

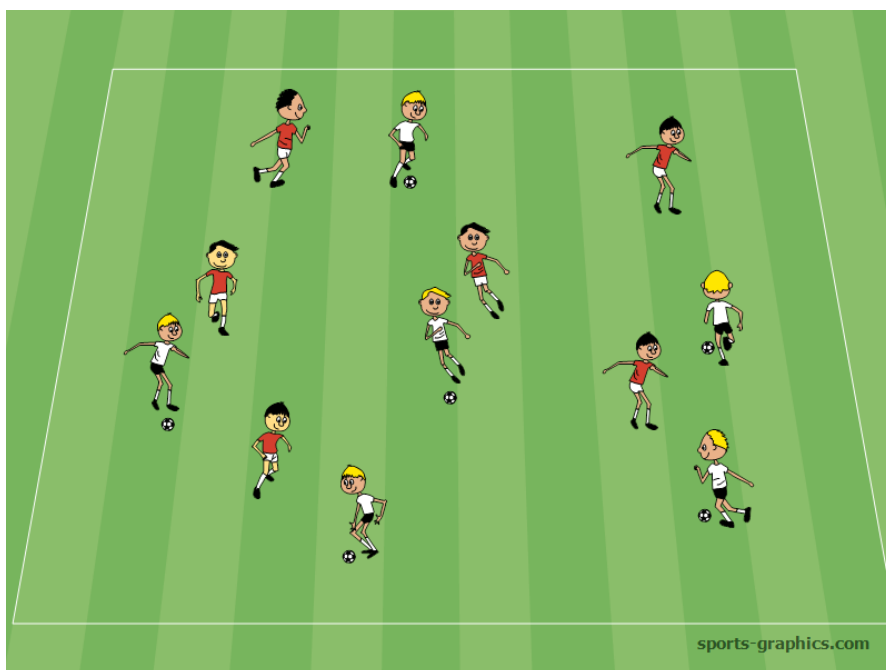
KICK OUT TIMED GAME

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.

Divide the players into two even groups. Half the players have a ball and dribble within the area.

The players without a ball try to kick the dribbling players' balls out of the area. When a player loses their ball they must stand still until all the balls have been kicked out. This acts as 'interference' for the players and helps develop spatial awareness.

Rotate groups.

Time to see which group can stay in longest.

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
- 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.
- Encourage good technique and positive attitude.
- Fluency is achieved by practice.
- Instil confidence in dribbling.
- Observe from outside the area.
- Protection of the ball.

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