

ICA


















Vision Training

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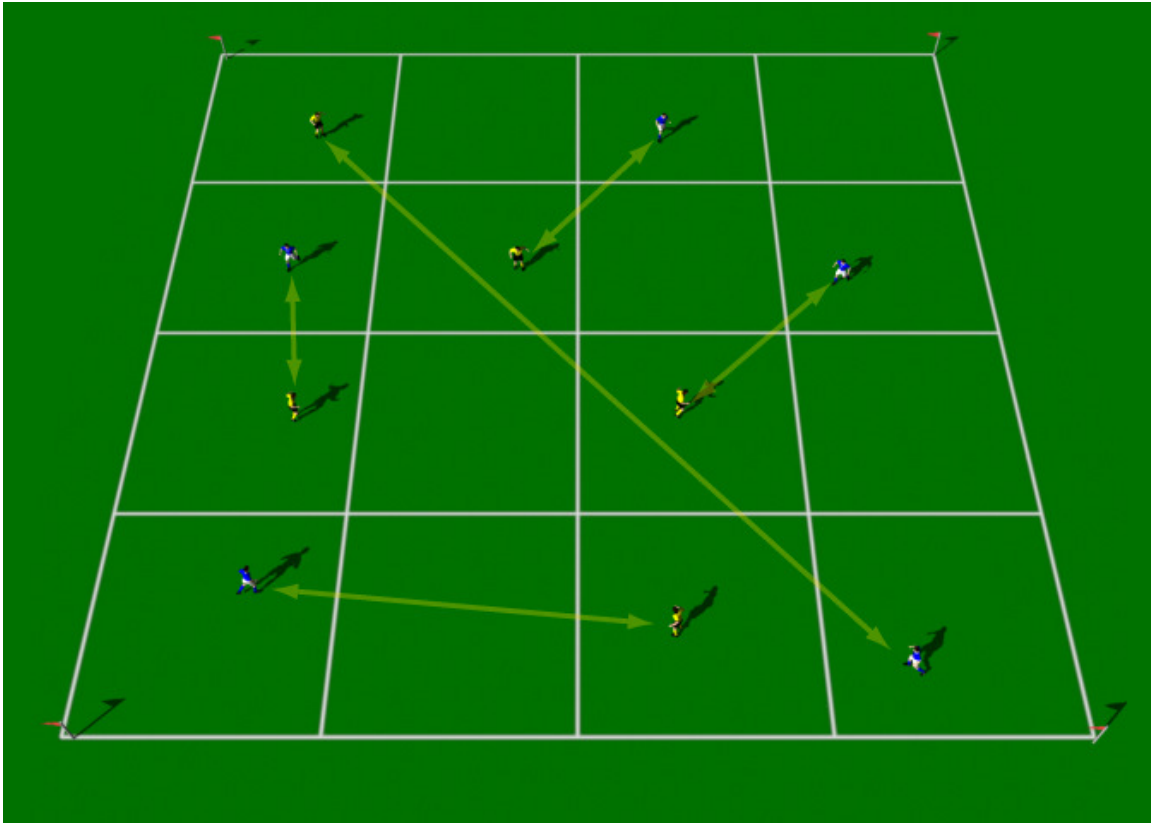
Vision Drills and Games

Select from a variety of Vision drills and games to custom design your own practice sessions. There are fun and challenging practices for every age and skill level.

-  Attack the Space
-  Scan the Field
-  See the Run
-  One Touch, Two Touch
-  Two Ball Game
-  Two Ball Game Plus Two
-  Two Players per Grid Game
-  See the Runner
-  See the Runner Sprint Drill
-  Side by Side Drill
-  Arsenal Two Ball Passing Game
-  Looking for Space
-  Steal the Ball
-  Four Color Game
-  Pre Scanning the Field



Attack the Space



Exercise Objectives:

The object of this exercise is to develop each player's game vision and spatial awareness.

Field Preparation

- 2 even groups of players.
- Area 40 yards x 40 yards
- Cones
- Supply of balls
- Colored bibs

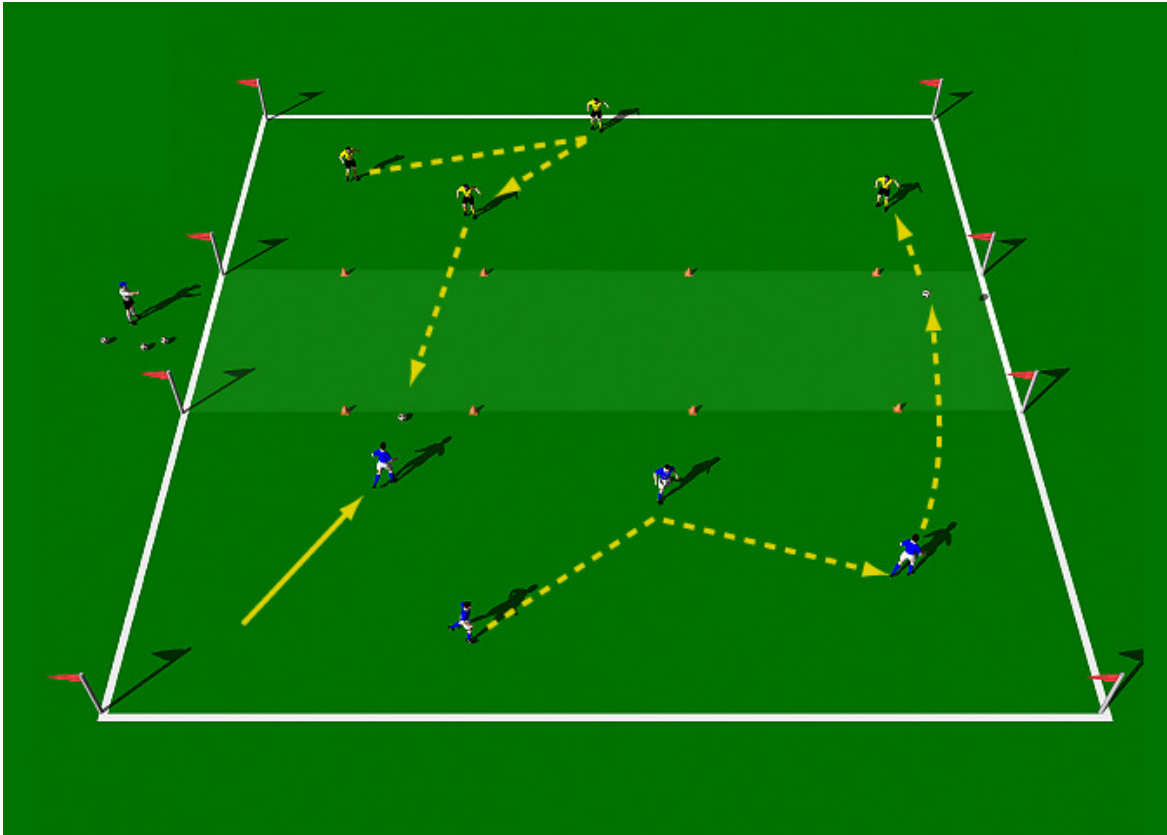
Coaching Pointers:

Players are divided into two groups. Identify each group with colored bibs. Players jog around the grids, but can never be in the same grid as a different color. Start slow paced then progress to jogging a square, then sprinting a square.

