

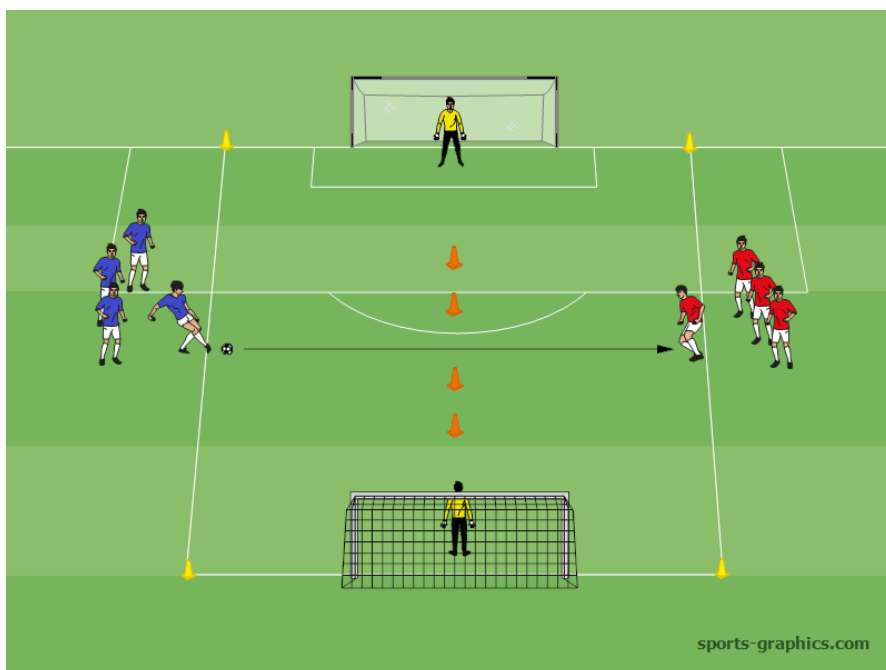
DRIBBLE TO FINISH

Improve dribbling to beat an opponent in a 1v1 situation

TECHNICAL

Dribbling

Methods of Beating an Opponent



Set up a playing area 20x45 (size of playing area can be adjusted if necessary). Arrange two groups of players facing each other, two goals at each end with goalkeepers, and two 1yd gates in front of the goals as shown.

The first blue player passes into the first red player and then closes them down.

The red player must dribble into the space and attack either one of the gates avoiding being tackled by the defender.

Once the player has dribbled through a gate, they have an opportunity to shoot at either goal.

Repeat ensuring team roles are changed regularly.

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.
- Ability to reverse or change direction quickly if confronted by an opponent.
- Creating space to exploit 1v1.
- Finishing 1v1 against the goalkeeper.
- Technical mastery.
- To improve dribbling techniques in order to beat an opponent with deception and to create a shooting opportunity.

KEY FACTORS

- Acceleration
- Close control of the ball
- Decision making - when and where to dribble
- Good Finish
- Good first touch
- Head up
- Positive attitude
- Speed of feet
- Technique

FOCUS AREAS

- 1v1 skills and individual attacking techniques.
- Attitude to attack the defender.
- Creating space to exploit 1v1.
- Encourage and give players the opportunity to express individuality, flair and imagination with free expression.
- Encourage good technique and positive attitude.
- Encourage players to attempt different techniques to gain confidence.
- How players select and execute a variation of dribbles 1v1 to achieve a successful end product.

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