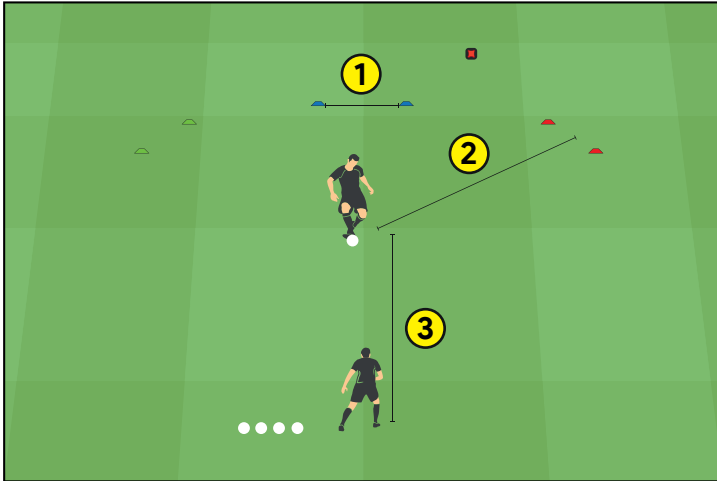


DR3-001
AWARENESS & PASSING

SET UP

PLAYERS NEEDED: 2 PLAYERS/ 1-2-1 COACHING

EQUIPMENT NEEDED: REACT3 SET, FOOTBALLS

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** 10-15 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 to player2.

COACHING POINTS

In the drill you are scanning for the React3 and positioning of the coloured gates, in a match you will be scanning 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** Player2 immediately plays the ball back to Player1.



PHASE 3

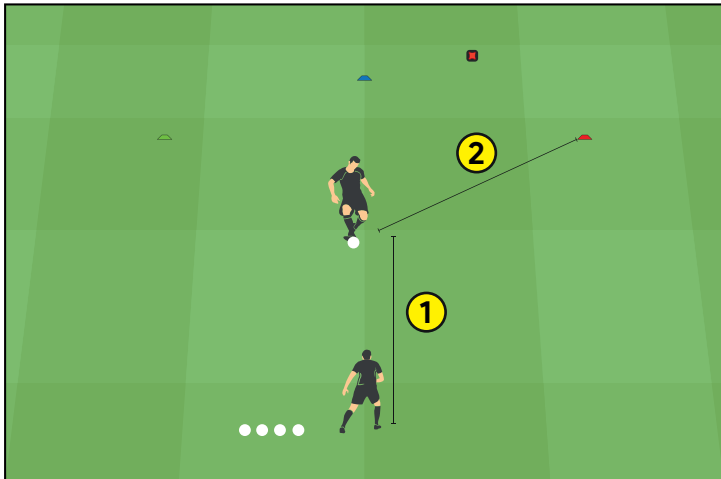
- 4** Player1 then controls the ball and passes the football through the matching coloured gate.

Player1 then resets and the drill repeats.
Change positions after 5 goes each.

ADVANCED

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

DR3-003
AWARENESS & BALL CONTROL



SET UP

PLAYERS NEEDED: 2 PLAYERS/ 1-2-1 COACHING

EQUIPMENT NEEDED: REACT3 SET, FOOTBALLS

This training drill is used to work on your scanning, ball control and dribbling. The main aim of this drill is to train yourself to scan for the space, react to the situation, then execute the first touch and dribbling control.

- 1** 10-15 yards
(Depending on your space and ability).
- 2** 10-15 yards
(Depending on your space and ability).



PHASE 1

REACT3 TIMER SETTING: ACTIVE MODE

- 1** Player1 starts with the ball. Player1 passes the football to player2.

