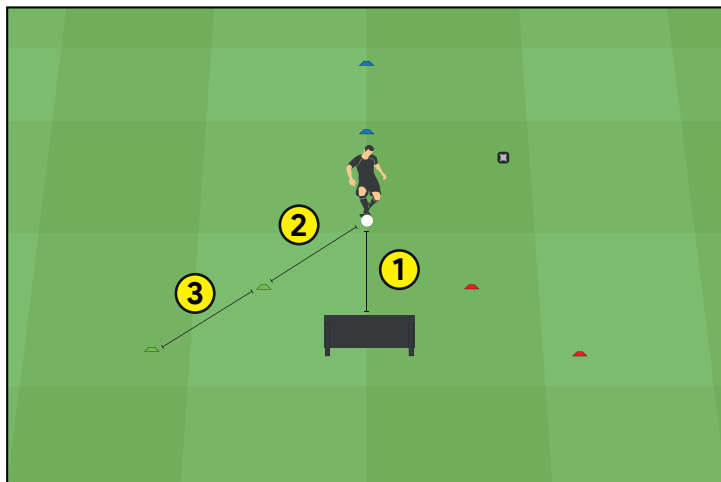


DR3-101
DRIBBLING & BALL CONTROL

SET UP

PLAYERS NEEDED: INDIVIDUAL TRAINING

EQUIPMENT NEEDED: REACT3 SET, FOOTBALL, REBOUND BOARD

This training drill is designed to work on your passing, scanning, ball control and dribbling. This is a great exercise for any midfielder or attacking player.

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



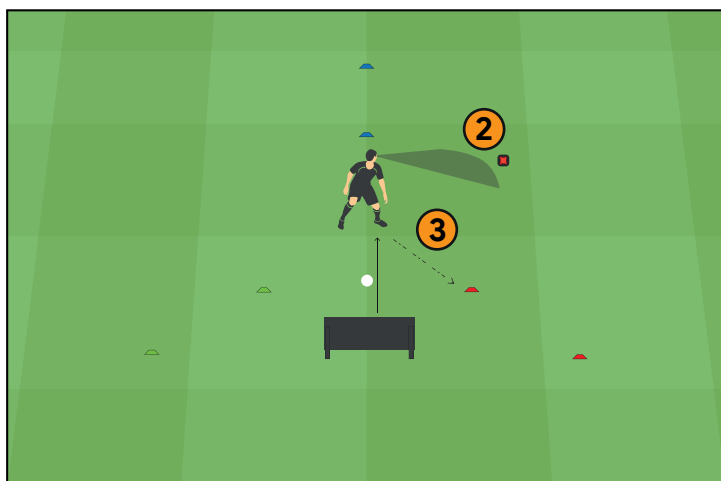
PHASE 1

REACT3 TIMER SETTING: Active mode

- 1** Player1 is positioned in the centre of the cones and passes the ball against the rebound board.

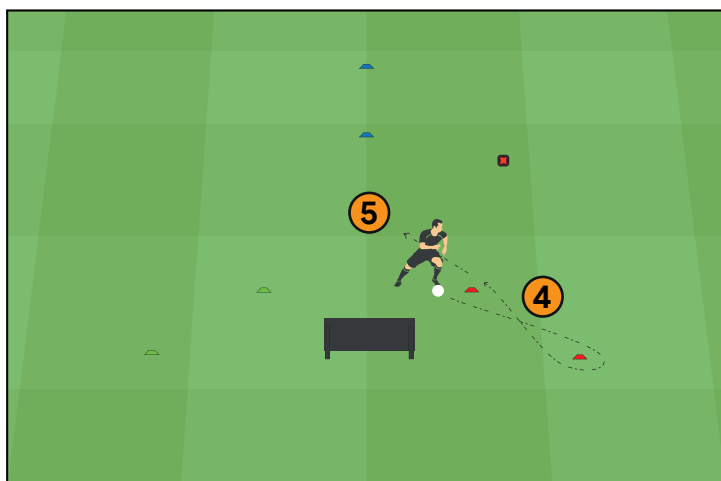
COACHING POINTS

You should always be on your toes, this will help you react quicker with your first touch and movement. When you are scanning, try to scanning quickly with one look so you can move your eyes back to the travelling football. Try to control the football to the matching coloured cone on your first touch, in a match this will keep you one step ahead of any opponent.