Variations

Each player performs the same exercise but now using a ball. One group starts off with a ball each. Can only pass to a player of a different color bib.

Scan the Field



Exercise Objectives:

The object of this exercise is to develop each player's game vision and spatial awareness.

Field Preparation

- 2 even groups of players.
- Area 20 yards x 30 yards
- Cones
- Supply of balls
- Colored bibs

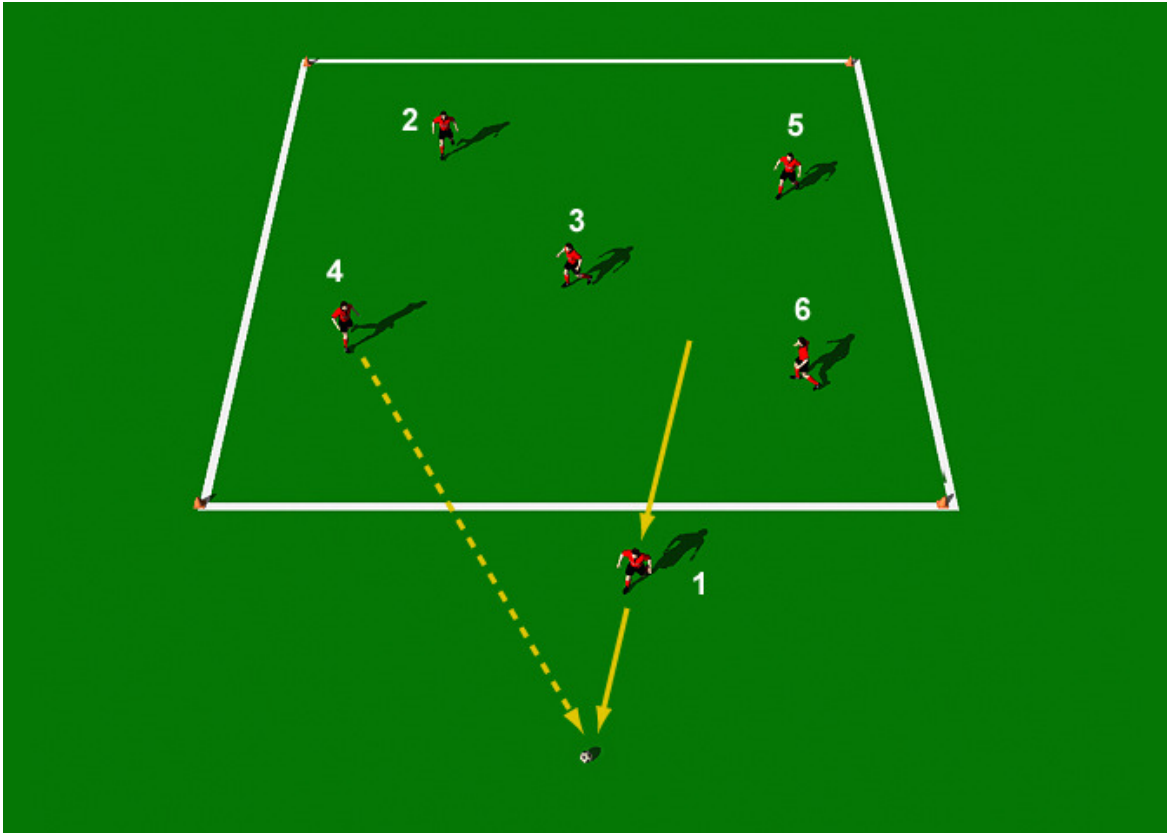
Coaching Pointers:

Players are divided into two groups of 4 to 6 players. Identify each group with colored bibs. Players pass the ball around their own grid. After several passes, the player in possession of the ball looks up, finds a player on the opposite grid, establishes 'eye contact' then plays a pass to the player. Players must always be alert and scanning the field.

Variations

- Player can now check into the middle zone and play a quick one touch pass back.
- Players can perform take over's.
- Player can now run with the ball to the opposition grid. When this happens one player from that grid must run to the opposite grid and balance the group

See the Run



Exercise Objectives:

The object of this exercise is to develop each player's game vision and spatial awareness.

Field Preparation

- Group of 6 players.
- Area 20 yards x 30 yards
- Cones
- Supply of balls
- Colored bibs

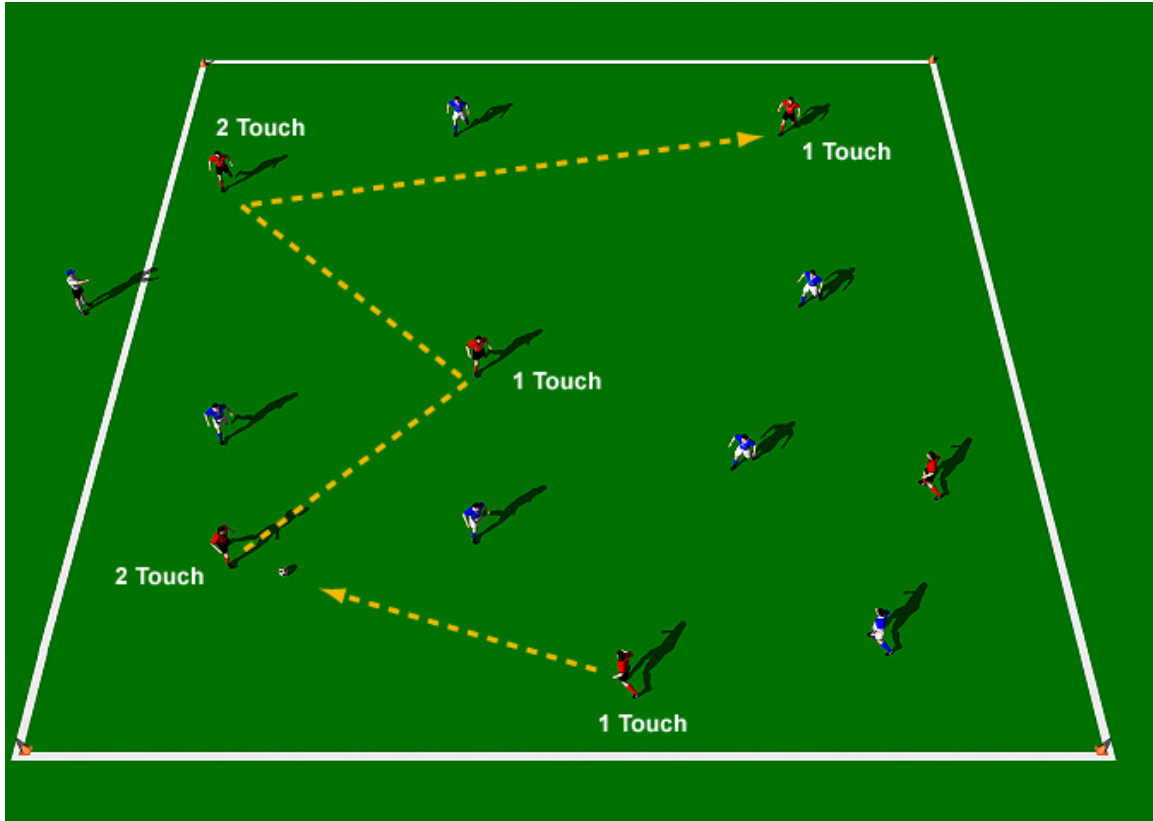
Coaching Pointers:

Six players are placed in a square 20 x 20 yards. The players are numbered one through six. The players pass the ball around the square unrestricted. After several passes, player #1 makes an explosive run outside of the square. Whichever player is in possession of the ball must quickly play a through pass to player #1. Player #1 returns to the square and the drill is repeated, next time player #2 makes the runs.

Focus on:

- Players must always be alert to player making the run outside the box. Scan the field.
- Ball must be played early and into the path of the run.
- Progress from unrestricted passing to 'two touch' then 'one touch' passing.

One Touch, Two Touch



Exercise Objectives:

The object of this exercise is to develop each player's game vision and quick decision making.

Field Preparation

- Group of 12 - 16 players.
- Area 30 yards x 30 yards
- Cones
- Supply of balls
- Colored bibs

Coaching Pointers:

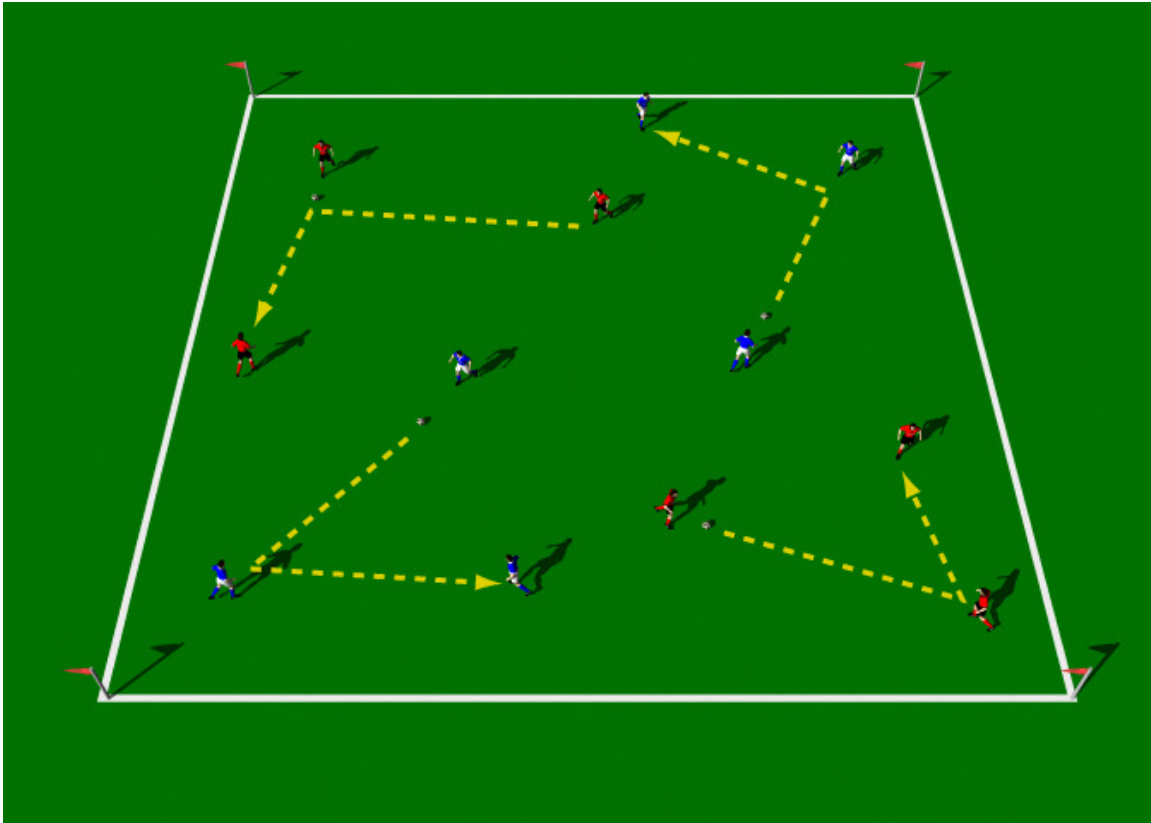
Divide the team into two groups. Identify each group with colored bibs. As a warm up, start the practice with both teams passing a ball inside the square. Play is unrestricted. Then, remove one of the balls. First team to make 10 consecutive passes wins. Still unlimited touches.

The play now progresses so that the team in possession must follow a set sequence. The team must play "One Touch, then "Two Touch" then "One Touch, then "Two Touch" in this sequence. If they fail. The ball is turned over to the other team.

Focus on:

- Quality passing techniques. Good disguise, pace and accuracy.
- Support with deep and wide angles.
- Players should be constantly scanning the field to see their support.

Two Ball Game



Exercise Objectives:

The object of this exercise is to develop each players game vision and quick decision making.

Field Preparation

- 12 Players (two teams of six)
- Area 30 yards x 30 yards
- Cones
- Supply of balls
- Colored bibs

