



# The Six-Dial Card

Speed of play: set the difficulty of every drill on purpose

*This document was provided by areacopa.com.*

TEAM

AGE GROUP

COACH

## Drill planner

One row per drill. One dial per step, never two.

| Drill | Dial | How I turned it | Did it work? |
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## The six dials: how to turn them up

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Six ways to make a drill harder. Not just one.

- ☐ Time pressure: set a second limit, shrink the pitch, move the defender closer
- ☐ Precision pressure: smaller targets, narrower goals, target zones instead of target players
- ☐ Successive pressure: build an action chain, receive, dribble, switch, finish
- ☐ Simultaneous pressure: second ball, a shouted call on top of the ball carrying, two signal givers at once
- ☐ Variability pressure: change the surface (grass, artificial turf, indoors, sand), change a rule mid-drill
- ☐ Load pressure: the red dial, see its own section

## Diagnosis: what you see, which dial is missing

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Name the error pattern first, then pick the dial.

- ☐ The technique holds in the drill and falls apart in the match: time pressure is missing
- ☐ The passes arrive, but always a metre too long: precision pressure is missing
- ☐ After the first action the player stands and watches: successive pressure is missing
- ☐ The player solves the task but sees nothing else: simultaneous pressure is missing
- ☐ The moment the opponent does something unexpected, nothing works: variability pressure is missing
- ☐ In the last ten minutes everything collapses: load pressure, but only from under-14

## The red dial: load pressure

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The only one you leave alone with children.

- ☐ Load pressure means physical fatigue, nothing else
- ☐ Fatigue lowers decision quality instead of demanding it
- ☐ Drill at the end of the session, more repetitions, more tempo: all load pressure
- ☐ The touch limit from three to two to one drives heart rate and lactate up
- ☐ Only from under-14 is it a legitimate tool

## Which dial belongs to which age group

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Two dials for primary-school age, one only for adults.

- ☐ Under-7 to under-9: time and variability pressure, wrapped up as play. No touch limit, no load pressure
- ☐ Under-10 to under-13: precision and simultaneous pressure come in
- ☐ Under-10 to under-13: no one-touch limit, two touches are the floor
- ☐ Under-14 and older: successive pressure in long chains, touch limits, load pressure

## The three mistakes

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More pressure is not better.

- ☐ Turning every dial up at once: the player learns to panic, not to play fast
- ☐ Raising the pressure before the movement is there: the error gets cemented
- ☐ Making the drill harder without knowing why: diagnose first, then turn

