

ESA+

SESSION

PLANS



Name: Dribble Vision

Products: ICON (4M+) or ICON V2 (4M+)

Players: 1

Duration: 21 Minutes + Warm-Up/Cool-Down

Description: Using either the ICON or ICON V2, this individual session plan uses the Vision Training Mode and focuses on dribbling with the ball

Organisation: Suitable for 1 player, however could expand the session with more players if adding rest periods in-between drills

To follow the session plan, you will need to have 5 cones. This is not essential but it would be desired to follow the plan as accurately as possible

Warm-Up: 5 Minutes

Cool-Down: 5 Minutes

Instructions: *Next Page*

WARM-UP

Product(s): N/A

Player(s): 1

Mode(s): N/A

Info: For an effective 5-minute Warm-Up, follow these steps to make sure your body is fully ready for the activity.

Squats, Heel Flicks, High Knees, Star Jumps and Side Steps.

Dynamic Stretches: Open & Close Gates, Forward Lunges, Sideways Lunges, Kick Throughs and Kick Across.

Vision Free Play: To finish off your warm-up you will want to go to the product you are using for the session and play 60 seconds of Vision. Do not focus on the performing to your best, just treat the mode as a last step of preparation.

Rest 45 Seconds after completing the Warm-Up.

MAIN SESSION: SET-UP 1

Product(s): ICON (4M+) or ICON V2 (4M+)

Player(s): 1

Mode(s): Vision

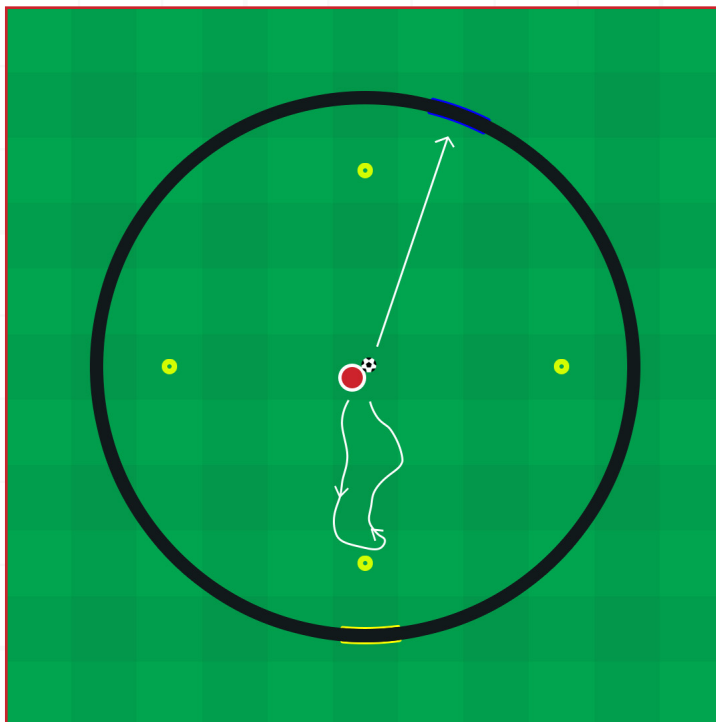
Info: Set-up four cones on the edge of the ICON/ICON V2, placed at North, East, South and West (allow space to turn around the cone dependant on the player's ability for Set-up 2). The focus of this set-up is to make accurate ball carries to certain points before passing successfully.

Follow these next steps with a 45 second rest period after each step:

Vision (60 Seconds) - Strong Foot (Dribble, Turn Pass)

Vision (60 Seconds) - Weak Foot (Dribble, Turn Pass)

Vision (60 Seconds) - Alternate Foot (Dribble, Turn Pass)



Details: Dribble towards the cone, which is placed opposite the Blue Target Panel. Once you have reached the cone, turn around and then make your way back to the centre of ICON. Once central, play the pass to the target.