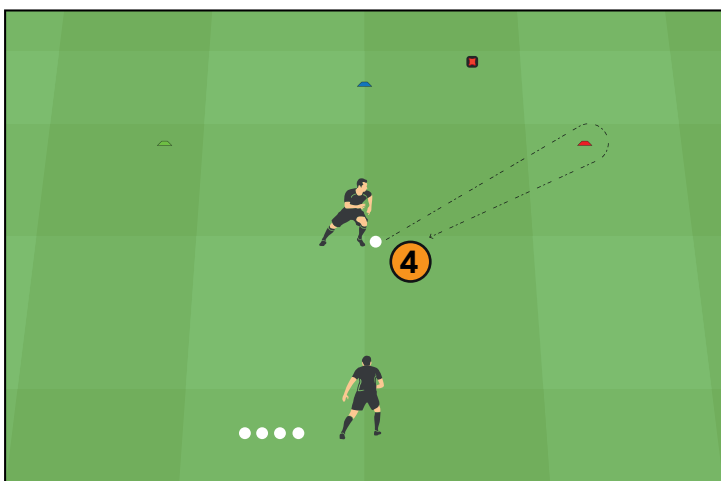
COACHING POINTS

You must be always aware of your surroundings, when you see the colour shown on React3, Your first touch must be towards the matching coloured cone. When dribbling your head should be up looking where you are running, not down at the ball. This will allow you to anticipate quicker and adjust to situations.



PHASE 2

- 2** Whilst the ball is travelling, Player1 scans for the colour shown on React3.
- 3** Player2 immediately plays the ball back to Player1.



PHASE 3

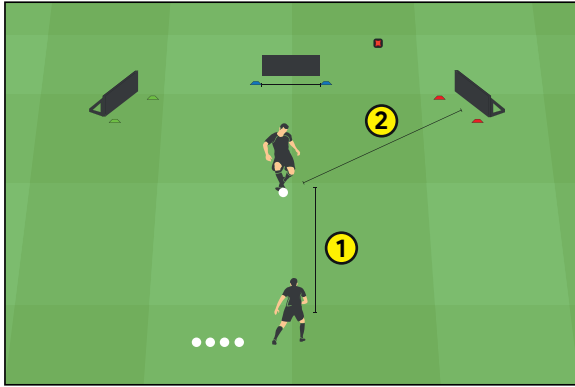
- 4** Player1 then controls the ball and dribbles the football around the matching coloured cone and back.

Player1 then resets and the drill repeats. Change positions after 5 goes each.

ADVANCED

You can advance this drill by moving the coloured cones further away, this will work more on your fitness and agility. You can also try to only use your weaker foot, training both feet is crucial to getting to the top level.

DR3-005
AWARENESS & BALL CONTROL



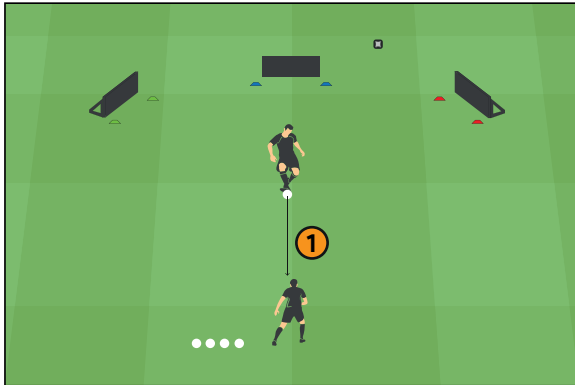
SET UP

PLAYERS NEEDED: 2 PLAYERS/ 1-2-1 COACHING

EQUIPMENT NEEDED: REACT3 SET, FOOTBALLS, REBOUND BOARD X3

This training drill is used to work on your scanning, ball control and dribbling. The main aim of this drill is to train yourself to scan for the space, react to the situation, then dribble the ball and make the pass.

- 1** 10-15 yards
(Depending on your space and ability).
- 2** 10-15 yards
(Depending on your space and ability).



PHASE 1

REACT3 TIMER SETTING: ACTIVE MODE

- 1** Player1 starts with the ball. Player1 passes the football to Player2.

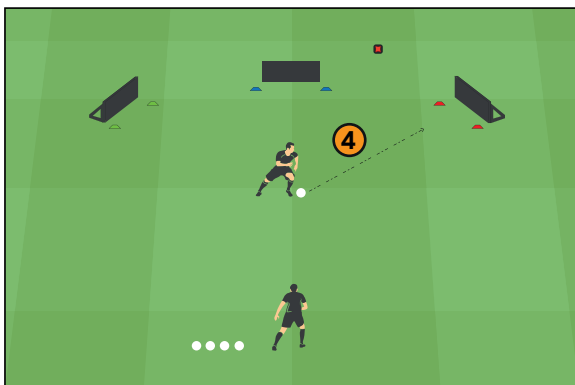
COACHING POINTS

You must be always aware of your surroundings, when you see the colour shown on React3, Your first touch must be towards the matching coloured cone. Be precise about your passing off the rebound board to be able to control and dribble back quickly.



