

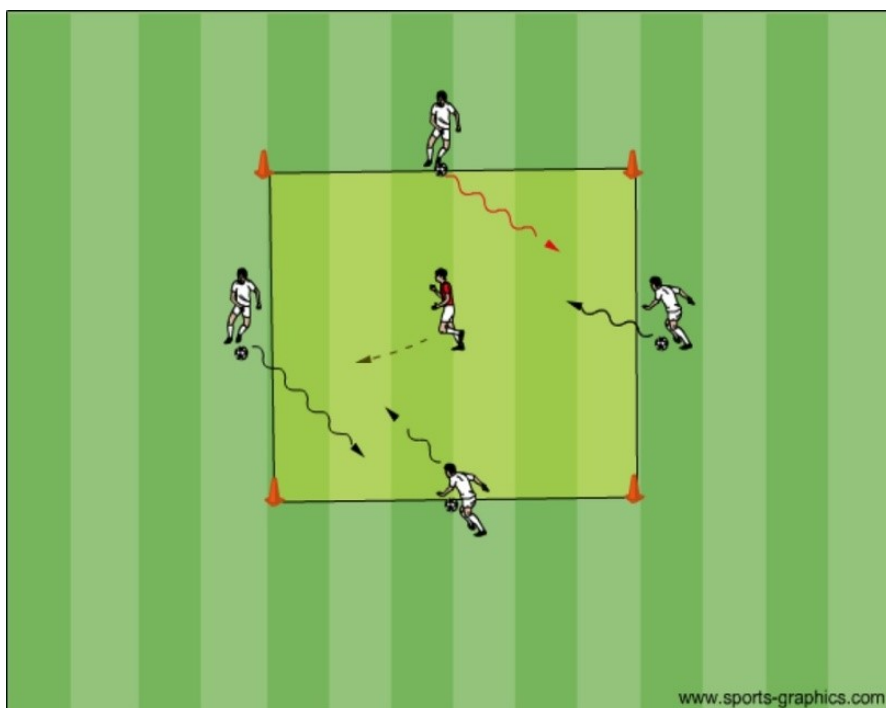
DRIBBLING THROUGH FOUR SIDES

To improve dribbling techniques while under pressure from an opponent

TECHNICAL

Dribbling

Methods of Beating an Opponent



Create a 5x5 area with five players - four have a ball. Players with a ball are positioned evenly outside of the square. Players attempt to dribble across the square or to an adjacent side, avoiding being tagged by the player in the middle. Players get two points for getting across the square, or one point for dribbling to an adjacent side. Being tagged three times by the middle player means that player goes into the middle as the new 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

- Ability to dribble using both feet.
- Ability to reverse or change direction quickly if confronted by an opponent.
- Develop spatial awareness.
- Different strengths of the contact touch on ball according to availability of space.
- To gain confidence in beating an opponent in a 1v1 situation.
- 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

- Ability to reverse or change direction quickly if confronted by an opponent.
- Assessing risk and making positive moves that involve an element of risk to score high-tariff points.
- Making moves when player in middle is in a disadvantaged position.
- Use of both feet.

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