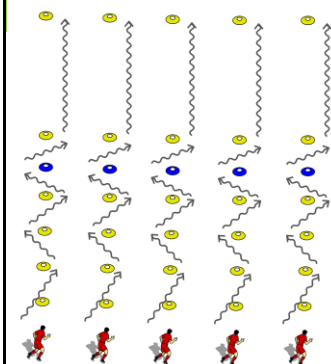


## OBJECTIVES- Passing, Receiving and Dribbling

5 Stations - 1) French Dribbling ; 2) Speed and Agility; 3) Passing Triangles; 4) 3v3 to targets; 5) 4v4/5v5 to 4 small goals



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### TECHNICAL WARM-UP

Grid Size: 20x30

Duration: 15 Mins

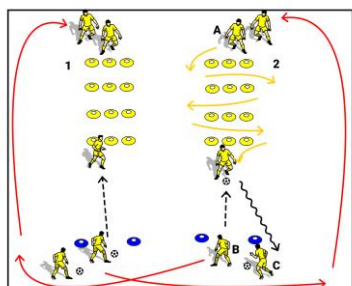
#### French Dribbling

Groups of 3-5 players max in each line, cones 1 yd apart  
Player A dribbles thru cones using different parts of feet.  
When Player A gets to blue cone Player B can proceed  
Once past the last cones he should speed dribble and perform a turn and return to the end of the line.

Progression: After turn he can pass to the player at the back of the line

#### COACHING POINTS / KEY CONCEPTS

Heads up while dribbling. Go slow and perform the moves correctly.  
Lots of small touches.



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### Speed and Agility with Ball

Grid Size:

Duration: 15 Mins

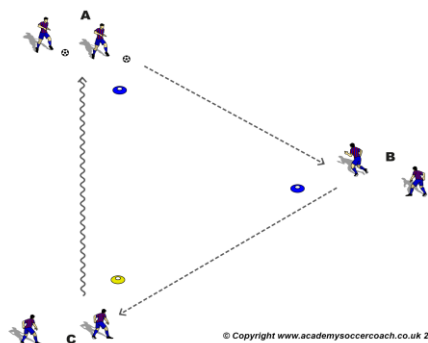
#### Set 2 groups of cones up 2yds in width and 4yds long

The players perform different agility steps as they go in an out of the yellow cones. As they get out of the last row of cones, the player at the end with the ball passes them an easy pass with the inside of the foot and that player dribbles behind the next waiting player.  
The player who just passed then jogs behind to the other line.

1. forward shuffle, sideways shuffle, 2 foot bunny hops, high knees

#### COACHING POINTS / KEY CONCEPTS

It's not a race! Go slow and do the movements correctly  
Knees bent and feet always shoulder width apart, run on balls of feet  
Make good passes. Toe up ankle locked, follow thru to target



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### ACTIVITY 1 Passing Triangle

Grid Size: 20x30

Duration: 15 Mins

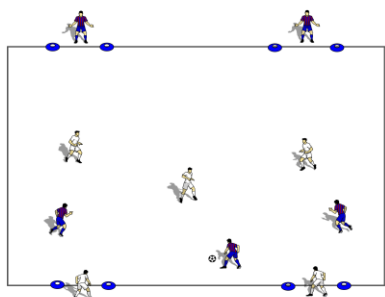
Player A plays with the left foot to player B who takes the ball with the inside of the left foot across the body and passes with the left foot to player C. Player C receives with inside of left foot and dribbles with speed to beginning.

\*Switch directions - Only right foot

\* Up-back-thru at yellow cone

#### COACHING POINTS / KEY CONCEPTS

Go away to create space, check shoulder  
Good 1st touch to pass or dribble on the 2nd touch  
Good pass- Toe up, Ankle locked



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### ACTIVITY 2 3v3 + 2

Grid Size: 20x30

Duration: 15 Mins

Teams play 3v3 and try to connect passes thru gates to targets.  
If targets can play back to team they can keep the ball and try to score again.

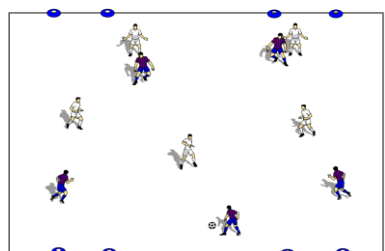
\* Play games to 3 goals or 5 minutes, then switch players

\* Limit touches to make it more challenging, 2-3 touch

\* Must connect 3 passes before playing to targets

#### COACHING POINTS / KEY CONCEPTS

Shape, Width and positioning of players  
Movement of players



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### ACTIVITY 3 5v5 to 4 goals

Grid Size: 20x30

Duration: 15 Mins

Team plays 5v5 to 4 goals

\* Play games to 3 goals or 5 minutes

\* If team connects 7 passes that counts as 1 goal

\* Limit touches to make it more challenging, 2-3 touch

\* One time finishes count as 2 goals

#### COACHING POINTS / KEY CONCEPTS

Shape, Width and positioning of players  
Movement of players