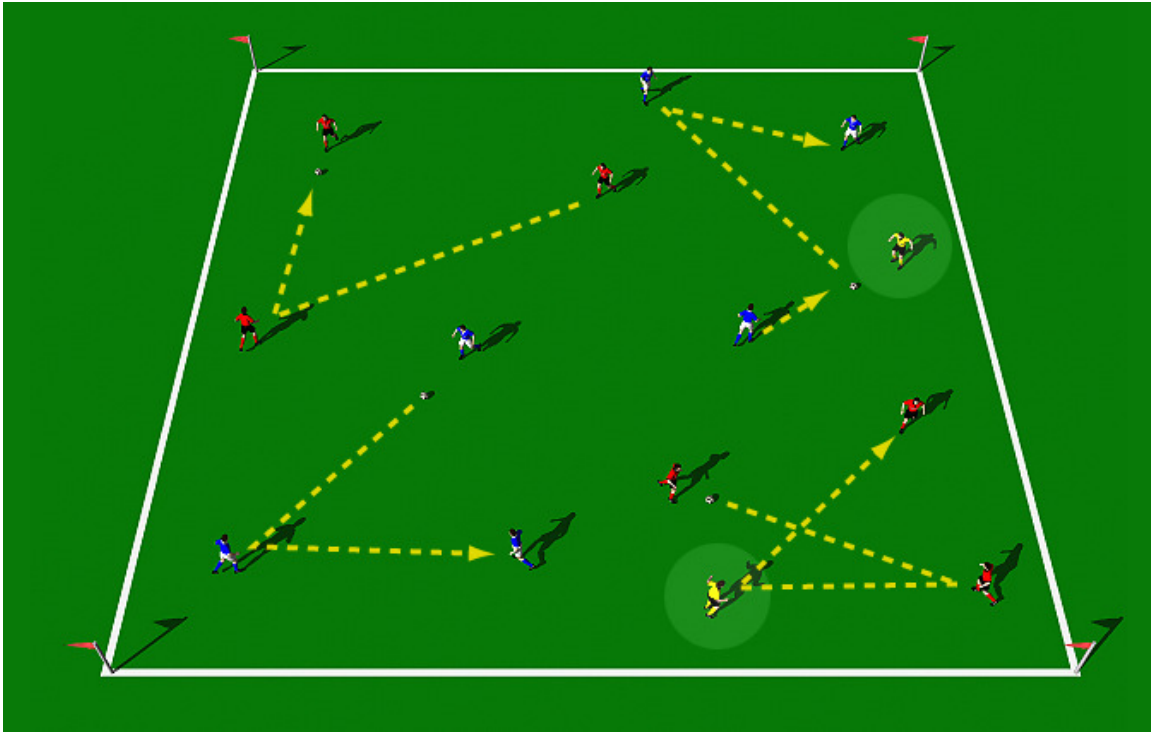
Coaching Pointers:

Divide group into two teams of six. Identify teams using colored bibs. Place both teams in the square. Each team starts off by passing 'one ball' around the square unrestricted. Quickly add a second ball to make it more challenging. Develop to "two touch" play.

Focus on:

- Vision and communication.
- Quick movement of the ball.
- Players should be constantly scanning the field to see their support.

Two Ball Game - Plus Two



Exercise Objectives:

The object of this exercise is to develop each player's game vision and quick decision making.

Field Preparation

- 12 Players (two teams of six)
- Area 30 yards x 30 yards
- Cones
- Supply of balls
- Colored bibs

Coaching Pointers:

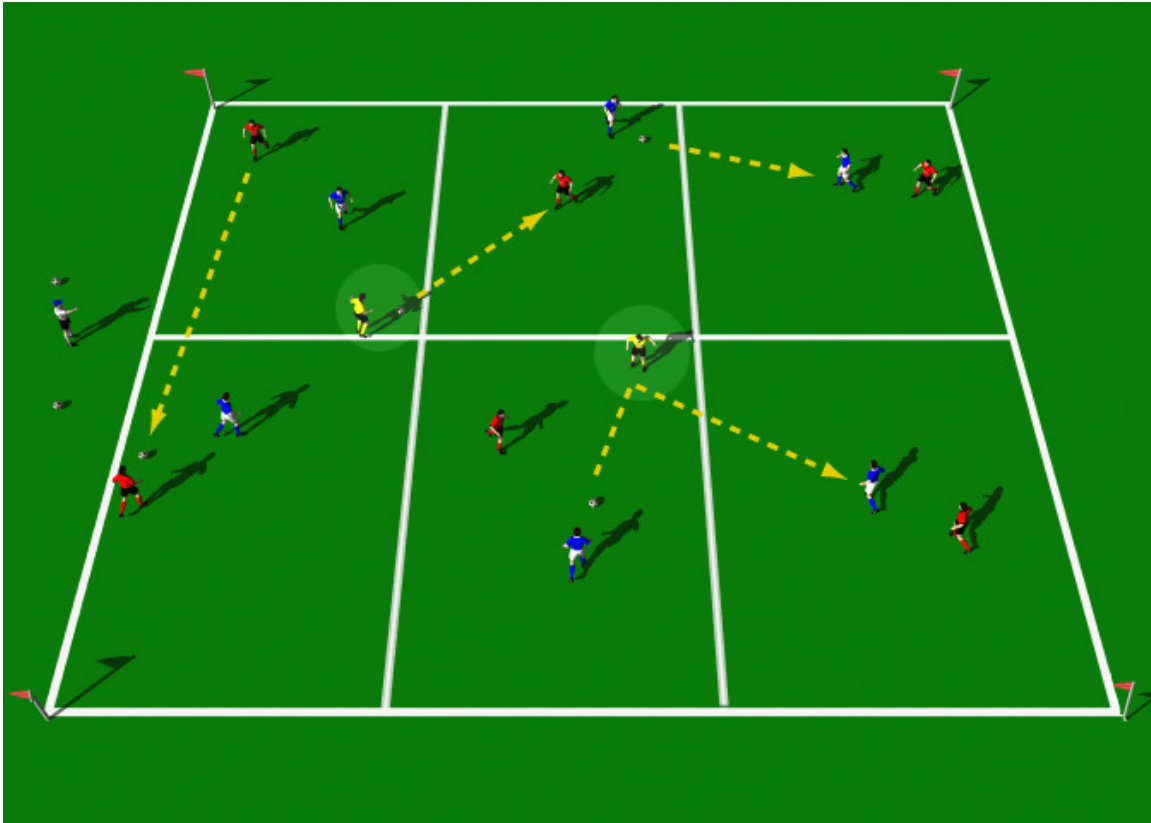
Divide group into two teams of six. Identify teams using colored bibs. Place both teams in the square. Each team starts off by passing 'one ball' around the square unrestricted. Quickly add a second ball to make it more challenging. Develop to "two touch" play, then "one touch" play.

Two additional players are added. Both teams can use these two players to make eight.

Focus on:

- Vision and communication.
- Quick movement of the ball.
- Players should be constantly scanning the field to see their support.

Two Players per Grid Game



Exercise Objectives:

The object of this exercise is to develop each players game vision and quick decision making.

