

WATCH FOR AN OPENING

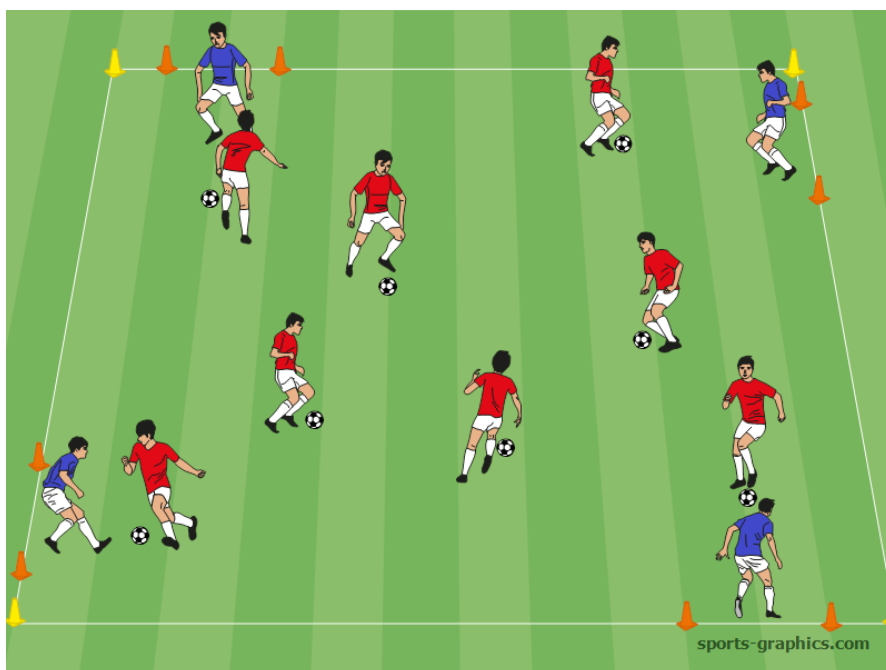
Improve dribbling to beat an opponent in a 1v1 situation

TECHNICAL

PSYCHOLOGICAL

Dribbling

Methods of Beating an Opponent



Set up a 30x30 playing area with a 2-yard gate marked on each side near the corner. Size of playing area can be adjusted if necessary.

Arrange four defenders against eight attackers who have a ball each. Defenders can go anywhere in the area and look to win as many balls as possible, preventing players from getting through gates.

Attackers aim to break through a gate to score a point, then dribble to re-enter from anywhere around the area.

Defenders score a point for every time they gain possession of a ball.

Defenders and attackers change roles regularly.

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.
- Dribbling and turning skills.
- How to protect the ball to keep possession.
- Technical mastery.
- To build confidence with close dribbling.
- To develop and refine specific techniques for beating an opponent.
- To gain confidence in beating an opponent in a 1v1 situation.
- To improve dribbling techniques in order to beat an opponent with deception or to turn to keep possession of the ball.

KEY FACTORS

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

FOCUS AREAS

- 1v1 skills and individual attacking techniques.
- Close control of the ball.
- Creating space to exploit 1v1.
- How players exploit 1v1 situations.
- Increase the speed when competent.
- Instil confidence in dribbling.
- Technical execution of the chosen dribble.

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