

DRIBBLE OR PASS

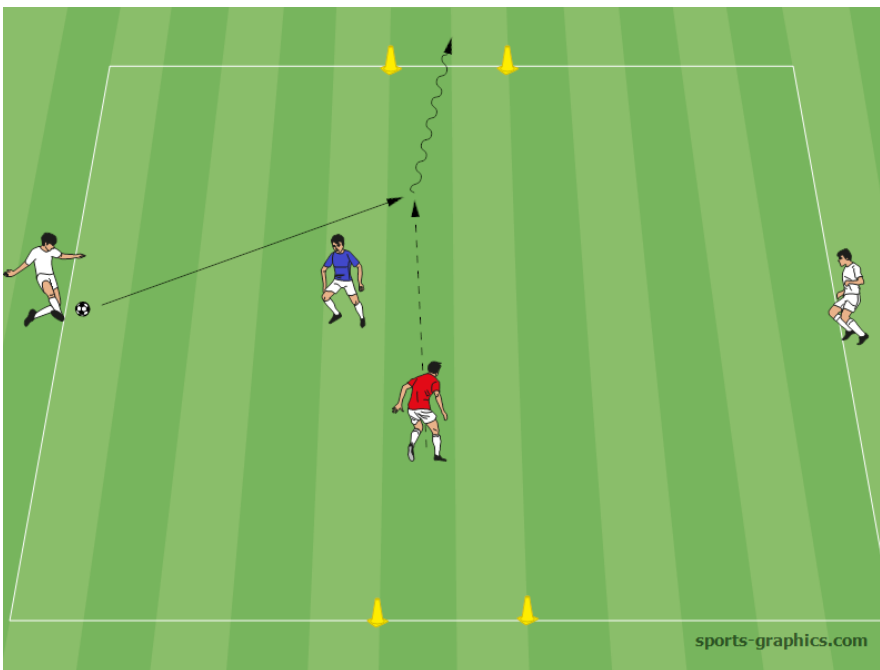
To improve basic dribbling with options to pass in a confined area under the pressure of an opponent

TECHNICAL

TACTICAL

Dribbling

Team Attacking



Set up a 10x15 area with a small gate at each end of the area.

Place two neutral players on each side line as support players for the attacker.

Attacker starts behind one gate and the defender behind the other.

Coach has a supply of balls outside the area and starts the session by passing a ball to the attacking player.

The attacking player tries to score as quickly as possible by dribbling the ball through the opponent's goal or by using one of the outside neutral players to receive a wall pass.

Attacking player reads the situation and decide whether the best option is to create a one-two (wall pass), or dribble past the defending player using the outside player as a decoy (disguise).

Neutral players move up and down the side line and can use two touches 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

- How to create a 1v1 and maximise a 2v1 overload to engage the opponent and get beyond to score.
- When to dribble or pass to maximise the situation.

KEY FACTORS

- Angles of support
- Communication
- Decision making - when and where to dribble
- Disguise
- Good first touch
- Head up
- Technique

FOCUS AREAS

- Angles and distances of support.
- Attitude to attack the defender.
- Awareness of passing options.
- Body shape.
- Combination and individual moves in 2v1.
- Drawing/engaging opponent.
- How players exploit 1v1 situations.
- How players select and execute a variation of dribbles 1v1 to achieve a successful end product.
- Let the game be the teacher.
- Use of body feints to unbalance opponent and change of speed to get past opponent.

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