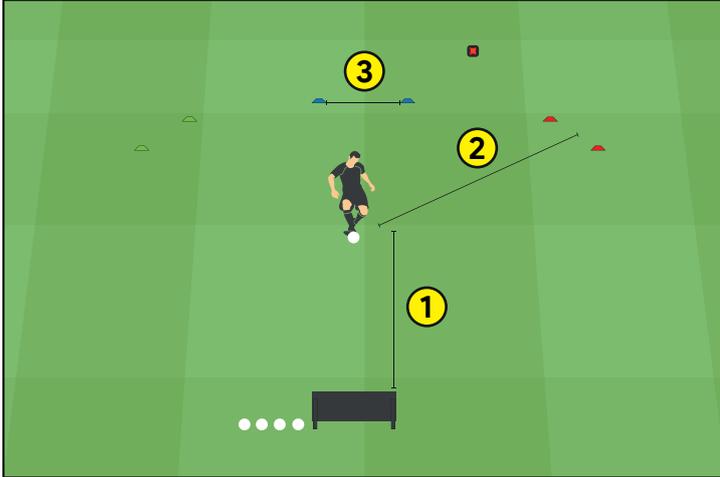


DR3-002
AWARENESS & PASSING



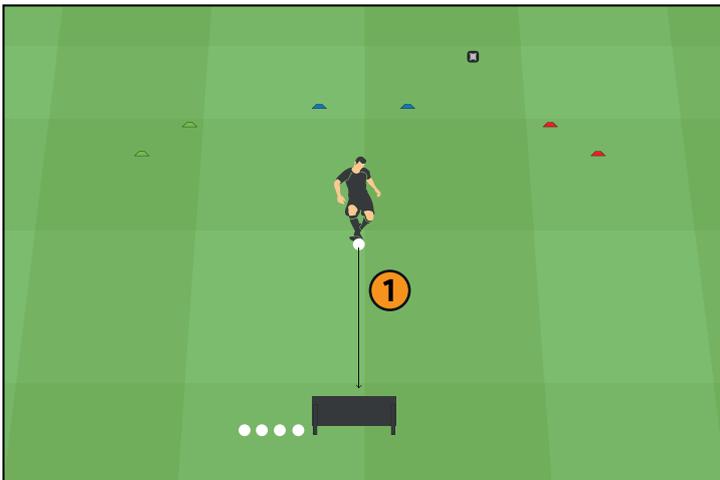
SET UP

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 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** 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 adaptations will mean you will work on your precision and accuracy of pass.

DR3-004
AWARENESS & BALL CONTROL

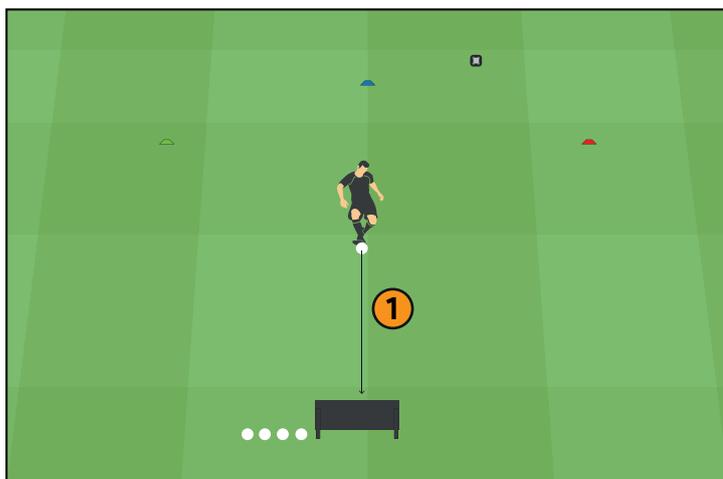
SET UP

PLAYERS NEEDED: INDIVIDUAL TRAINING

EQUIPMENT NEEDED: REACT3 SET, FOOTBALLS, REBOUND BOARD

This training drill is used to work on your scanning, ball control and 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 against the rebound board.