PHASE 2

- 2** After Player1 has played the pass and the ball is travelling, PLayer1 must scan for the colour shown on React3.
- 3** Player1 must control the ball to the matching coloured cone. Advanced players should try and do this with their first touch.



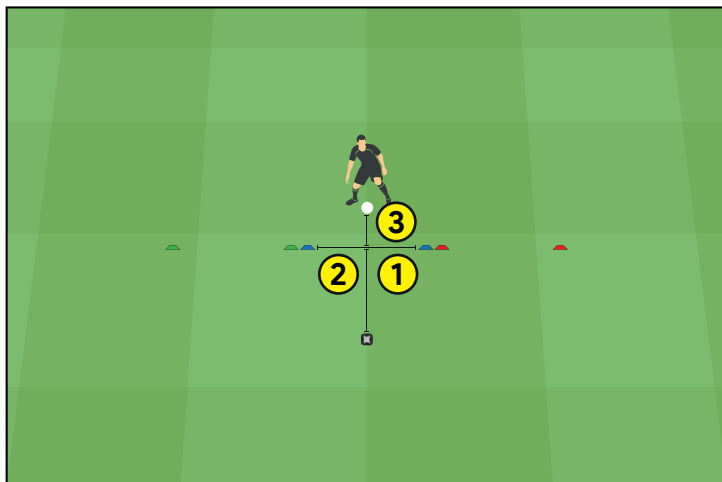
PHASE 3

- 4** Player1 must dribble the football around the cones, performing a figure of 8.
- 5** Player1 then returns to the centre of the cones, The drill is then reset and repeat 5 times.

ADVANCED

You can advance this drill moving the figure of 8 cones cloder together. This will mean you have to have a closer control to not touch one of the cones.

You can also adjust the timer setting. Take React3 off active mode will mean you will work against the clock to try and get back to the centre before the next colour is shown.

DR3-102
DRIBBLING & BALL CONTROL

SET UP

PLAYERS NEEDED: INDIVIDUAL TRAINING

EQUIPMENT NEEDED: REACT3 SET, FOOTBALL

This training drill will work your close ball control, hand eye coordination & ball skill. You will be using both feet and learning how to keep control of the ball whilst keeping your head up.

- 1** *Cone gate width* 5 yards
(Depending on your space and ability).
- 2** 5 yards
(Depending on your space and ability).
- 3** 2 yards
(Depending on your space and ability).



PHASE 1

REACT3 TIMER SETTING:

Beginner - 4 seconds / Medium - 3 seconds / Advanced - Active mode

- 1** Player1 is positioned in the centre coloured gate, awaiting the colour to be shown on React3.



COACHING POINTS

To gain the most from this exercise you must start slow and concentrate on technique. Be on your toes when waiting for the colour, When the colour is shown you need to use your left foot to roll the ball to your right and use your right foot to roll the ball to your left. Roll the ball across your body until you reach the middle of the matching coloured gate.



PHASE 2

- 2** Player1 must roll the ball across their body, too the middle of the matching coloured gate.

-  Use your right foot to roll the ball to the left
-  Use your left foot to roll the ball to the right



PHASE 3

- 3** Player1 must the scan to see the next colour shown.
- 4** Player1 must roll the ball across their body, too the middle of the matching coloured gate.

Repeat this 10 times.

ADVANCED

You can advance this drill by shortening the time of React3, meaning you have less time to reach the matching coloured gate and you always need to be scanning.

You can also add difficulty by adding a skill move into each gate you reach. Such as a step over or the pull back flick.

DR3-103
DRIBBLING & AWARENESS

SET UP

PLAYERS NEEDED: INDIVIDUAL TRAINING

EQUIPMENT NEEDED: REACT3 SET, FOOTBALL, ADDITIONAL CONES

This training drill will work your close ball control, hand eye coordination & ball skill. You will be using both feet and learning how to keep control of the ball whilst keeping your head up.

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



PHASE 1

REACT3 TIMER SETTING:

Beginner - 4 seconds / Medium - 3 seconds / Advanced - Active mode

- 1** Player1 is positioned in the centre coloured gate, awaiting the colour to be shown on React3. Try to always scan for React3 whilst dribbling.
- 2** Player1 must then dribble the ball through the matching coloured gate. Player1 then awaits the next colour.

COACHING POINTS

To keep possession of the ball in a match, players should always be aware of their surroundings. To do this, you must be able to keep your head up and scan the area, whilst dribbling the football. Always try to look at React3 as much as possible when dribbling. Also keep close control of the football by taking little touches, this will make it easier to turn whilst dribbling and react quicker to the next colour shown.



