



Target Master Training Drills

Training Drill: Round Robin.

Exercise Aim: Improve Focus, Direction, Technique & Ball Control.

Setup :

- Set up hoops into the vertical or horizontal position. Net draw string can be open or closed.
- Set 2 meter exclusion area around the TM. (Optional).
- Set time limit for drill. (Recommended 3 mins)
- Set points score for each hoop. IE: Top 2 pts, Middle 1pt & Bottom 3pts.
- 4 participants are needed, minimum, but you can have others in a line waiting to rotate positions.
- One football/ soccer ball required.
- Marker cones to indicate starting point.
- The ball is not allowed to come into contact with the ground until **P2** has had an attempt to finish move into a TM hoop.

Round Robin Drill.

1. **S**, stands behind the marker cones with the ball at the feet.
2. **P1**, takes up his/ her position, **P2** takes up his/her position and **R** takes up his/her position.
3. **S**, flicks up the ball up, obtains control and makes a pass to **P1**. Ball must not touch the floor.
4. **P1**, receives pass and obtains control then attempts to pass to **P2**. Ball must not touch the floor.
5. **P2**, attempts to side foot volley, head or gentle shot into one of the TM hoops to score points.
6. If **P2**, is successful or fails, then **R** recovers the ball.
7. **S** moves to **P1**'s position, **P1** moves to **P2**, **P2** moves to **R** and **R** moves to **S** or joins the queue if you have more 4 participants. Basically follow the path that the ball has taken.
8. Drill continues for the set time limit.
9. Points scored are totalled up and a record made.



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Coaching Notes & Observations.

- Observe all participants are on their toes.
- Observe stance, always ready to adjust position, front, back, left or right to keep in line with the flight of the ball.
- Observe participants controlling skills and coach them at the end of the time limit.
- Observe their touch on the ball, too hard, too soft, good or bad. This will then give you a good idea as to what the participant has to work on.
- If **P2** opts to head the ball then you need to observe the health and safety issue. Keep the eyes open and mouth closed. Jaws locked together. If the jaws are not locked together and free to move about then if the player makes contact with the ball at high velocity the jaws can be broken or the tongue can be bitten.

Progression:

- Increase distances between participants.
- As they improve you can then nominate different hoops.
- Reduce set time.
- Introduce another participant anywhere between **S** and **P2**.
- Get **P1** & **P2** to start from a lying position, face down on the floor to improve reaction times. They can only stand up once the person before them touches the ball.

General Observations:

- This exercise needs a certain amount of skill so to make it successful a certain skill level is needed.
- This might be a bit difficult for the younger participant because of their skill level but you can change it so that the ball can be passed between players along the floor.
- You can get the **P1** participant to try and cross the ball for **P2** to head, shoot or side foot volley.
- This drill is a good warm up, warm down exercise and gives your session something different from the normal run of the mill drills.
- This drill can be great fun if the right amount of enthusiasm is given by the participants so to enhance this, implement a load countdown for the last 30 seconds. Adds tension.
- If you have enough participants split them into teams and get them to compete against each other for the best score at the end of the time limit.