PHASE 2

- 2** Whilst the ball is travelling, Player 1 scans for the colour shown on React3.
- 3** Player2 immediately plays the ball back to Player1.



PHASE 2

- 4** Player1 then controls the ball and dribbles the football to the matching coloured rebound board gate.



PHASE 3

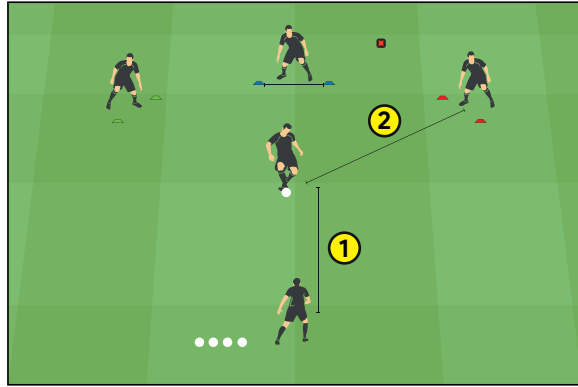
- 5** Player1 then passes the ball against the rebound board.
- 6** Player1 then controls the ball and dribbles back to the centre.

Player1 then resets and the drill repeats. Swap positions after 5 goes.

ADVANCED

You can advance this drill by moving the coloured cones further away, this will work more on your fitness and agility. You can also try to only use your weaker foot, training both feet is crucial to getting to the top level.

DR3-007
AWARENESS & BALL CONTROL



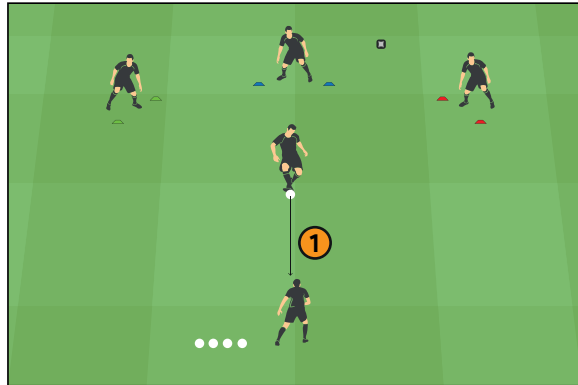
SET UP

PLAYERS NEEDED: 4 PLAYERS/ TEAM TRAINING

EQUIPMENT NEEDED: REACT3 SET, FOOTBALLS

This training drill is used to work on your scanning, ball control and dribbling. The main aim of this drill is to train yourself to scan for the space, react to the situation, then dribble the ball and make the pass.

- 1** 10-15 yards
(Depending on your space and ability).
- 2** 10-15 yards
(Depending on your space and ability).
- 3** 4-6 yards
(Depending on your space and ability).



PHASE 1

REACT3 TIMER SETTING: ACTIVE MODE

- 1** Player1 starts with the ball. Player1 passes the football to Player2.

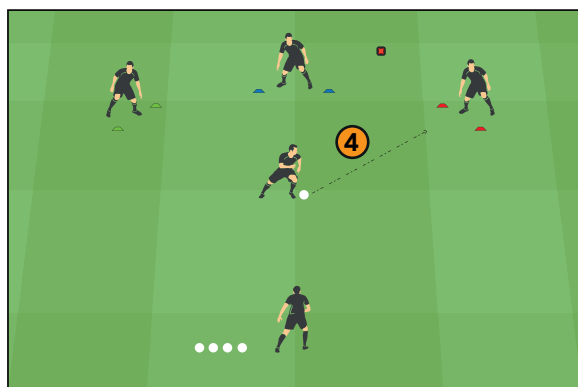
COACHING POINTS

You must be always aware of your surroundings, when you see the colour shown on React3, Your first touch must be towards the matching coloured cone. Be precise about your passing to each player to be able to control and dribble back quickly.



