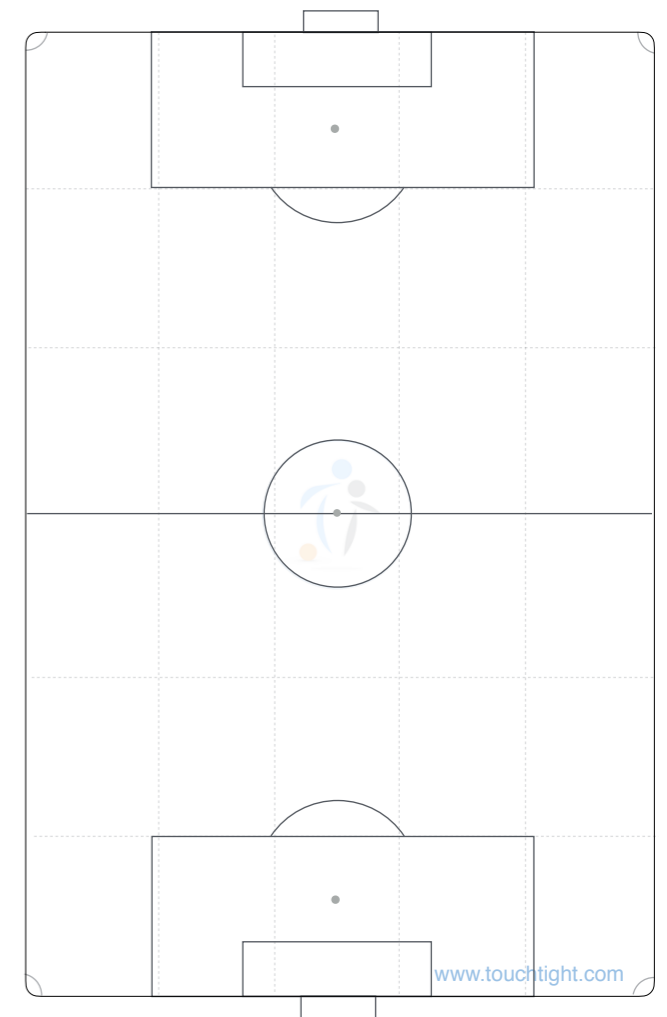
Player Trios initials	Objectives

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?



Session Date:

Team:

Coach:



Session Objective/s:

Detail all Individual player objectives for the session and provide an evaluation on progress made

Player	Objective 1	Objective 2	Objective 3	Evaluation