

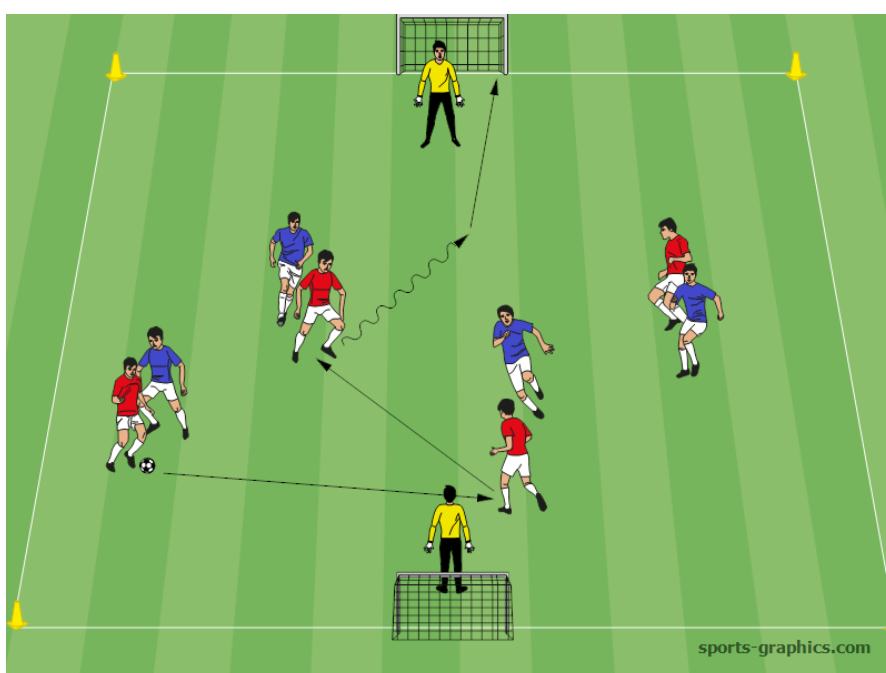
4v4 WITH GOALKEEPERS

Develop dribbling in a modified small sided game

TECHNICAL

TACTICAL

Dribbling



Team Attacking

Use a 40x35 playing area with appropriate size goals at each end with a goalkeeper in each goal.

Place a supply of balls around the outside of the playing area to allow the game to flow. If the ball goes out of play the opposing team or GK quickly gather the closest ball to where the ball went out of the area, and the game continues.

Play 4v4 for a period of time and allow short breaks to recover, as play can be quite intense.

A goal can only be scored once an attacking player dribbles past an opposing defender. After a goal is scored the practice restarts from the GK that conceded.

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.
- Technical mastery.
- Techniques to beat an opponent with deception.
- To learn how to attack space quickly with the ball.

KEY FACTORS

- Acceleration
- Angles of support
- Close control of the ball
- Decision making - when and where to dribble
- End product (pass, shoot, dribble or shield)
- Look for space, angles and support
- Positive attitude
- Technique

FOCUS AREAS

- A range of variations on dribbling and decision making - when and where to dribble.
- Ability to reverse or change direction quickly if confronted by an opponent.
- Attitude to attack the defender.
- Awareness of passing options.
- Body shape.
- Decision making on dribbling when and where and what technique is used. Is it an appropriate technique for the right situation?
- Encourage and give players the opportunity to express individuality, flair and imagination with free expression.
- Encourage good technique and positive attitude.
- Encourage players to dribble the ball in 1v1 situations.
- Encourage players to go to the player dribbling the ball 1v1.
- Let the players make decisions and guide them when necessary.
- Make intelligent opening runs and play fast combinations.
- Protection of the ball.
- Use of disguise and clever turning techniques.

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