

Carlos Frade Player Development

Player's development plan influenced by the player's own ideas, coaches, agents etc.

Alba's individual session breakdown:

Balance, Footwork, Coordination - First 10 to 15 minutes
Main Individual Goal - 25 to 30 minutes
Shooting - Last 10 to 15 minutes

Use two ball dribbling to improve one hand passing.

Drills

Two ball in pair. Catch one ball that is passed without looking at it. Passer gives signal at time player catches to determine what type of pass back he sends back.

One hand catches up against wall throwing at different angles. If coach puts hand up, make pass.

Two ball dribbling with two, three or four players. If coach gives BDT signal, player must pass. Coach can pass back to player or a new player. If a new player has it, they have to get the ball to the player with only one ball before catching it.

Two players at 45s, coach in smile. Players reverse ball through coach but catch it while looking at other other, developing ability to make faster passing decisions involving weakside.