

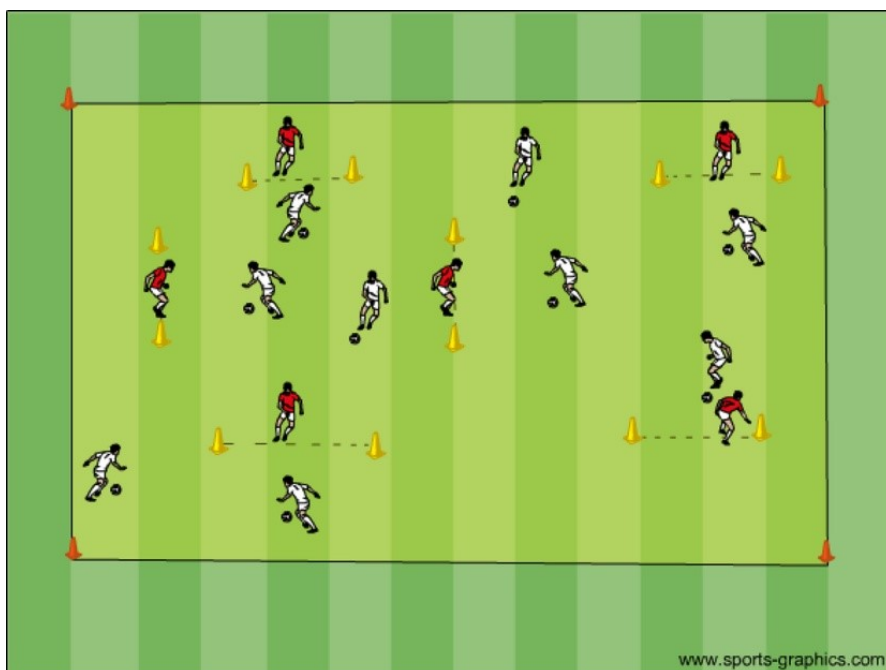
DRIBBLING THROUGH DEFENDED GATES

To improve dribbling techniques while under pressure from an opponent

TECHNICAL

Dribbling

Methods of Beating an Opponent



This practice can be used for eight to 16 players.

In a playing area 30x20 set up a number of gates 5yds apart.

Each gate is defended by a designated player.

All attackers have a ball each.

The objective is for the attacking players to dribble through as many gates as possible in a given time.

The defenders attempt to defend the gates. Players can dribble through either side of the gate.

After a certain period, the players change roles.

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.
- Ability to reverse or change direction quickly if confronted by an opponent.
- Creating space to exploit 1v1.
- Develop spatial awareness.
- Technical mastery.
- Techniques to beat an opponent with deception.
- 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
- Good first touch
- Head up
- Keep the ball moving into spaces and away from legs
- Positive attitude
- Speed of feet
- Technique

FOCUS AREAS

- Appropriate selection and execution of techniques (shielding, turning and dribbling).
- Attitude to attack the defender.
- Body shape.
- Close control of the ball.
- Encourage good technique and positive attitude.
- Encourage players to attempt different techniques to gain confidence.
- How players select and execute a variation of dribbles 1v1 to achieve a successful end product.
- Players should be creative and have visual awareness to exploit openings to get to the gates.
- When to dribble, when to turn to protect the ball.

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