

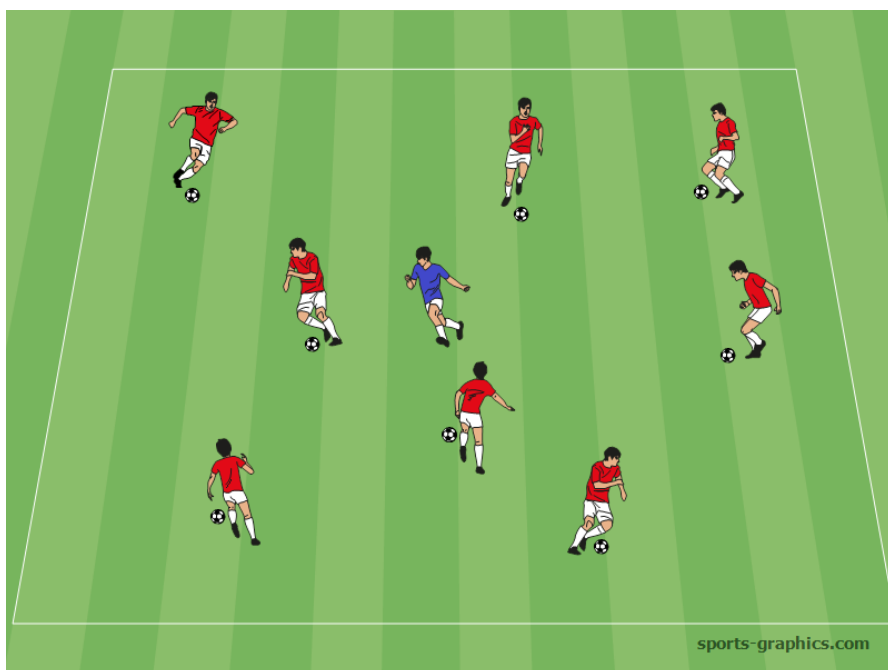
AVOID THE TAGGER

To improve dribbling techniques in a skill based practice

TECHNICAL

Dribbling

Methods of Beating an Opponent



Set up a 20x20 playing area or adapt to suit the number of players.

Players have a ball each and dribble within the area.

Select one player to begin without a ball.

This player tries to place their foot on top of the other players' ball.

When a ball is tagged the player stops and completes five toe taps before dribbling again.

If a player dribbles out of the area they must stop and perform five toe taps.

Rotate tagger.

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

- Develop spatial awareness.
- How to protect the ball to keep possession.
- Improve basic ball manipulation.
- Improve decision making.
- To build confidence with close dribbling.

KEY FACTORS

- Acceleration
- Close control of the ball
- Decision making - when and where to dribble
- Head up
- Knees bent
- Let the game be the teacher
- Positive attitude
- Technique

FOCUS AREAS

- A range of variations on dribbling and decision making - when and where to dribble.
- Ability to reverse or change direction quickly if confronted by an opponent.
- Body shape.
- Close control of the ball.
- Encourage good technique and positive attitude.
- Fluency is achieved by practice.
- Increase the speed when competent.
- Instil confidence in dribbling.
- Protection of the ball.

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