

Training Arches Drill 2

EQUIPMENT

1x set of Training Arches. 4 Disc cones. 4 vests, 4 balls.

MEASUREMENT

20 x 20 yards

CATEGORY

Dribbling (Ballwork), Passing

COACHING POINTS

1. Use turns and moves such as dragback, stop turn, Cruyff etc. to change direction and get away from the partner.
2. Keep the ball close to the body.
3. Use the inside, outside and soles of both feet.

PROGRESSION

1. There are many variations: The partner serves the ball for the player and controls with foot, thigh, chest or head then passes it back through the arch.

1



ON THE COACHES COMMAND **PLAYERS** DRIBBLE THROUGH AS MANY ARCHES AS POSSIBLE, THEIR PARTNER MUST FOLLOW CLOSE BEHIND...

2



WHEN THE COACH CALLS "CHANGE" **PLAYERS** CHANGE ROLES... WHEN THE COACH CALLS "DRIBBLES" THE **PLAYER** HAS TO MAKE 10 CONSECUTIVE DRIBBLES IN AND OUT THE ARCHES WHILE THE PARTNER COUNTS...

3



WHEN THE COACH CALLS "PASSES" **PLAYERS** TOGETHER MAKE 10 CONSECUTIVE PASSES THROUGH THE ARCHES