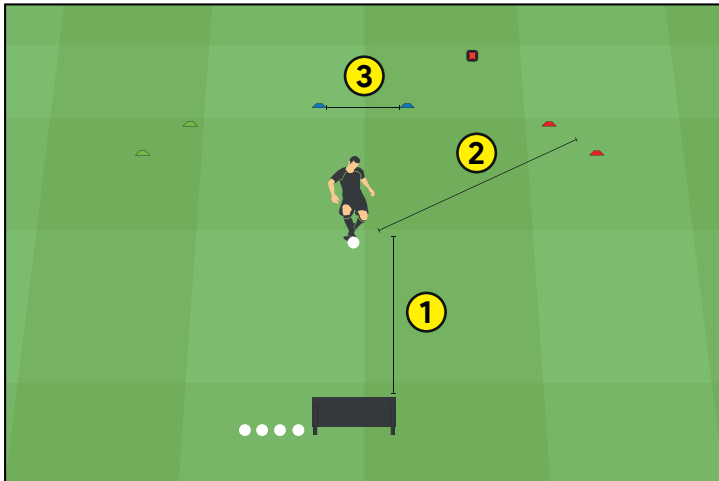**DR3-002**
AWARENESS & PASSING

SET UP

PLAYERS NEEDED: INDIVIDUAL TRAINING

EQUIPMENT NEEDED: REACT3 SET, FOOTBALLS, REBOUND BOARD

This training drill is used to work on your scanning, ball control and passing. The main aim of this drill is to train yourself to scan your surroundings and react to situations quickly in a match. To know what you are going to do on the ball before you have even received it will get you to that next level.

1   5-10 yards
(Depending on your space and ability).

2   10-15 yards
(Depending on your space and ability).

3   4-6 yards
(Depending on your ability).
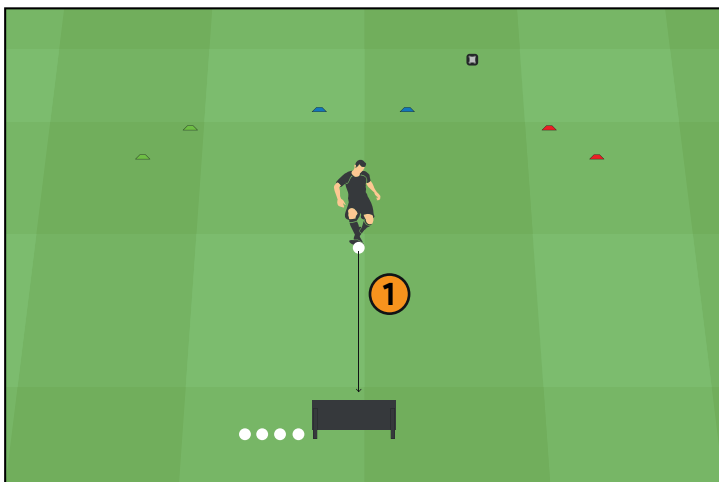
PHASE 1

REACT3 TIMER SETTING: ACTIVE MODE

**1**   Player1 starts with the ball. Player1 passes the football against the rebound board.

COACHING POINTS

In the drill you are scanning for the React3 and positioning of the coloured gates, in a match you will be scan inning for defenders, teammates and space. After you have scanned for the React3 colour, you should try to get your body in the half-turn position. The half-turn position means that your body should be able to see the travelling football and the destination you are going to. This will 1. allow you to shield the football from opponents and 2. allow you to move the football quicker, making it harder for defenders to tackle you.

PHASE 2

2   Whilst the ball is travelling, Player1 scans for the colour shown on React3.

3   The ball is rebounded off the board and back to player1.
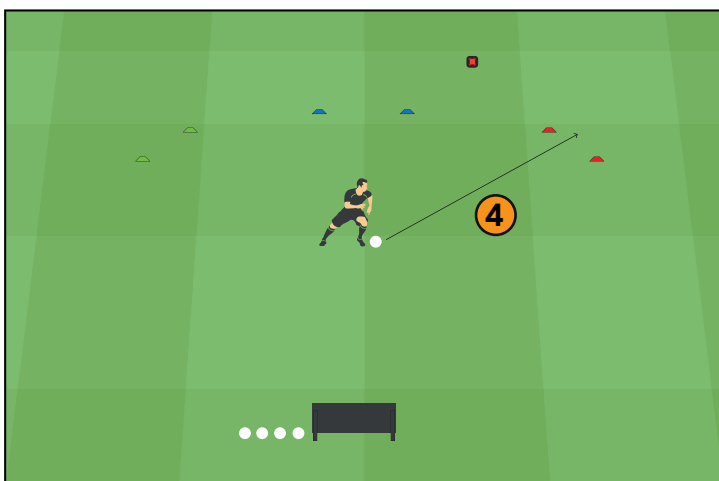
PHASE 3

4   Player1 then controls the ball and passes the football through the matching coloured gate.

Player1 then resets and the drill repeats.

ADVANCED

You can advance this drill by positioning the gates further away and/or shorten the width of the coloured gates. Both these adaptions will mean you will work on your precision and accuracy of pass.