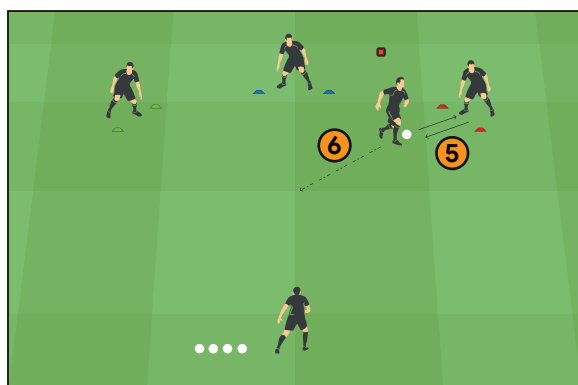
PHASE 2

- 2** Whilst the ball is travelling, Player1 scans for the colour shown on React3.
- 3** Player2 then immediately passes the ball back to Player1.



PHASE 2

- 4** Player1 then controls the ball and dribbles the football to the matching coloured gate.



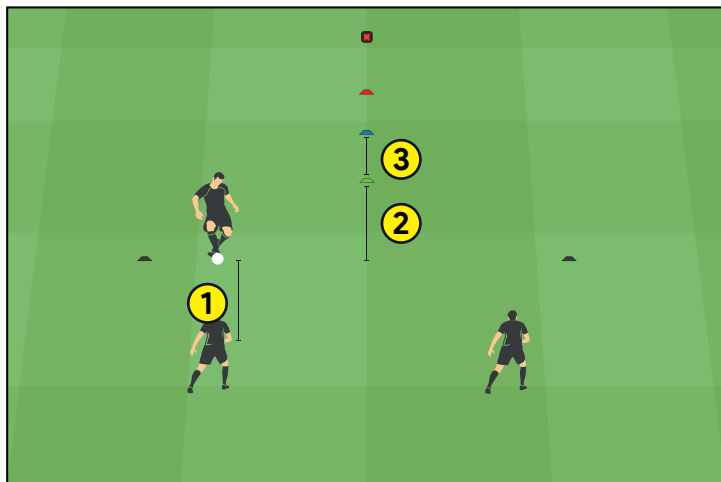
PHASE 3

- 5** Player1 then plays a 1-2 with the teammate positioned in the coloured gate.
- 6** Player1 then controls the ball and dribbles back to the centre.

Player1 then resets and the drill repeats. Swap positions after 5 goes.

ADVANCED

You can advance this drill by moving the coloured cones further away, this will work more on your fitness and agility. You can also try to only use your weaker foot, training both feet is crucial to getting to the top level.

DR3-009
AWARENESS & BALL CONTROL

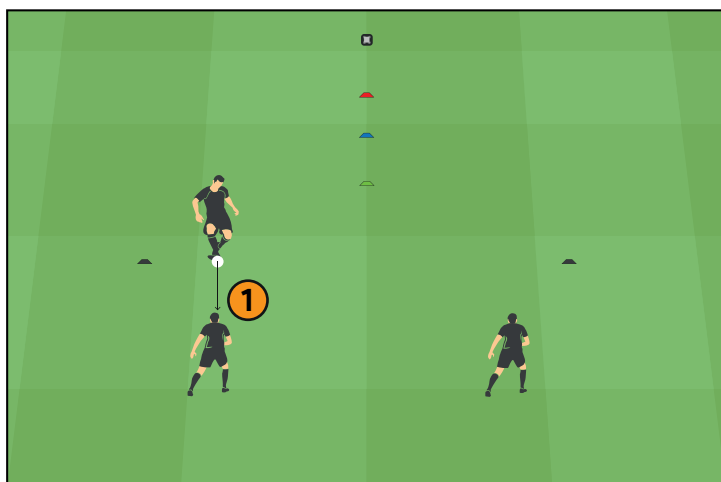
SET UP

PLAYERS NEEDED: 2-3 PLAYERS

EQUIPMENT NEEDED: REACT3 SET, FOOTBALLS

This training drill is used to work on your scanning, ball control and dribbling. The main aim of this drill is to train yourself to scan for the space, react to the situation, then dribble the ball and make the pass.

- ① 5-10 yards
(Depending on your space and ability).
- ② 5-10 yards
(Depending on your space and ability).
- ③ 3-5 yards
(Depending on your space and ability).



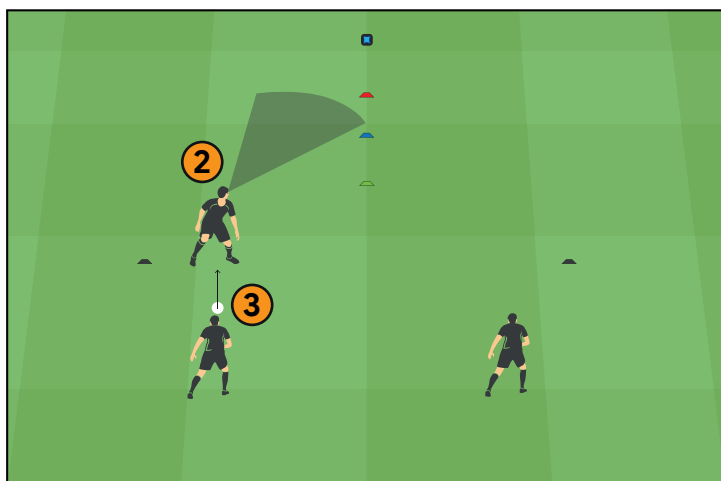
PHASE 1

REACT3 TIMER SETTING: ACTIVE MODE

- ① Player1 starts with the ball. Player1 passes the football to Player2.

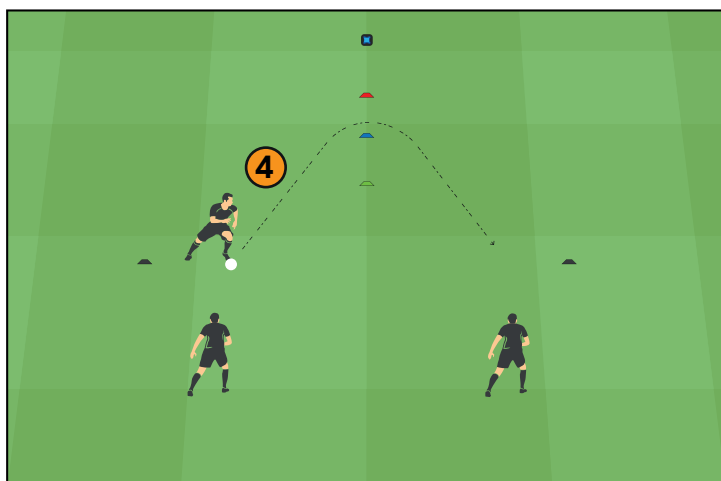
COACHING POINTS

After you play the 1-2 off your teammate, your body shape should be in the half-turn position to get around the matching coloured cone as quick as possible.



PHASE 2

- ② Whilst the ball is travelling, Player1 scans for the colour shown on React3.
- ③ Player2 immediately passes the ball back to Player1.



PHASE 3

- ④ Player1 then controls the ball and dribbles the football to the matching coloured cone.

Player1 then resets and the drill repeats from the other side of the cones.
Swap positions are 5 goes.

ADVANCED

You can advance this drill by moving the coloured cones further away, this will work more on your fitness and agility. You can also try to only use your weaker foot, training both feet is crucial to getting to the top level.

DR3-010
AWARENESS & PASSING

SET UP

PLAYERS NEEDED: 2 PLAYERS/ 1-2-1 COACHING

EQUIPMENT NEEDED: REACT3 SET, FOOTBALLS

This training drill is used to work on your scanning, first time passing and close ball control. You will be training your passing, awareness of space, movement off the ball and then close ball control.

- 1 10-15 yards
(Depending on your space and ability).
- 2 5-10 yards
(Depending on your space and ability).

PHASE 1

REACT3 TIMER SETTING: ACTIVE MODE

- 1 Player1 starts with the ball. Player1 passes the football to Player2.

COACHING POINTS

After you play the 1-2 off your teammate, your head should always be looking around for the colour shown on React3. When the colour is shown you should be vocal and tell your teammate where you want the ball passed.

PHASE 2

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

PHASE 2

- 4 Player1 moves to the matching coloured cone. Then calls to receive the ball.
- 5 Player2 then passes the ball to Player1 on the inside of the coloured cone.

PHASE 3

- 6 Player1 controls the ball and dribbles the football around the coloured cone. Then passes the ball back to Player2
- 7 Player1 then moves back to the centre, this resets the drill and it then repeats.

ADVANCED

You can advance this drill by decreasing the time of React3, giving you less time to get back for the next colour. You can also try to only use your weaker foot, training both feet is crucial to getting to the top level.