

# DRIBBLING SQUARE

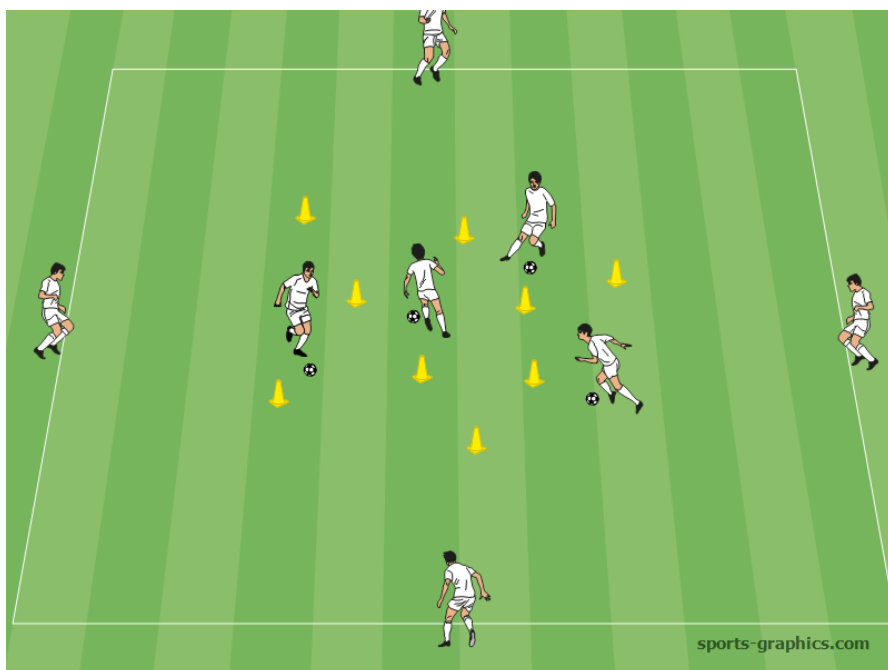
To improve dribbling in a technical based practice

TECHNICAL

PSYCHOLOGICAL

## Dribbling

## Methods of Beating an Opponent



Create a 20x20 area with additional cones placed randomly within the square.

Half the players start in the middle with a ball each, the other half spread out around the edge of the square.

Place spare balls around the outside to keep the activity flowing.

Players dribble their ball at pace to the middle of the square, through the cones and then dribble back to an outside player. The outside player then takes the ball and does the same.

On the next turn, players dribble their ball at pace to the middle of the square and must perform a fake move before dribbling the ball back to an outside player.

## VARIATIONS AND PROGRESSIONS

Each practice can be varied to adapt to the needs of players. Simple changes can increase or decrease the challenge. Examples such as changing the rules, the size of the area, overloading the advantage of one team, varying the focus, or setting team challenges will keep players motivated and all attribute to good coaching methodology.



## LEARNING OUTCOMES

- How to have small and quicker touches to get better close control of the ball.
- Repetition to achieve competency with either foot.
- Technical mastery.
- To build confidence with close dribbling.
- To improve dribbling techniques in order to beat an opponent with deception or to turn to keep possession of the ball.

## KEY FACTORS

- Acceleration
- Close control of the ball
- Disguise
- Head up
- Positive attitude
- Speed of feet
- Technique

## FOCUS AREAS

- Demonstrate the purpose and why the particular move is useful in a game situation. (Correct technique for the right situation).
- Emphasise the importance of the correct distance that the opponent needs to be before executing the move. Demonstrate how the ball is easily lost if they are within tackling range and how being too far away before executing a move may be counter-productive and lose the advantage.
- Encourage good technique and positive attitude.
- Encourage players to attempt different techniques to gain confidence.
- Fluency is achieved by practice.
- Mastering different techniques should be done as regular separate technical practices to allow players to fully develop the moves.
- Observe from outside the area.
- The correct distance is just out of touching range and the move should be steady with a change of pace (acceleration out of the turn) into open space.

## DRIBBLING SQUARE

To improve dribbling in a technical based practice

