

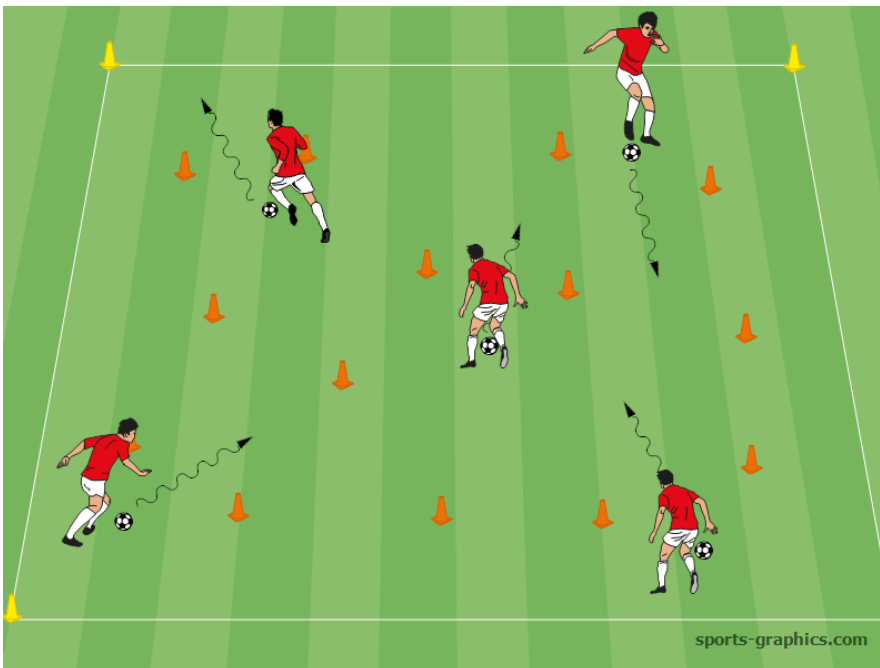
GATE GAMES

Dribble in a technical practice to develop ball manipulation

TECHNICAL

Dribbling

Methods of Beating an Opponent



In a 20x20 area set up a number of gates as shown. All the players have a ball each and are challenged to: Dribble (race) through all the gates.

Roll the ball through the gates with the sole of the foot.

Touch the top of the ball moving forward through the gate.

As above but reversing through the gate backwards.

Tap the ball between both feet when travelling through a gate. Try the same going backwards.

Perform the scissors move to go through the gates.

Perform any skill on the way through (encourage the players to come up with lots of different skills and tricks).

Perform a turn at each gate (encourage

players to use both feet).

Travel through the gates with the ball off the ground (no hands allowed).

Move through the gates performing kick ups. And finally, perform figure 8's around the cones.

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

- Ability to dribble using both feet.
- Correct technique for the right situation.
- Develop peripheral vision.
- Develop spatial awareness.
- Improve basic ball manipulation.
- Technical mastery.
- To learn how to attack space quickly with the ball.

KEY FACTORS

- Acceleration
- Close control of the ball
- Decision making - when and where to dribble
- Good first touch
- Head up
- Knees bent
- Positive attitude
- Technique

FOCUS AREAS

- Appropriate selection and execution of techniques (shielding, turning and dribbling).
- Demonstrate the purpose and why the particular move is useful in a game situation. (Correct technique for the right situation).
- Emphasis on foot speed and clean contacts on the ball to change direction.
- Encourage good technique and positive attitude.
- Fluency is achieved by practice.
- Heads up to avoid collisions.
- Increase the speed when competent.
- Mastering different techniques should be done as regular separate technical practices to allow players to fully develop the moves.
- Technical execution of the chosen dribble.
- Use of both feet.

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