Field Preparation

- 14 Players (two teams of six, plus 2 neutral)
- Area 30 yards x 30 yards
- Cones
- Supply of balls
- Colored bibs

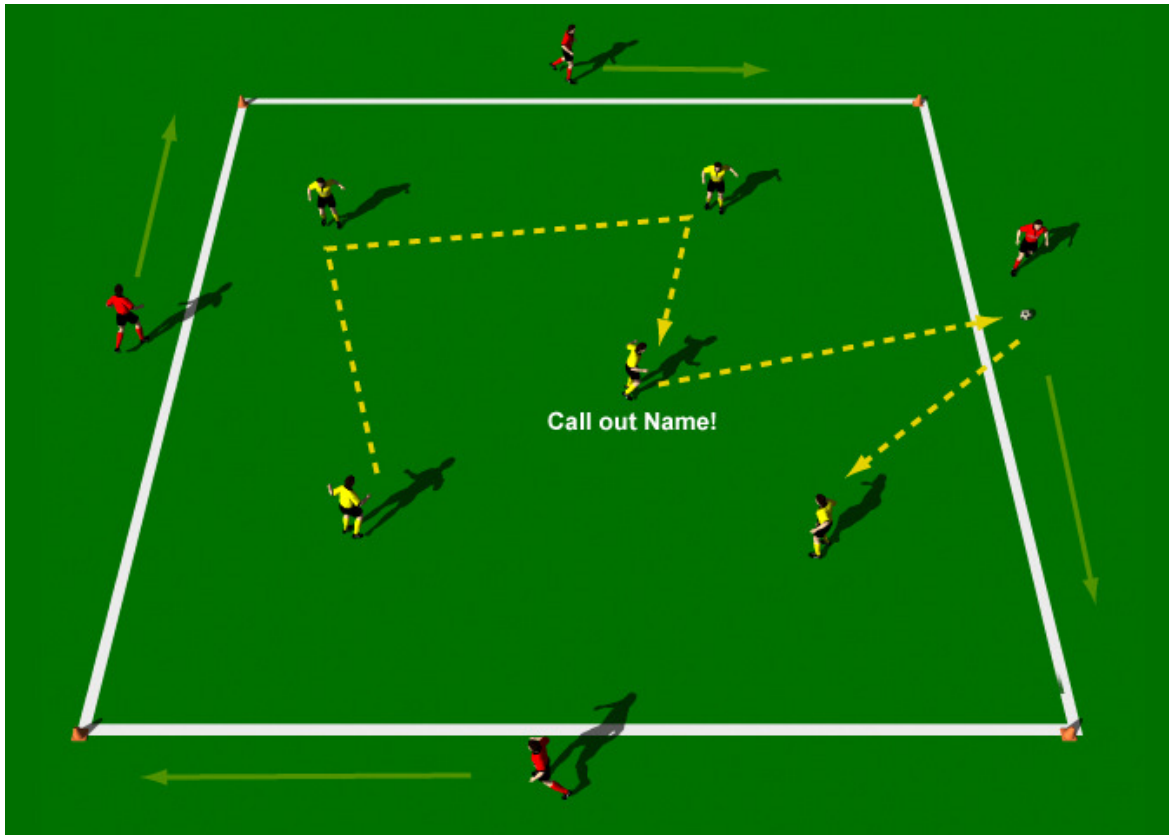
Coaching Pointers:

Divide group into two teams of six. Add two players as neutral players which both teams can pass too. Identify teams using colored bibs. Place a player from each team in a square. Use 2 balls per team. Each team has to pass the balls around the entire square, whilst making sure that both balls don't end up in the same square. Both teams can use the 2 neutral players. Develop to "two touch" play, then "one touch" play.

Focus on:

- Vision and communication.
- Quick movement of the ball.
- Players should be constantly scanning the field to see their support.

See the Runner



Exercise Objectives:

The object of this exercise is to develop each player's game vision and quick decision making.

Field Preparation

- 9 -12 Players
- Area 20 yards x 20 Yards (4 players outside) (5-8 players inside)
- Cones
- Supply of balls
- Colored bibs

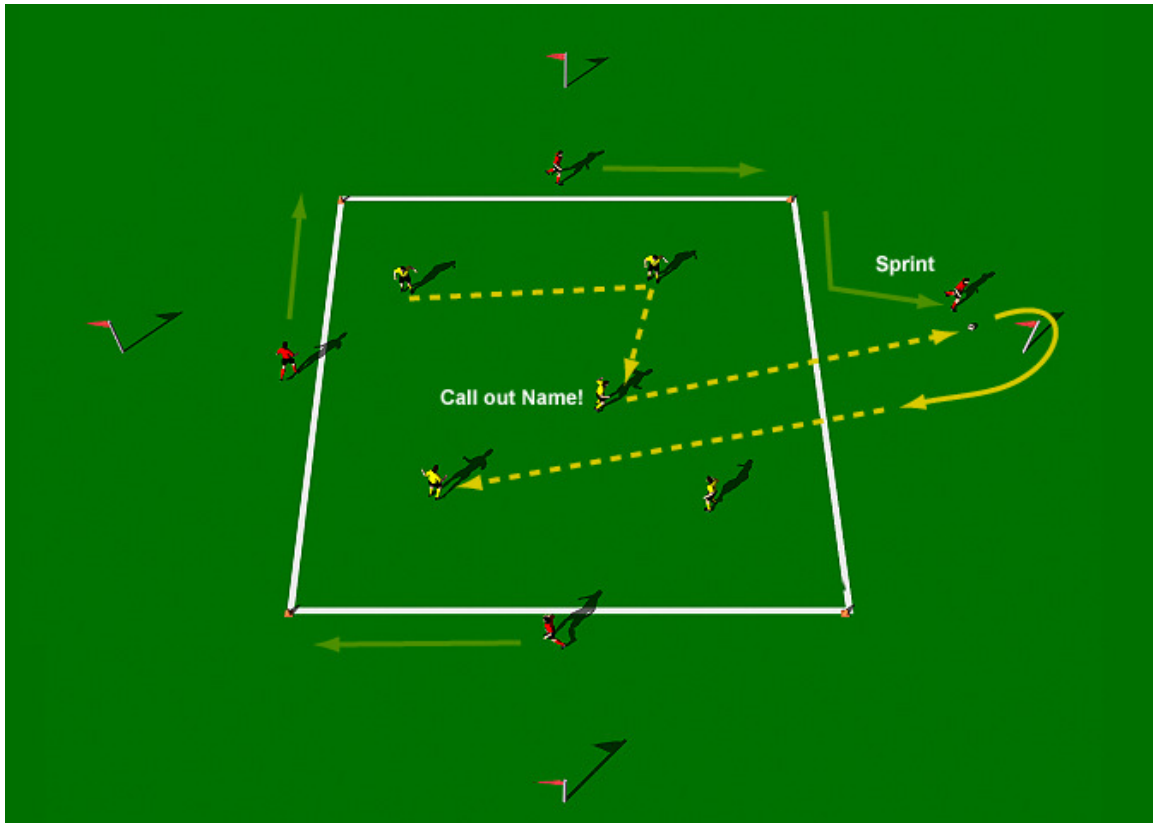
Coaching Pointers:

Place 5-8 players inside the square. Position 4 players on the outside of the square as in the diagram above. Players on the outside jog slowly around the square. They must be alert to receive passes. The players on the inside pass a ball inside the square. After several passes a player "calls out" a player's name from the outside of the square and passes him the ball. The player receives the ball and has 2 touches to play it back into the square to a different player. Start with unrestricted amount of touch inside the square then develop quickly to "two touch" and "one touch". Have player change roles. Add a second ball.

