

GET THROUGH THE GAP

Improve dribbling to beat an opponent in a 1v1 situation

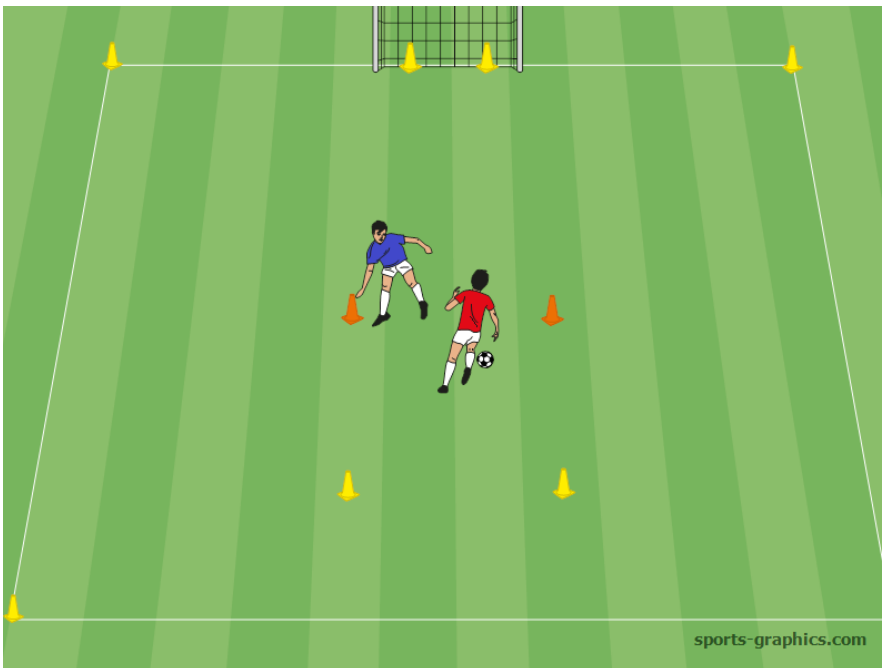
TECHNICAL

TACTICAL

PSYCHOLOGICAL

Dribbling

Methods of Beating an Opponent



Set up a playing area 20x20.

Set up a goal with two markers inside the goal posts.

Arrange a 5x5 square in the playing area with cones.

Players face each other across the square, one player has a ball.

Players pass to one another and when there has been a minimum of five passes, the defending player will randomly decide to make a move.

The defender must touch one of the cones on their side before they are able to defend. The attacker who has ended up with the ball before the defender runs to touch a cone has now got a gap/space to run into.

The attacker must look to attack the space ahead and try to score between the posts and the cones set inside the goals.

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.
- Develop spatial awareness.
- Improve decision making.
- Techniques to beat an opponent with deception.
- To build confidence with close dribbling.

KEY FACTORS

- Acceleration
- Close control of the ball
- Decision making - when and where to dribble
- Disguise
- Head up
- Keep the ball moving into spaces and away from legs
- Positive attitude
- Speed of feet
- Technique

FOCUS AREAS

- 1v1 skills and individual attacking techniques.
- Attitude to attack the defender.
- Close control of the ball.
- How players exploit 1v1 situations.
- The decision making and execution of the varying dribbles.
- To increase speed.

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