

BALL THIEF

Improve dribbling and running with the ball within a skill based practice

TECHNICAL

Dribbling

Methods of Beating an Opponent



Set up two 25x15 playing areas with a central zone.

Modify the size depending on the number of players.

Every player has a ball and starts inside one of the two playing areas.

A defender starts between the two areas.

Players dribble the ball within their area, and when they think the time is right they attempt to cross to the other box.

While between the two areas, they need to perform a fake to beat the defender before reaching the opposite area.

If players lose control of the ball, encourage the defender to knock the ball away.

If they don't make it across, the player returns to the area they started from.

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

- How to protect the ball to keep possession.
- Improve and refine dribbling to beat an opponent.
- Improve basic ball manipulation.
- Improve decision making.
- Technical mastery.

KEY FACTORS

- Acceleration
- Close control of the ball
- Good first touch
- Head up
- Positive attitude
- Technique

FOCUS AREAS

- A range of variations on dribbling and decision making - when and where to dribble.
- Attitude to attack the defender.
- Creating space to exploit 1v1.
- Decision on type of dribble.
- Ensure all players are affected with the practice and individual technical execution is identified and refined where necessary.
- Let the players make decisions and guide them when necessary.
- Technical execution of the chosen dribble.

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