

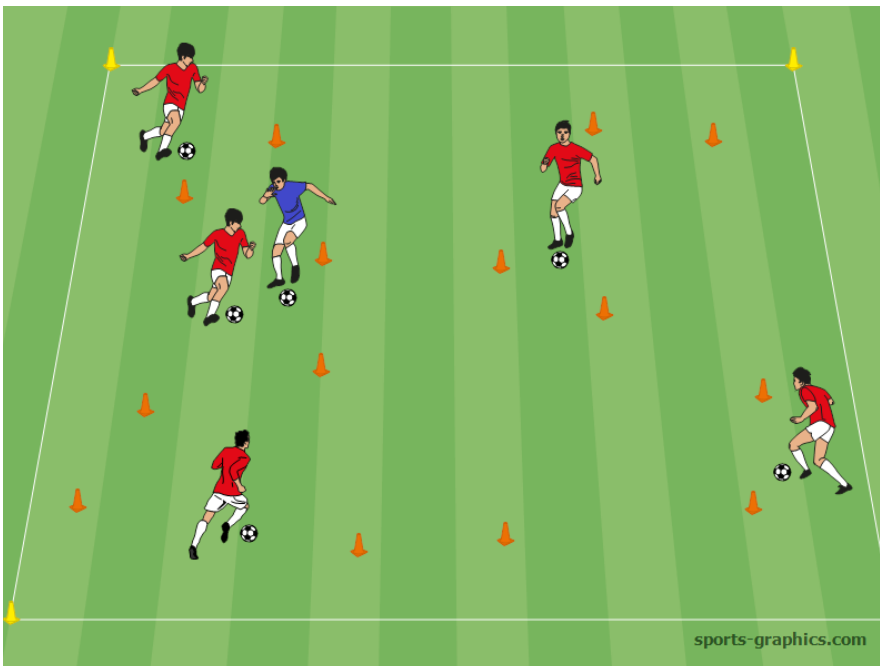
GUARDING GATES

Dribble in a technical practice to develop ball manipulation

TECHNICAL

Dribbling

Methods of Beating an Opponent



Set up a 20x20 playing area.
Set up a quantity of gates within the area.
All the players have a ball each.
All players apart from one attempt to dribble through as many gates as possible within a coach designated time frame.
One player, the defender, looks to dribble their own ball while attempting to stop players dribbling through gates.
The defender receives a point for every time they touch a player's ball with their ball.
Play for a specific time and change roles -
The defender scoring most points after everybody has had a turn, wins.

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.
- Correct technique for the right situation.
- Develop peripheral vision.
- Develop spatial awareness.
- Improve basic ball manipulation.
- Technical mastery.
- To learn how to attack space quickly with the ball.

KEY FACTORS

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

FOCUS AREAS

- Appropriate selection and execution of techniques (shielding, turning and dribbling).
- Encourage clever play.
- Encourage good technique and positive attitude.
- Fluency is achieved by practice.
- Increase the speed when competent.
- Observe from outside the area.
- Technical execution of the chosen dribble.
- Use of both feet.

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