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



PHASE 3

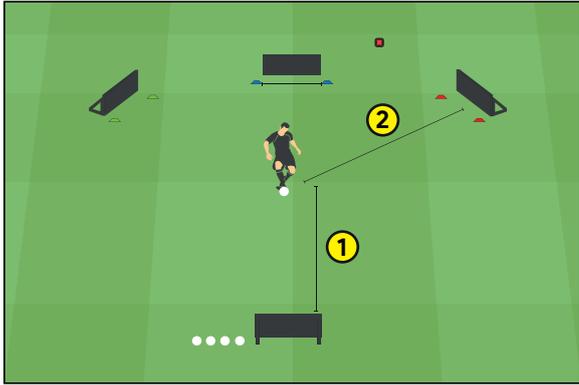
- 4** Player1 then controls the ball and dribbles the football around the matching coloured cone and back.

Player1 then resets and the drill repeats.

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.

DR3-006
AWARENESS & BALL CONTROL



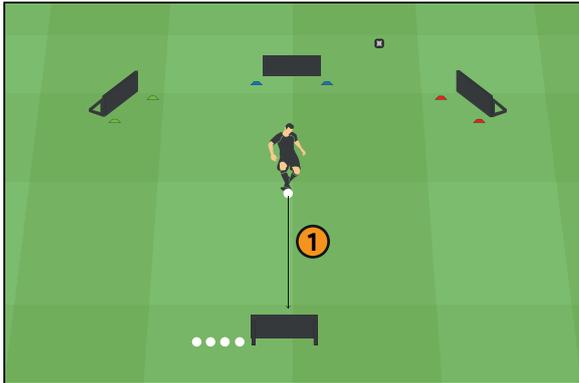
SET UP

PLAYERS NEEDED: INDIVIDUAL TRAINING

EQUIPMENT NEEDED: REACT3 SET, FOOTBALLS, REBOUND BOARD X4

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



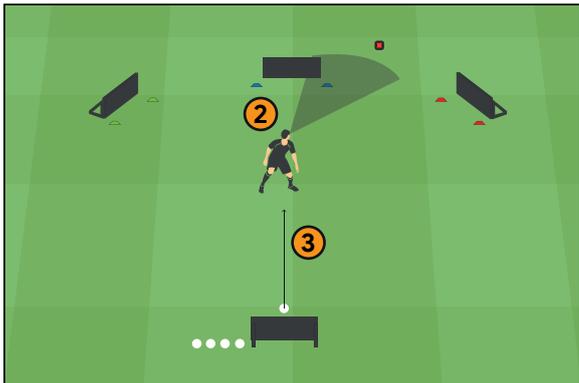
PHASE 1

REACT3 TIMER SETTING: ACTIVE MODE

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

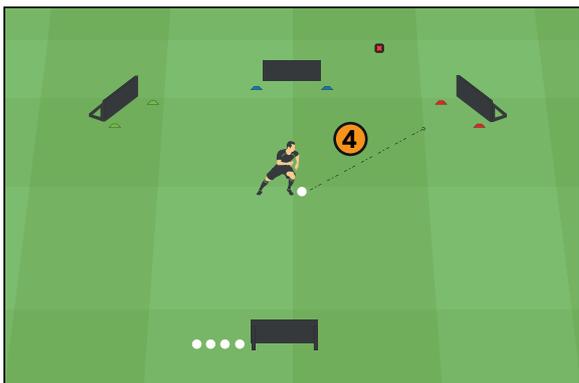
COACHING POINTS

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.



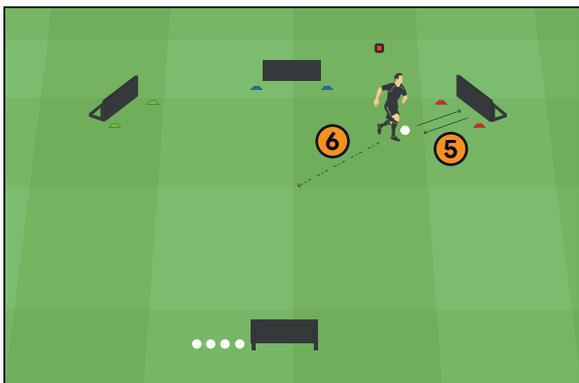
PHASE 2

- 2** Whilst the ball is travelling, Player 1 scans for the colour shown on React3.
- 3** The ball is rebounded off the rebound board.



PHASE 2

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



PHASE 3

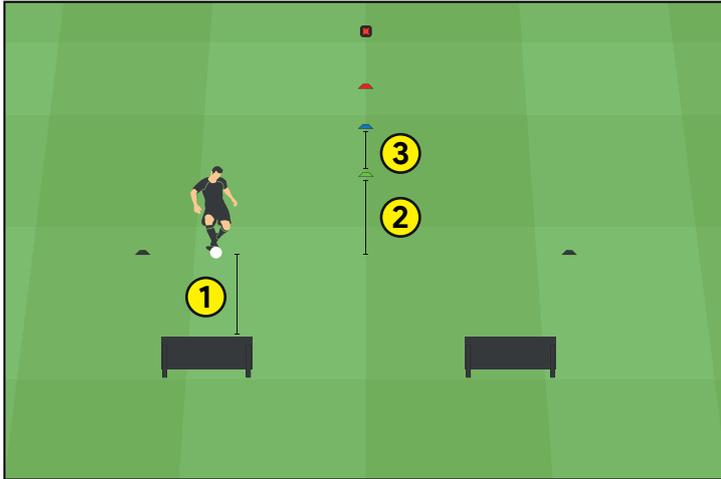
- 5** Player1 then passes the ball against the rebound board.
- 6** Player1 then controls the ball and dribbles back to the centre.

Player1 then resets and the drill repeats.

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.

DR3-008
AWARENESS & BALL CONTROL



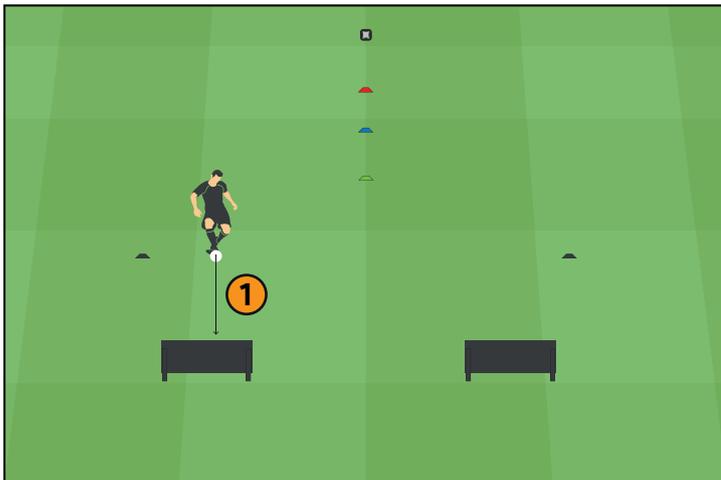
SET UP

PLAYERS NEEDED: INDIVIDUAL TRAINING

EQUIPMENT NEEDED: REACT3 SET, FOOTBALLS, REBOUND BOARD X2

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).