PHASE 2

- 3** Player1 must the scan to see the next colour shown.
- 4** Player1 must then dribble the ball through the matching coloured gate. Player1 then awaits the next colour.



PHASE 3

- 5** Player1 must the scan to see the next colour shown.
- 6** Player1 must then dribble the ball through the matching coloured gate. After dribbling through the final gate, dribble the ball back round to the start cone and repeat 5 times.

ADVANCED

You can advance this drill by shortening the time of React3, meaning you have less time to dribble through the matching coloured gate before the next colour is shown.

You can also add difficulty by adding a skill move into each gate you reach. Such as a step over, drop a shoulder or a roulette.

DR3-104
DRIBBLING & AGILITY

SET UP

PLAYERS NEEDED: INDIVIDUAL TRAINING

EQUIPMENT NEEDED: REACT3 SET, FOOTBALL

This warm-up drill is used to get your energy levels rising. You will be working your agility, fitness and ball control.

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



PHASE 1

REACT3 TIMER SETTING:

Beginner - 8 seconds / Medium - 5 seconds / Advanced - 3 Seconds

- 1** Player1 is positioned on the black cone, with the football, awaiting the colour shown on React3.

COACHING POINTS

You should always be on your toes, ready for the colour to be shown. When turning around the coloured cone, be low to the ground and take lots of smaller touches of the football to keep control.



PHASE 2

- 2** Immediately when the colour is shown, Player1 needs to dribble the football around the matching coloured cone and back to the starting point.



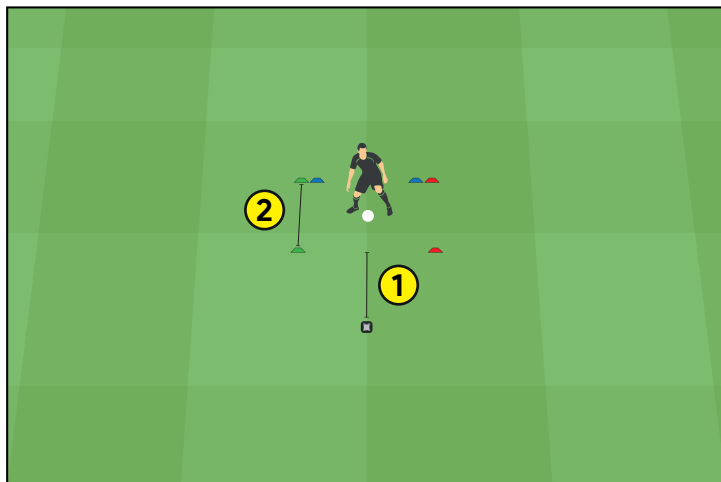
PHASE 3

- 3** Player1 then is back at the black cone, awaiting the next colour to be shown. Complete 5 reps, then rest for 30 seconds.

Repeat for 5 sets for full warm up.

ADVANCED

You can advance this drill by shortening the time on React3. This will give you less time to get back before the next colour is shown. Which also decreases your rest time.

DR3-105
DRIBBLING & BALL CONTROL

SET UP

PLAYERS NEEDED: INDIVIDUAL TRAINING

EQUIPMENT NEEDED: REACT3 SET, FOOTBALL

This drill is used to work your ball control when the ball is in the air. You will be scanning whilst the ball is above your head and having to react to control the ball and dribble through the matching coloured gate.

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



PHASE 1

REACT3 TIMER SETTING: Active mode

- 1** Player1 must perform keep ups and then hit the ball above their head. (If you struggle with this, you can throw the ball up instead).

COACHING POINTS

When kicking or throwing the ball in the air, try to keep it central to the square, this will make it easier to control. When scanning, try to take a quick glance so that you do not lose track of the ball travelling for too long. On your first touch, use your laces or inside the foot to control the ball.



PHASE 2

- 2** Whilst the ball is in the air, Player1 must scan to see the colour shown on React3.



PHASE 3

- 3** Player1 then must control the ball and dribble the ball through the matching coloured gate.

Player1 then returns to the centre and the drill is reset.

ADVANCED

You can advance this drill in 3 ways:

- 1: Try to keep the ball lower when kicking it in the air, this gives yourself less time to scan.
- 2: Try to control the ball through the coloured gate in your first touch.
- 3: Add a skill move to your first touch.