

RISKY BUSINESS

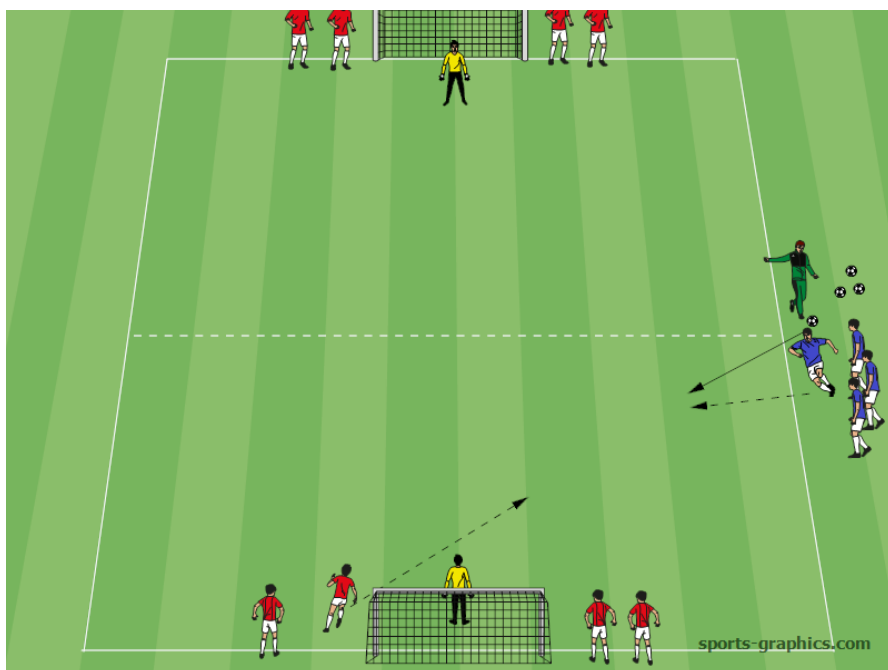
Improve dribbling to beat an opponent in a 1v1 situation

TECHNICAL

PSYCHOLOGICAL

Dribbling

Methods of Beating an Opponent



Set up a 40x30 playing area with a halfway line and a goal with goalkeeper at each end. The defending team (reds) are divided equally to defend each goal and start the practice next to the goals as shown in the diagram. Attacking team (blues) begin the practice at the halfway line.

All the players are off the pitch.

The practice starts with the coach rolling the ball into one of the halves.

The attacking team get a set number of balls (one for each attack). They decide to attack in the following ways:

1v1 - receive five points for every goal.

2v1 (two attackers) - attackers score two points per goal.

3v2 (three attackers) - attackers score four points per goal.

4v2 (four attackers) - attackers score three

points per goal.

For each goal scored, the same players turn and attack the goal at the other end. If they keep scoring they keep attacking each goal. If they miss or if the defenders pass the ball to the coach, that attack is over and the next ball is used.

Once all the balls are used, the teams change over.

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.
- Correct technique for the right situation.
- Correct technique to receive.
- Finishing 1v1 against the goalkeeper.
- To gain confidence in beating an opponent in a 1v1 situation.
- To improve dribbling techniques in order to beat an opponent with deception and to create a shooting opportunity.

KEY FACTORS

- Acceleration
- Close control of the ball
- Decision making - when and where to dribble
- End product (pass, shoot, dribble or shield)
- Good first touch
- Head up
- Positive attitude
- Quality of technique for beating the opponent

FOCUS AREAS

- 1v1 skills and individual attacking techniques.
- Close control of the ball.
- Communication between players.
- Creating space to exploit 1v1.
- Encourage clever play.
- End product.
- How players exploit 1v1 situations.
- Instil confidence in dribbling.
- Observe from outside the area.
- Technical execution of the chosen dribble.
- To increase speed.

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