

DRIBBLING INTO END ZONES

To develop dribbling, turning and decision making in a skill based practice

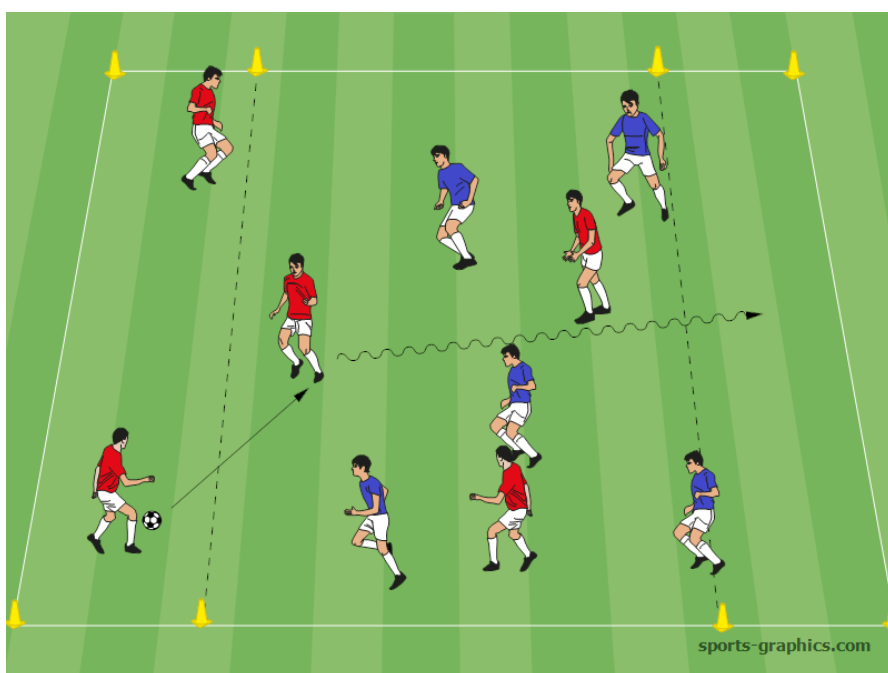
TECHNICAL

TACTICAL

PSYCHOLOGICAL

Dribbling

Team Attacking



Set up a 30x30 playing area with a 5yd wide zone on each end.

Size of playing area can be adjusted if necessary.

Two teams attempt to dribble within the area then stop the ball in the opposition's end zone, scoring a point each time they achieve the task.

The ball must be under control when stopping in the end zone.

No defenders are allowed in the end zone. If the attacking team are successful, they then attack in the opposite direction.

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.
- Develop spatial awareness.
- Technical mastery.
- To improve dribbling techniques in order to beat an opponent with deception and to create attacking opportunities.
- To learn how to attack space quickly with the ball.

KEY FACTORS

- Close control of the ball
- Communication
- Decision making - when and where to dribble
- End product (pass, shoot, dribble or shield)
- Good support
- Positive attitude
- Quality of technique for beating the opponent
- Technique

FOCUS AREAS

- A range of variations on dribbling and decision making - when and where to dribble.
- Angles and distances of support.
- Attitude to attack the defender.
- End product.
- Fluency is achieved by practice.
- Team work and communication.

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