

MULTIPLE 1v1 WITH NEUTRAL PLAYERS

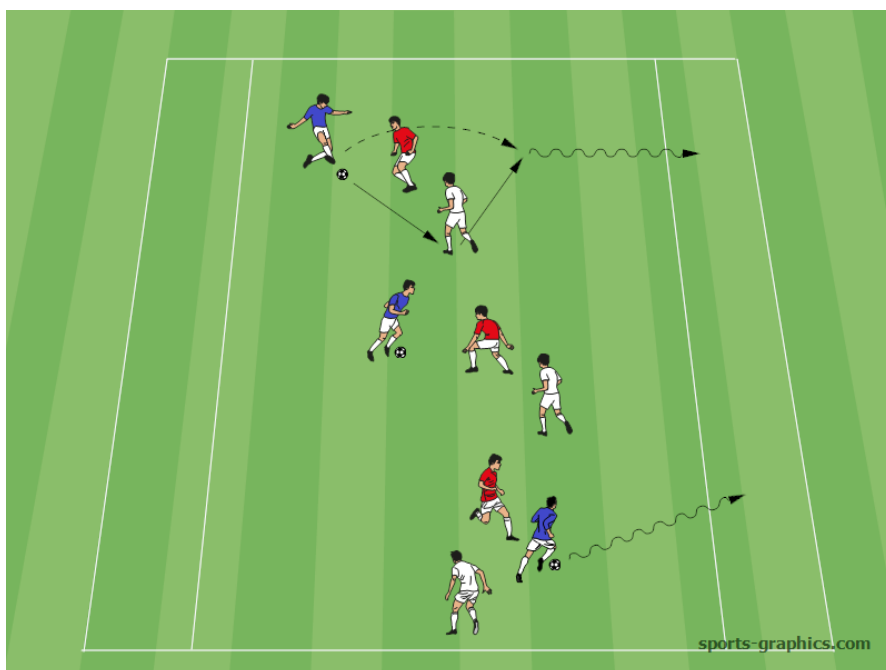
Improve dribbling to beat an opponent in a 1v1 situation

TECHNICAL

PSYCHOLOGICAL

Dribbling

Methods of Beating an Opponent



Create an area up to 30x30 - modify the size depending on the number of players.

Choose three neutral players, and then divide the rest of the players into pairs (different colours).

One ball for each pair.

Place as many balls as possible around the area for fast restarts.

Each pair plays 1v1.

The attacking player chooses one end line to attack and tries to dribble the ball over that end line.

Attacking players can choose to beat their opponent individually or combine with one of the neutral players.

If defending players win the ball they become the attacking player.

Neutral players have a maximum of two touches.

Players keep score and rounds last one minute maximum.

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 reverse or change direction quickly if confronted by an opponent.
- Correct technique for the right situation.
- Develop spatial awareness.
- To gain confidence in beating an opponent in a 1v1 situation.
- To improve technical execution of passing and dribbling in tight spaces.

KEY FACTORS

- Acceleration
- Communication
- Decision making - when and where to dribble
- Disguise
- Head up
- Keep the ball moving into spaces and away from legs
- Positive attitude
- Technique

FOCUS AREAS

- 1v1 skills and individual attacking techniques.
- Attitude to attack the defender.
- Close control of the ball.
- Creating space to exploit 1v1.
- Emphasise the importance of the correct distance that the opponent needs to be before executing the move. Demonstrate how the ball is easily lost if they are within tackling range and how being too far away before executing a move may be counter-productive and lose the advantage.
- Encourage clever play.
- Fluency is achieved by practice.
- Mastering different techniques should be done as regular separate technical practices to allow players to fully develop the moves.
- Observe from outside the area.
- The correct distance is just out of touching range and the move should be steady with a change of pace (acceleration out of the turn) into open space.

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