

CIRCLE DRIBBLING

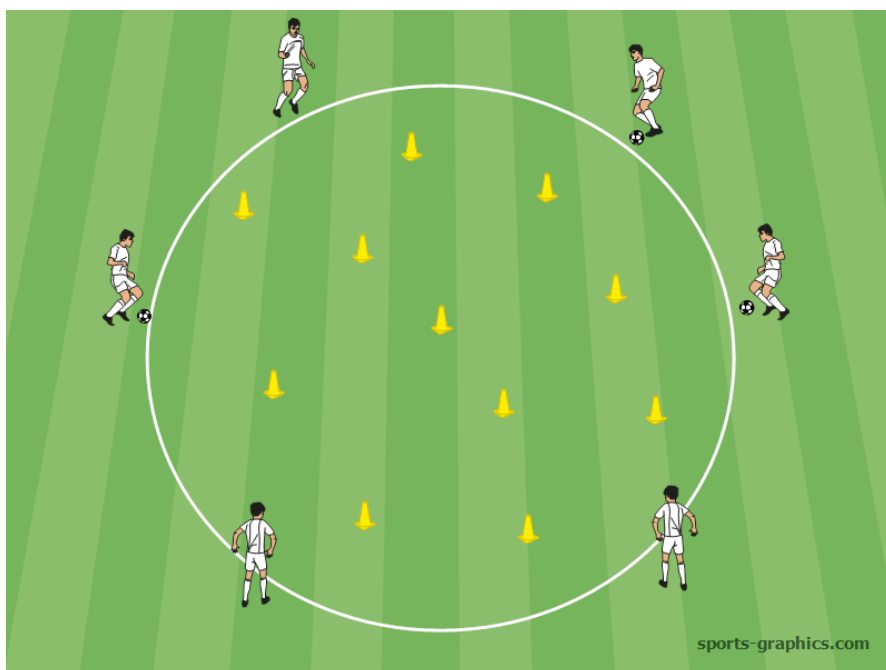
To improve basic dribbling and turning in a technical practice

TECHNICAL

PSYCHOLOGICAL

Dribbling

Methods of Beating an Opponent



Create a circle and have all players start around the circumference. Modify the size depending on the number of players. Place small cones randomly in the circle. Three or four players start with balls and dribble through the cones to the centre of the circle and dribble back to an outside player to who then takes the ball to repeat the process.

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.
- Develop spatial awareness.
- Develop turning for a purpose.
- How to have small and quicker touches to get better close control of the ball.
- How to use a selection of different turns that are appropriate for the situation.
- Technical mastery.
- To build confidence with close dribbling.

KEY FACTORS

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

FOCUS AREAS

- Close control of the ball.
- Encourage players to attempt different techniques to gain confidence.
- Increase the speed when competent.
- Instil confidence in dribbling.
- Mastering different techniques should be done as regular separate technical practices to allow players to fully develop the moves.
- Technical execution of the chosen dribble.

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