

DRIBBLE AND TURN TRIANGLE

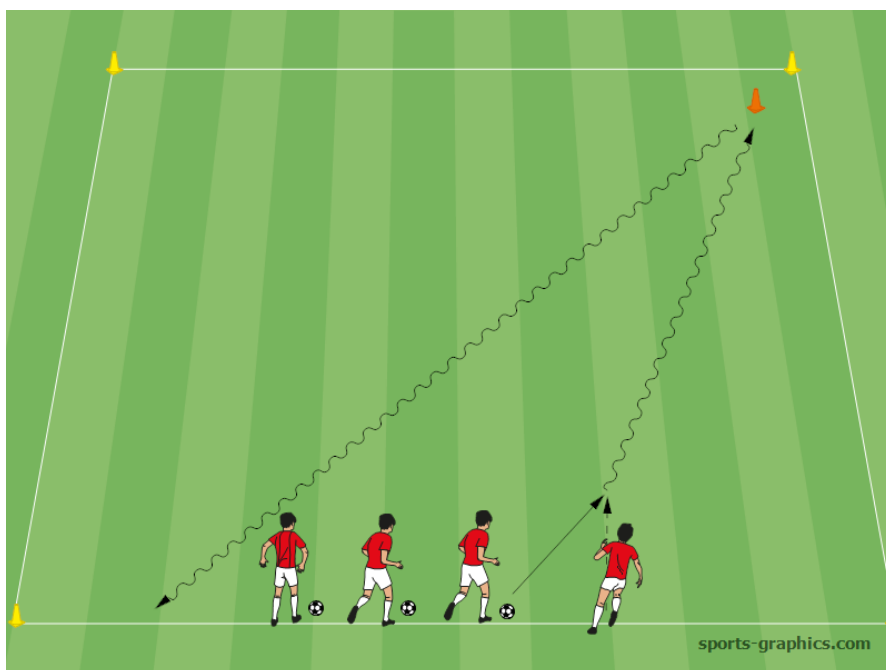
Improve basic dribbling and turning techniques

TECHNICAL

PSYCHOLOGICAL

Dribbling

Methods of Beating an Opponent



Set up a 20x20 playing area with a marker (orange cone) in one corner. Players work in groups of fours. Players 2, 3 and 4 have a ball at their feet, Player 1 does not. Player 1 receives the ball from Player 2 and attacks the space in front towards the cone. When Player 1 reaches the cone they perform a turn and dribble to the end of the line behind player 4. As Player 1 performs the turn, Player 3 passes to Player 2 and they perform the same movement as Player 1. This continues in this pattern, players must do this with correct technique and with speed.

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.
- Correct technique for the right situation.
- Develop spatial awareness.
- Develop turning for a purpose.
- Dribbling and turning skills.
- Improve basic ball manipulation.
- Technical mastery.
- To build confidence with close dribbling.

KEY FACTORS

- Acceleration
- Close control of the ball
- End product (pass, shoot, dribble or shield)
- Head up
- Positive attitude
- Technique

FOCUS AREAS

- Appropriate selection and execution of techniques (shielding, turning and dribbling).
- Body shape.
- Decision on type of dribble.
- Encourage players to attempt different techniques to gain confidence.
- End product.
- Instil confidence in dribbling.
- Technical execution of the chosen dribble.
- To increase speed.
- Use of both feet.
- Use of disguise and clever turning techniques.

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