

3D Skill School

Objective – learn 3d skills

Coaching staff to give players time to develop 3d skills, each with their own ball, in their own time.

1. Maximise number of touches
2. High levels of technical feedback to every player
3. Doesn't have to be unopposed
4. Use your phone/ipad to give video feedback
5. When appropriate – make it competitive (can they beat their previous score etc)
6. Make it applicable to the game
7. Ensure that there is challenge and players are working to match pace!

Create obstacle course

3D Skills
Ramps
Chisel lift
Lifts to eliminate
Lifts to win corners
Air dribble
Aerials