

MAN IN THE MIDDLE

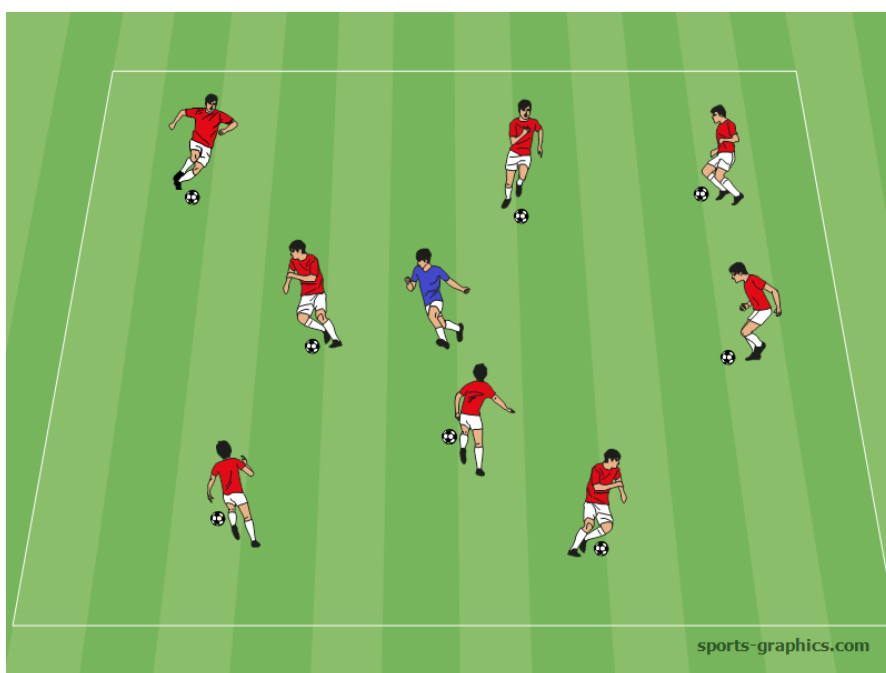
Improve basic dribbling and turning techniques

TECHNICAL

PHYSICAL

Dribbling

Dribbling the Ball



Set up a 30x30 area and give all players apart from one a ball.

The player without a ball is the Man in the Middle and their job is to win the ball from the players who are dribbling within the area.

The Man in the Middle will try to tackle, win the ball, force players out the area etc.

When successful, the player losing possession of the ball must stand still with their legs apart and can only be freed if another player passes a ball between their legs.

Regularly swap 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.
- Develop shielding, turning and dribbling techniques.
- Develop spatial awareness.
- Improve basic ball manipulation.
- Improve decision making.

KEY FACTORS

- Close control of the ball
- Decision making - when and where to dribble
- Disguise
- Head up
- Positive attitude
- When to dribble and when to shield

FOCUS AREAS

- Appropriate selection and execution of techniques (shielding, turning and dribbling).
- Emphasis on foot speed and clean contacts on the ball to change direction.
- Encourage and give players the opportunity to express individuality, flair and imagination with free expression.
- Ensure when players are dribbling out of the grid that all outside areas are clear of obstruction.
- Explain the importance of correct technique for the right situation.
- Heads up to avoid collisions.
- Observe from outside the area.

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