

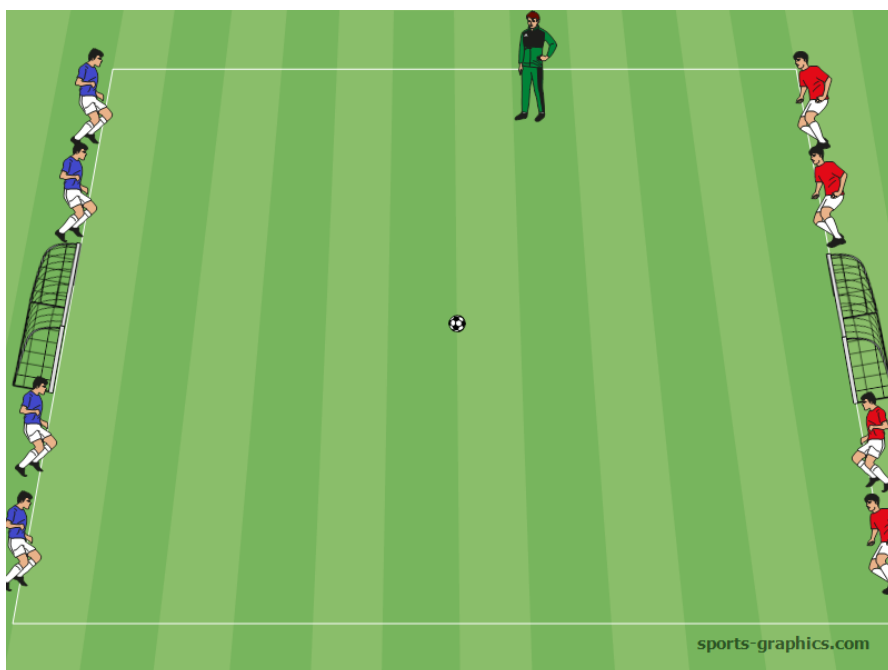
A GAME OF NUMBERS

To improve dribbling techniques in a skill based practice

TECHNICAL

Dribbling

Methods of Beating an Opponent



Set up a 20x20 playing area or adapt to suit the number of players.

Set up a mini goal at each end and place a ball in the middle of the area.

Divide players into two even groups up to five per group and arrange either side of the mini goals.

Number each group's players one to five. Shout out a number or numbers.

The corresponding players run into the middle and play 1v1 or 2v2 and attempt to score in their goal.

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

- Develop spatial awareness.
- How to protect the ball to keep possession.
- Improve basic ball manipulation.
- Improve decision making.
- To build confidence with close dribbling.

KEY FACTORS

- Acceleration
- Close control of the ball
- Decision making - when and where to dribble
- Good Finish
- Head up
- Knees bent
- Positive attitude
- Technique

FOCUS AREAS

- A range of variations on dribbling and decision making - when and where to dribble.
- Ability to reverse or change direction quickly if confronted by an opponent.
- Body shape.
- Close control of the ball.
- Communication between players.
- Encourage good technique and positive attitude.
- Fluency is achieved by practice.
- Increase the speed when competent.
- Instil confidence in dribbling.
- Let the game be the teacher.
- Protection of the ball.

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