MAIN SESSION: SET-UP 2

Product(s): ICON (4M+) or ICON V2 (4M+)

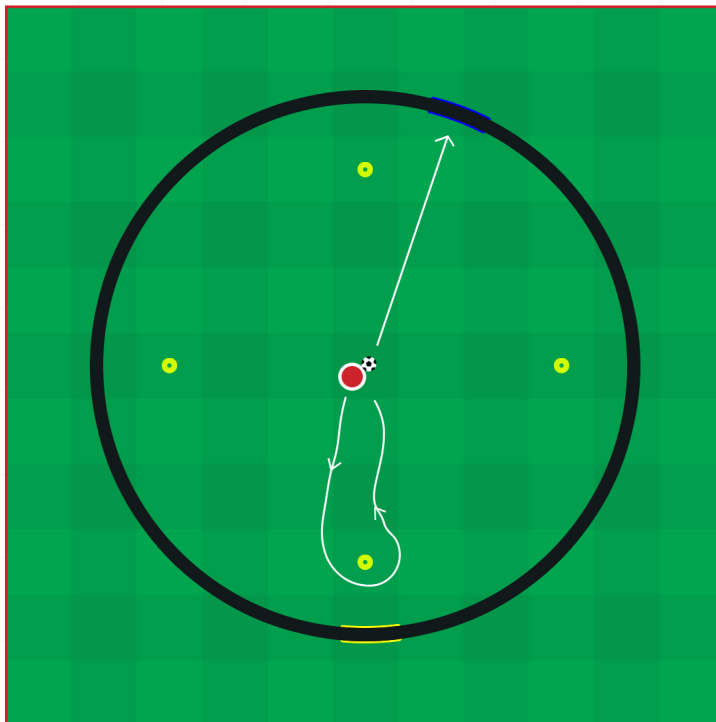
Player(s): 1

Mode(s): Vision

Info: The same set-up as Set-up 1 but this time the player will be forced to go around the cone instead of turning on a pivot before. Allow for a few yards to do so, making sure you have enough room from the ICON/ICON V2 panels.

Follow the next step with a 45 second rest period after:

Vision (60 Seconds) - Choice of Foot (Dribble Around Cone, Pass)



Details: Dribble towards the cone, which is placed opposite the Blue Target Panel. Once you have reached the cone, dribble around it and then make your way back to the centre of ICON. Once central, play the pass to the target.

MAIN SESSION: SET-UP 3

Product(s): ICON (4M+) or ICON V2 (4M+)

Player(s): 1

Mode(s): Vision

Info: Set-up your cones now closer to the centre of the ICON/ICON V2 in a cross formation a few yards away from each other. The player will now need to focus on dribbling in-between these cones instead of around them, so tight sharp turns will be required.

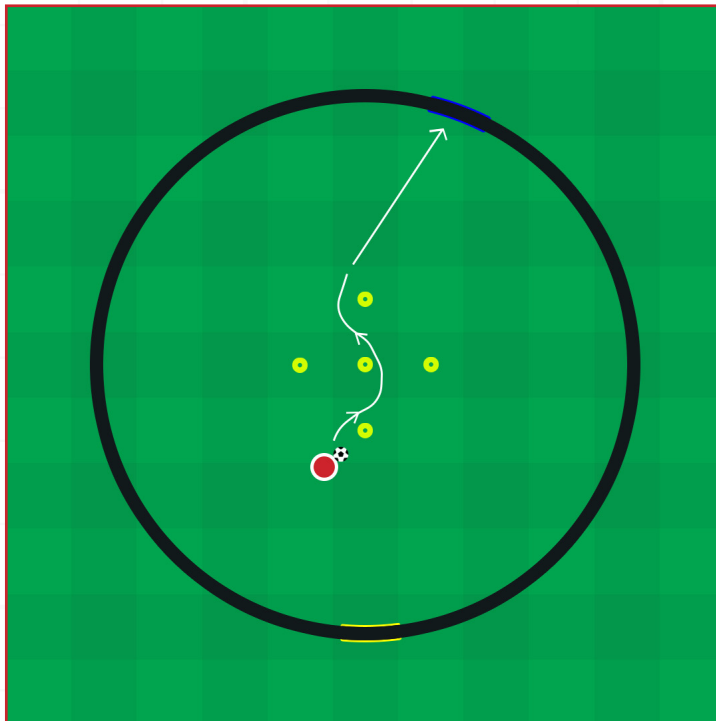
Follow these next steps with a 45 second rest period after each step:

Vision (60 Seconds) - Strong Foot

Vision (60 Seconds) - Weak Foot

Vision (60 Seconds) - Both Feet

Vision (60 Seconds) - One Foot to Dribble, the Other to Pass



Details: 3 cones run from North to South and East to West. Starting at the point furthest away from the Blue Target Panel, dribble through the cones and make the pass.