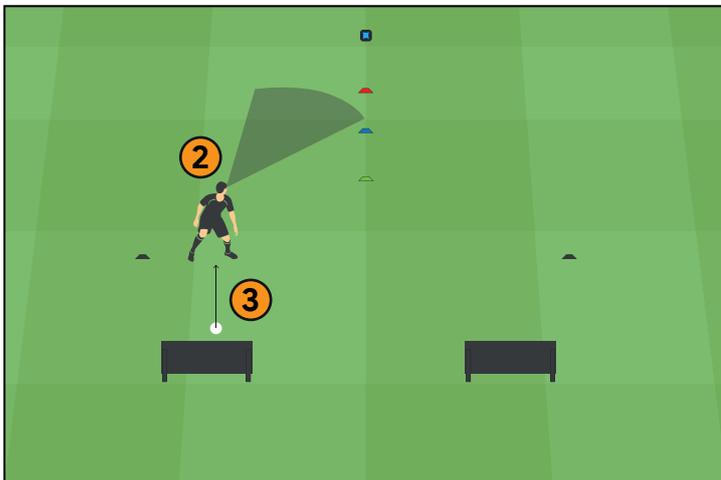
PHASE 1

REACT3 TIMER SETTING: ACTIVE MODE

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

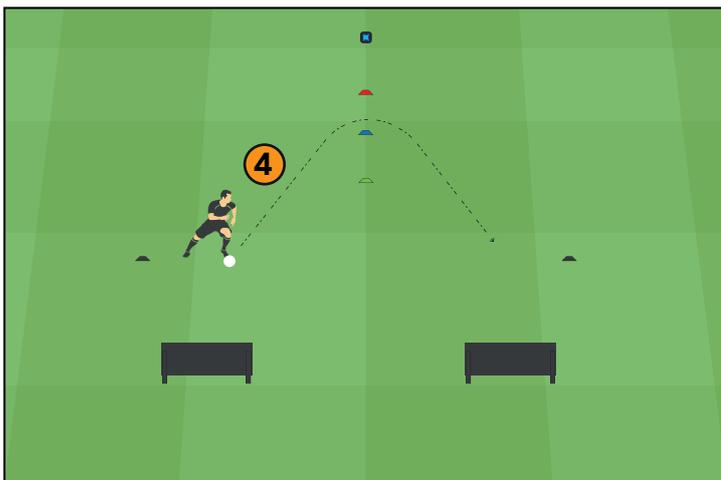
COACHING POINTS

After you play the ball off the bounce board, 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** The football will be rebounded 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.

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.

DR3-011
AWARENESS & DECISION MAKING



SET UP

PLAYERS NEEDED: INDIVIDUAL TRAINING

EQUIPMENT NEEDED: REACT3 SET, FOOTBALLS, REBOUND BOARD

This training drill is used to work on your scanning, decision making, ball control and passing. The main aim of this drill is to train yourself to scan for opponents, react and make a decision from to the situation.

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



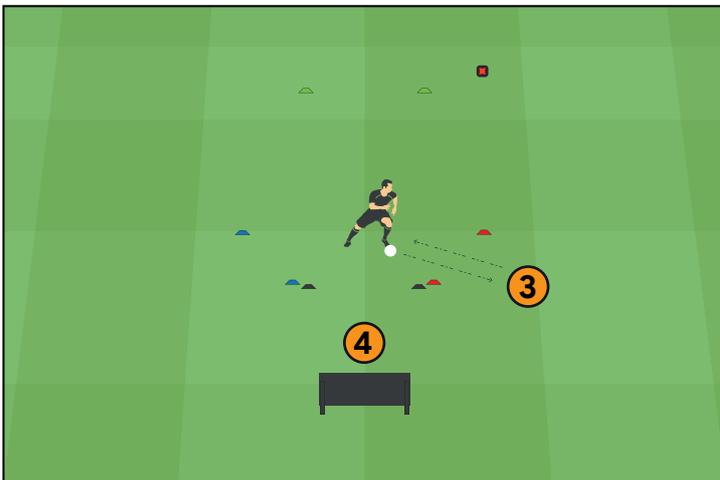
PHASE 1

REACT3 TIMER SETTING: ACTIVE MODE

- 1** Player1 starts with the ball. Player1 passes the football against the rebound board.
- 2** Whilst the ball is travelling. Player1 must scan for the colour shown on React3.

COACHING POINTS

This drill is all about scanning for opponents. **Red & Blue** symbolise an opponent close so your decision must be to go back and retain the ball. **Green** symbolises that you have lost your opponent and are free to 'turn-out' and play an attacking pass.



PHASE 2

Depending on the colour shown. Player 1 must either control the ball to the left or right or 'turn-out' and pass through the green gate.

- 3** Red was shown: Player1 must control the ball to their left, dribble through the red gate and back.
- 4** Player1 returns to the centre and resets the drill.

- } Control the ball through the coloured gate and dribble back.
- 'Turn-out' and play a pass through the coloured gate.



PHASE 3

- 5** This time green has been shown so Player1 must 'turn-out' and pass the football through the green coloured gate.

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.