Focus on:

- Vision and communication.
- Quick movement off the ball.
- Players should be constantly scanning the field to see their support.

See the Runner - Sprint Drill



Exercise Objectives:

The object of this exercise is to develop each players game vision and quick decision making.

Field Preparation

9 -12 Players, Area 20 yards x 20 Yards (4 players outside) (5-8 players inside), Cones, Supply of balls, Colored bibs

Coaching Pointers:

Place 5-8 players inside the square. Position 4 players on the outside of the square as in the diagram above. Players on the outside jog slowly around the square. They must be alert to receive passes. The players on the inside pass a ball inside the square. After several passes a player "calls out" a players name from the outside of the square and passes him the ball. The player receives the ball and must sprint 'flat out' around the flag pole and then play the ball back into the square to a different player. Start with unrestricted amount of touch inside the square then develop quickly to "two touch" and "one touch". Add a second ball. Have player change roles.

Focus on:

- Vision and communication.
- Quick movement off the ball.
- Players should be constantly scanning the field to see their support.

Side by Side Drill



Exercise Objectives:

The object of this exercise is to develop each players game vision and quick decision making.

Field Preparation

- 2 Players
- Area 20 yards x 20 Yards
- 1 Ball

Coaching Pointers:

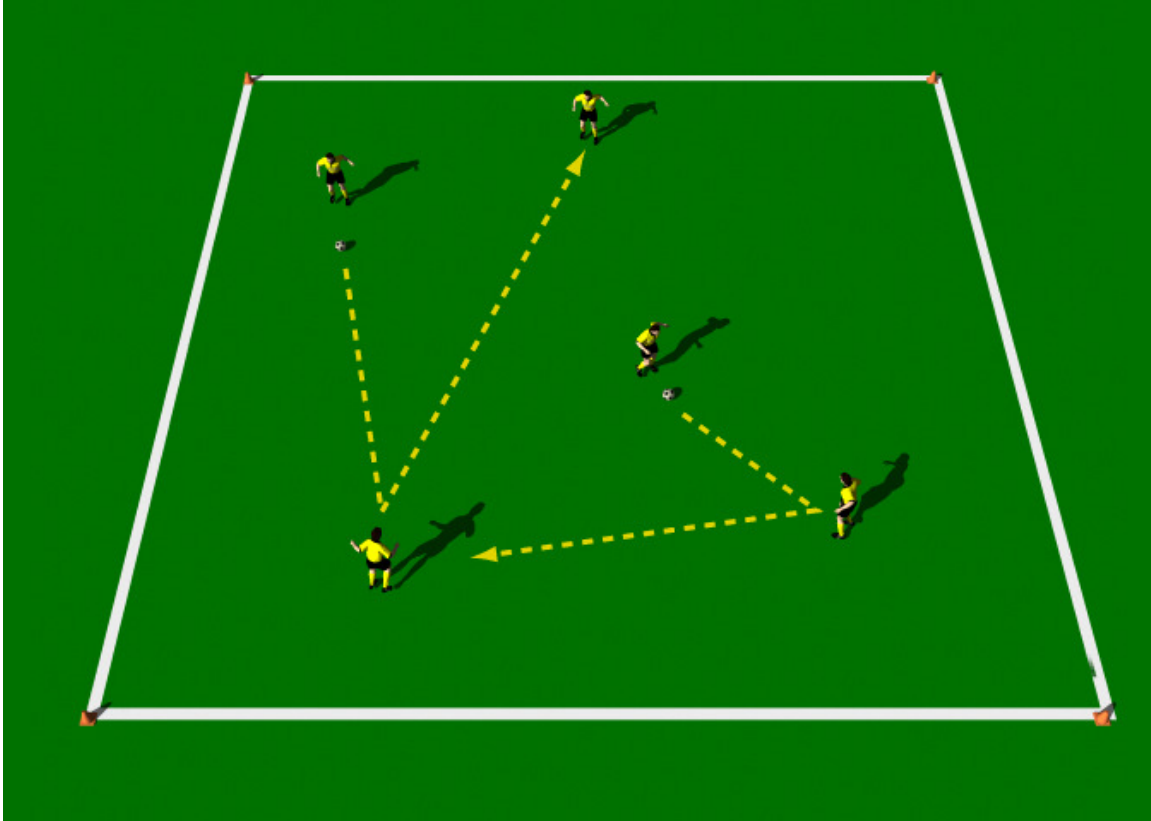
The player with the ball runs in a straight line for about 40 yards. The player without the ball runs behind, beside or in front of the player. He should keep about 5 yards from the player.

By changing his position the player with the ball has to continually scan to see the player sand the ball he is dribbling. Change roles frequently.

Focus on:

- Quick glances from the ball to the player.
- Scan the field.

Arsenal Two Ball Passing Game



Exercise Objectives:

The object of this exercise is to develop each players game vision and quick decision making.

Field Preparation

- 5-8 Players
- Area 20 yards x 20 Yards
- Cones
- Supply of balls
- Colored bibs

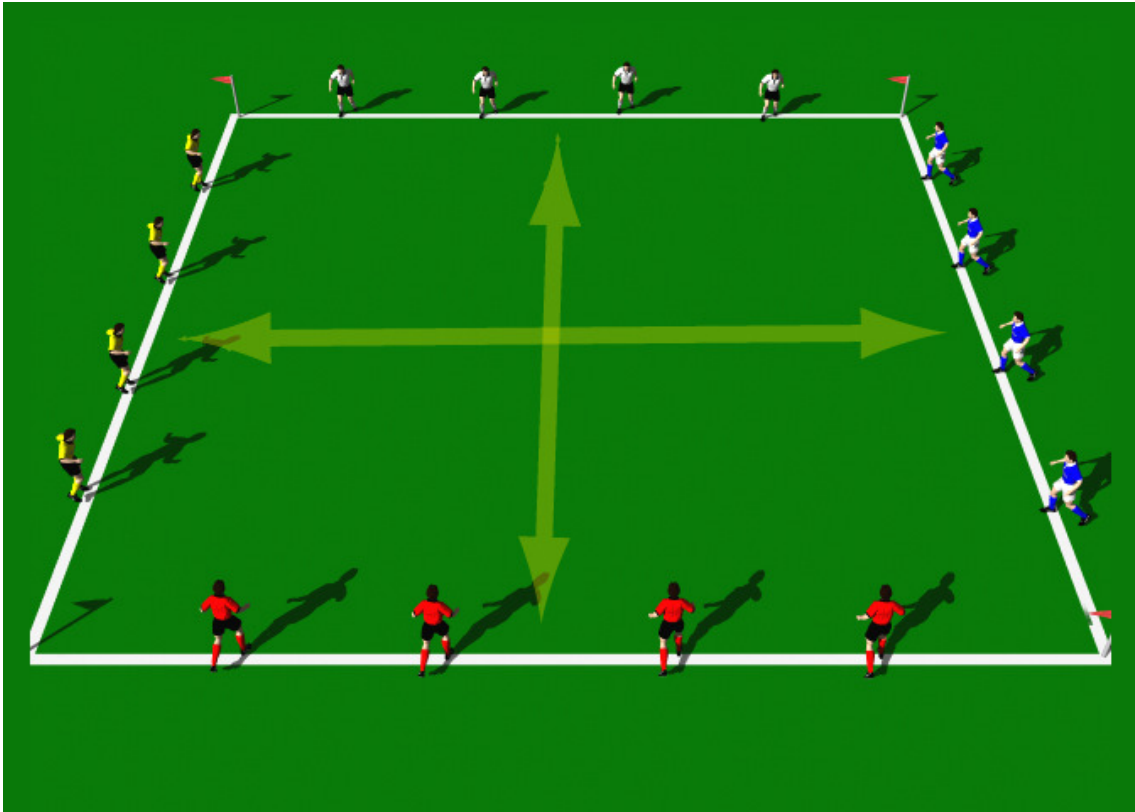
Coaching Pointers:

Place 5-8 players inside the square. Players exchange to balls inside the square. First start with unrestricted touches the quickly progress to “two touch” then “one touch”.

Focus on:

- Vision and communication.
- Quick movement off the ball.
- Players should be constantly scanning the field to see the runner.

Looking for Space



Exercise Objectives:

The object of this exercise is to develop each player's game vision and quick decision making.

Field Preparation

- Entire group
- Area 20 yards x 20 Yards

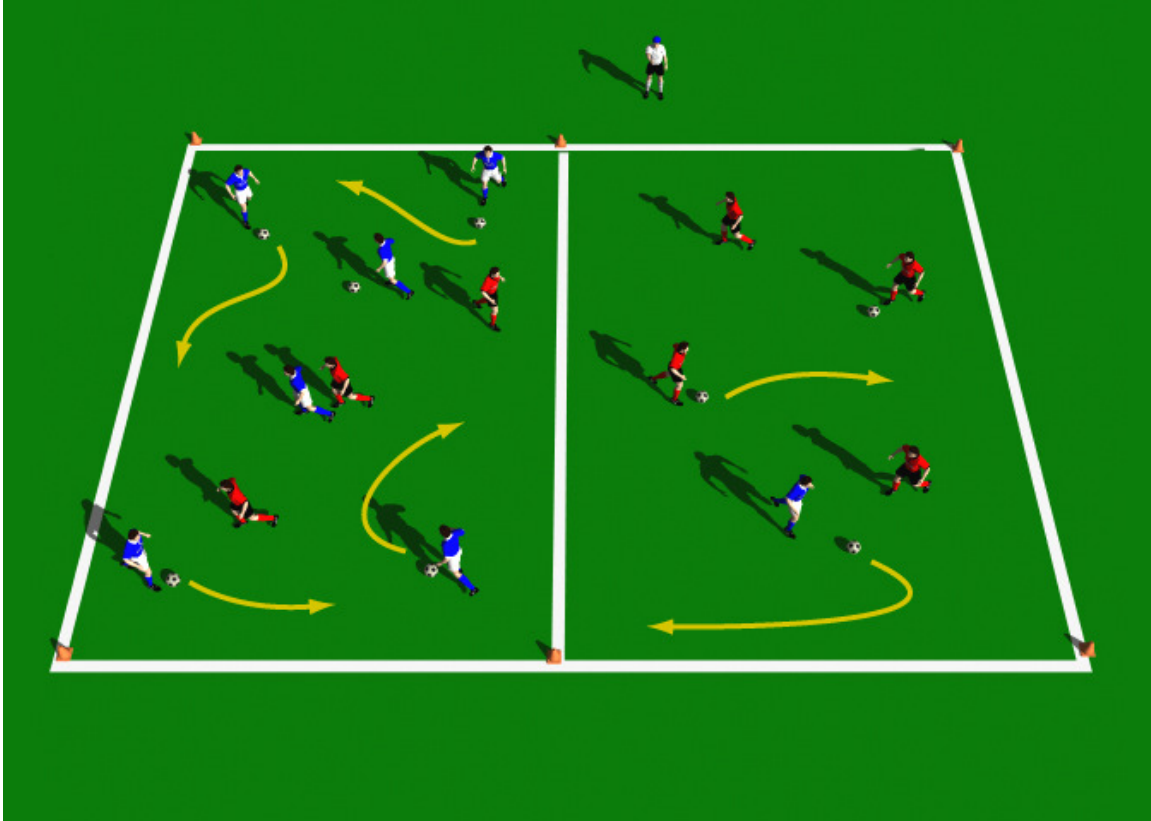
Coaching Pointers:

Divide the team into four equal groups. Identify each group using colored bibs. Each team is positioned at one side of the square as in the diagram above. On the coach's command the players all sprint across the square and back again 5 times. The first team to get all their players back wins. Players must go "flat out" and be visually alert so they do not crash into other players.

Focus on:

- Visually scan to find space to run into.
- Change of pace and direction.

Steal the Ball



Exercise Objectives:

The object of this exercise is to develop each players game vision and quick decision making.