MAIN SESSION: SET-UP 4

Product(s): ICON (4M+) or ICON V2 (4M+)

Player(s): 1

Mode(s): Vision

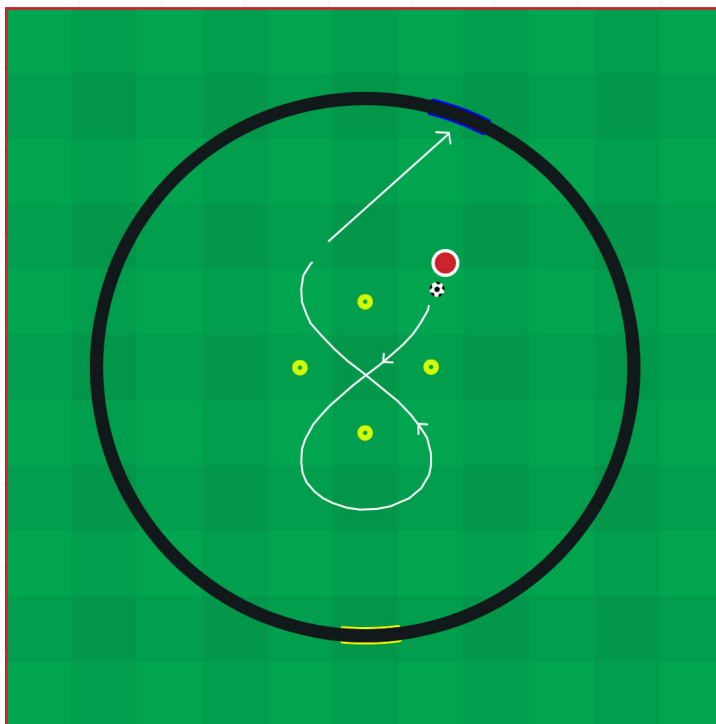
Info: Remove the central cone leaving yourself 4 cones, one on North, East, South & West, in the centre of the ICON/ICON V2. Once again, this drill forces the player to move with the ball to play the pass, with accuracy and speed important for a good score.

Follow these next steps with a 45 second rest period after each step:

Vision (60 Seconds) - Strong Foot Dribbling, Weak Foot Pass

Vision (60 Seconds) - Weak Foot Dribbling, Strong Foot Pass

Vision (60 Seconds) - Players Choice



Details: Dribble a figure of eight before passing to the Blue Target Panel. Begin each repetition at the nearest cone to the target in order to finish the sequence correctly. Dribble fast but accurate.

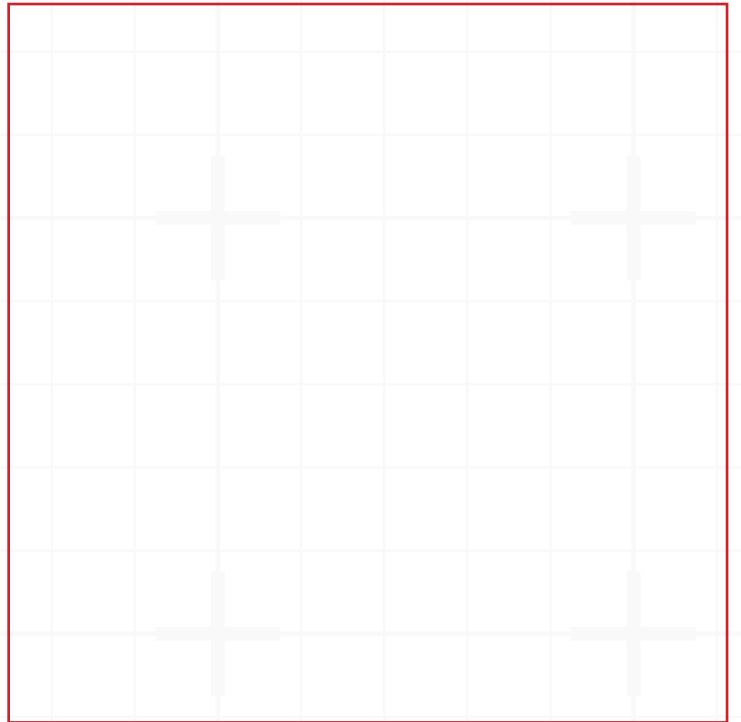
COACH NOTES

*Make your own personal notes on this
ESA+ Session Plan.*

COACH STATIONS

*Make your own station variations on this
ESA+ Session Plan.*

Info:



Info:

