

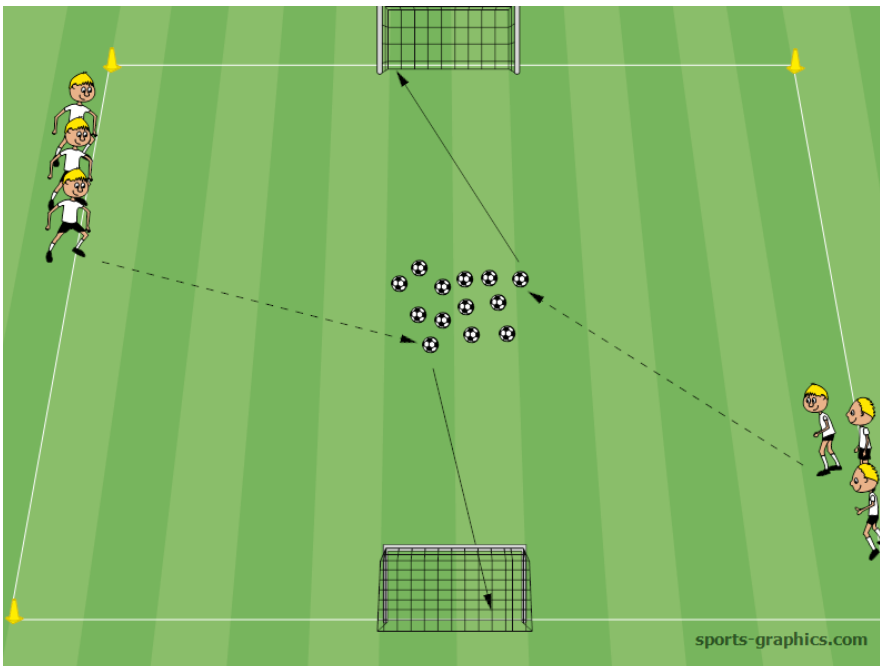
COLLECT AND DRIBBLE

To develop dribbling and striking the ball

TECHNICAL

Dribbling

Striking the Ball on the Move



Set up a 20x20 playing area with a mini goal at each end.

Adjust the size of the playing area to suit the number of players.

Divide players into two groups and arrange at diagonally opposite corners.

A quantity of balls is placed in the middle.

One at a time a player from each group runs into the middle to get a ball, dribbles and shoots into their goal. Next player in group goes.

To increase the difficulty, players can be asked to use opposite feet or perform a trick before dribbling to goal.

The team with the most balls in the mini goal wins.

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

- Improve basic ball manipulation.
- To build confidence with close dribbling.

KEY FACTORS

- Acceleration
- Close control of the ball
- Head up
- Knees bent
- Positive attitude
- Technique

FOCUS AREAS

- Body shape.
- Close control of the ball.
- Encourage good technique and positive attitude.
- Fluency is achieved by practice.
- Increase the speed when competent.
- Instil confidence in dribbling.

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