Field Preparation

- Entire group
- Area 20 yards x 20 Yards

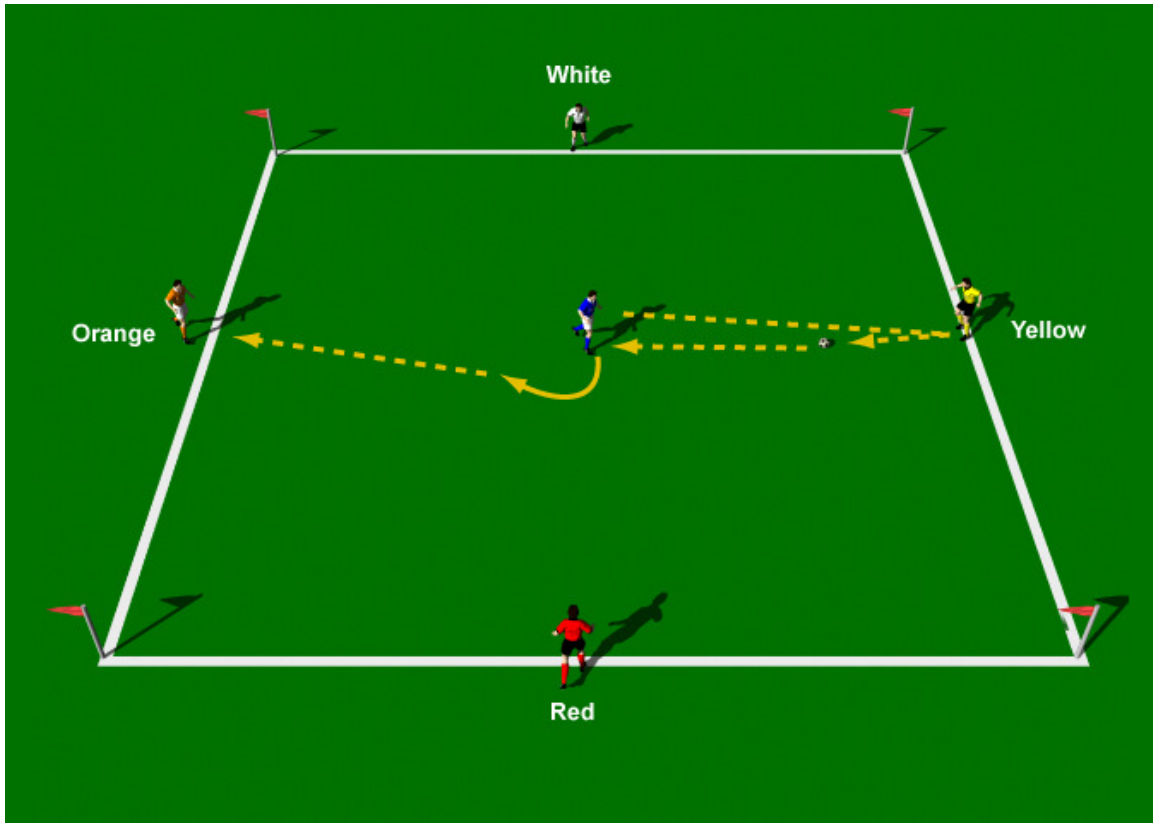
Coaching Pointers:

Divide the team into two groups. Identify groups by using colored bibs. One team has a ball each can move anywhere within their own grid. The opposing team has to try and steal as many balls from the team in 3 minutes. If a player loses his ball he can chase after it and bring it back to his square. Rotate groups. Team with most balls after 3 minutes wins.

Focus on:

- Visually scan to find space to run into.
- Change of pace and direction.

Four Color Game



Exercise Objectives:

The object of this exercise is to develop each players game vision and quick decision making.

Field Preparation

- 5 Players
- Area 20 yards x 20 Yards
- Supply of Balls and Cones
- Five Colored Bibs

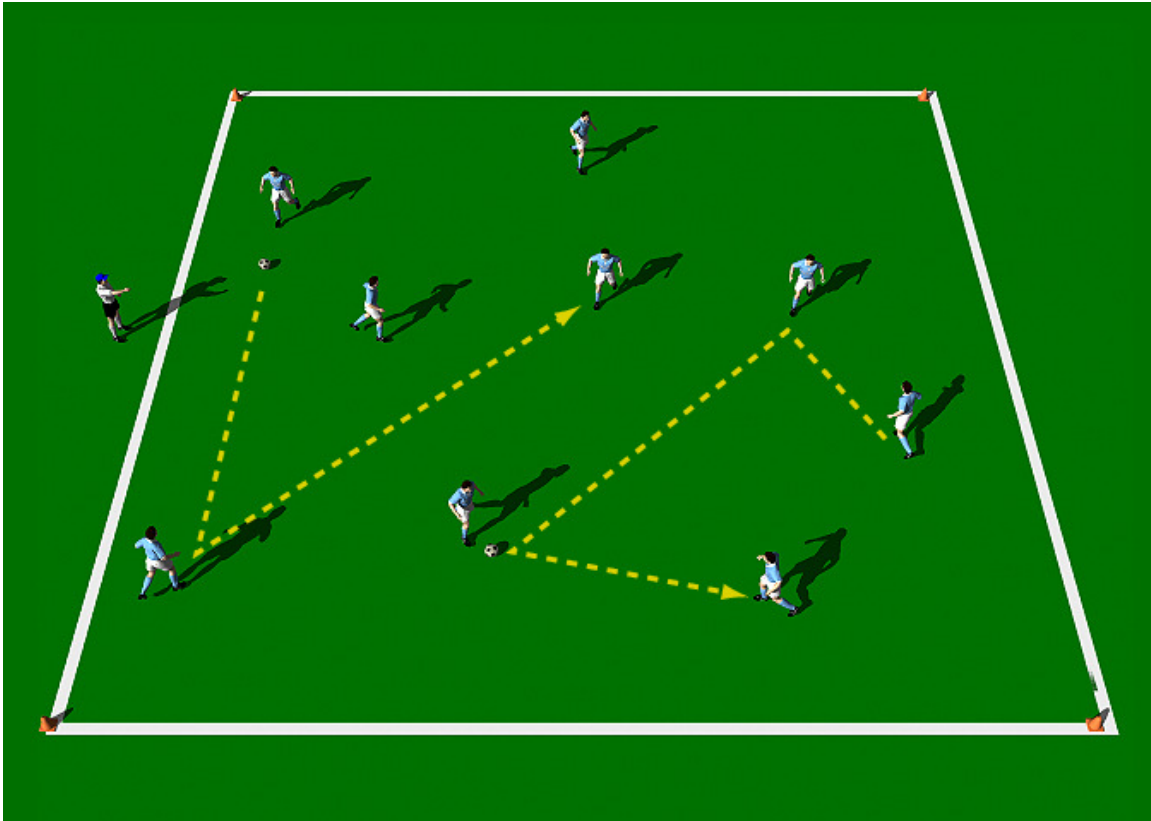
Coaching Pointers:

Place 4 players on the outside of the square and a player in the center as in the diagram above. Each player must wear a different color bib. The player in the center starts by passing a ball to a player on the outside of the square. The player who receives the pass plays the ball back first time. As he does he must shout out another color. The receiving player turns and passes to that color and the practice is repeated in that manner. Have player work for 3 minutes and change center player.

Focus on:

- Good Communication.
- Variety of turning techniques, spin tight, let ball roll, drag behind foot.
- Quick exchange of passes.

Pre Scanning the Field



Exercise Objectives:

The object of this exercise is to develop each players game vision and spatial awareness.

Field Preparation

- Entire Group
- Area 20 yards x 20 yards
- Cones
- Supply of balls

Coaching Pointers:

Entire group are placed in the square with 2 balls. Players pass the 2 balls inside the square, exchanging the ball quickly. During the exercise the players must perform the following:

- Must call out the players name as they pass the ball.
- Must call out the name of the player closest to them as they receive the ball.
- Call out the name of the player you are going to pass to before you receive the ball.
- Tell the player you are passing too; Play "One Touch", Play "Two Touch" or Dribble!