

PSV Game - Dribbling, Skills, Turning and Shooting Practice



Date: 30/Jun/2011
Time: N/A : N/A
Duration: N/A
Measurement: Half a Pitch
Players: 1
Level/Age Group: U8 – U10 (Beginner)

Description: This is a PSV Eindhoven Academy practice observed by Tim Wareing. PSV have one of the best youth academies in Holland.

5 cones placed in a zig-zag position on either side of the pitch. The player starts by dribbling the ball while performing a move/feint at each cone (imaginary defender). On the last 6th cone the player should perform another skill and finish with a shot at goal.

Objective: To develop dribbling, feints, turning and shooting.

Coaching Points:

1. Dribbling skills
2. Turns and feints
3. Balance and speed
4. Execution of skills at pace
5. Quality of finish and follow shots in

Progression:

1. Operate from both sides using different skills (moves/feints/turns)
2. On last cones, go outside instead of inside.
3. Introduce a defender for 1v1 duel. Introduce a GK and try to beat him.

This Practice was taken from "1 on 1 Coaching - The Secrets to Improve ALL Football Players - eBook"

This eBook has been specially designed, so that each session is simple to follow, yet includes the coaching points that Tim offers to his players. Today, when we see less and less street football, the technical ability of our players is decreasing. ***This eBook will change that and improve everyone's technical ability and game understanding.***

Who is Tim Wareing and how can he develop my players?

Tim spent 6 years at Irish Premier League side, Lisburn Distillery. He held roles as Reserve Team Manager and under 18 Manager. ***He played his part in developing Youth International Players and players for the first team, before setting up a very successful Academy for the Club.***

He continues to travel on a regular basis across Europe to continue learning and sharing his coaching philosophy. Tim has visited FC Barcelona, Ajax, PSV Eindhoven and Braga. His training methods will improve ALL players through using the latest and most innovative procedures.

With a host of clients and clubs requesting Tim to work with them, and families travelling from New York and Paris to access his coaching, he has put his award -winning programme together in this book.

'1-on-1 Coaching The Secrets To Improve ALL Footballers - GUARANTEED!' not only provides readers with his session plans, but includes information on his successful blue print on how to coach players on a 1-to-1 basis. He has also included a section on his renowned 'Player Development Plan'



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