



# 7 Laws to Bulletproof Training Sessions



1. Set a target for each player to get an absolute minimum of 300 touches each and try to achieve this in the first 20 minutes of the session.
2. Don't run drills which involve long lines of players standing around, chatting to each other, waiting for their turn to have one or two touches. Design practices that keep everyone involved all the time using small-sided games.
3. Make all of your practices as realistic as possible. Insist that all of your practices simulate real match conditions.
4. Restrict practices to set periods of time or target scores (you do have a stopwatch don't you?) and don't let them run on for too long – 5 minutes is usually enough.
5. You might understand the practice and what it's meant to achieve – but do your players? Plan how you are going to communicate the practice before you get there. Is it easy to understand and communicate? If not, ditch it and do something else.
6. Avoid long practice games or scrimmages. A number of players will get considerably fewer touches than others. Keep it to 10 minutes maximum.
7. Make it fun for your players, for their parents and for you.