

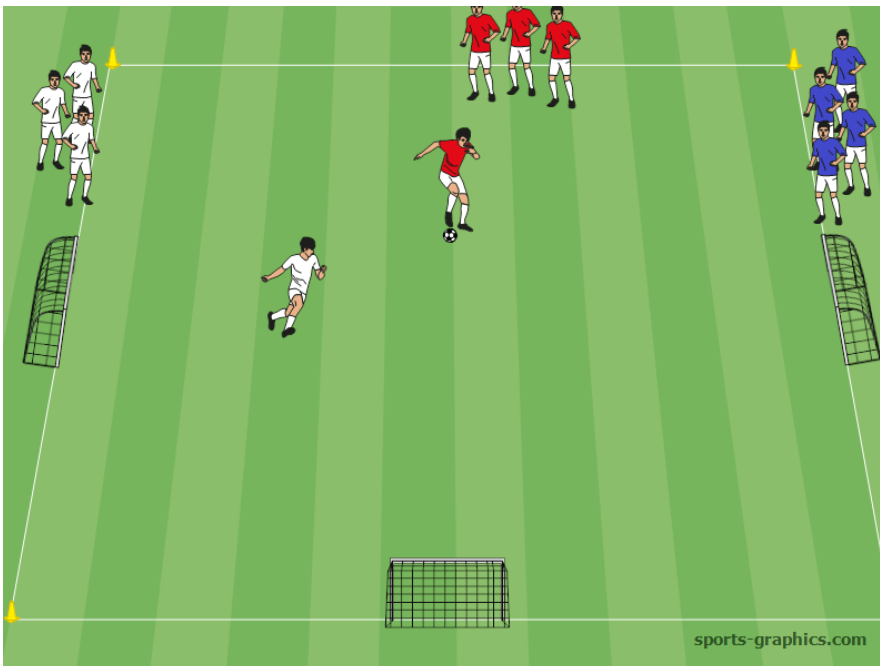
QUICK THREE TEAM 1v1

Improve dribbling to beat an opponent in a 1v1 situation

TECHNICAL

Dribbling

Methods of Beating an Opponent



Set up a 20x20 area with mini goals on three sides.

Divide players into three teams.

The teams rotate from attacking to defending to resting.

The practice works with one player attacking the goal they are facing and then defending the opposite goal.

To start, the red team attacks the white team, then a white player enters and attacks the red player who defends the red goal.

If the defender wins the ball, they can attack the opposite goal and attempt to score.

Once the ball has been won or a goal scored, a blue player attacks the white player from the other end.

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.
- Correct technique for the right situation.
- To build confidence with close dribbling.

KEY FACTORS

- Acceleration
- Disguise
- Good first touch
- Head up
- Positive attitude
- Technique

FOCUS AREAS

- 1v1 skills and individual attacking techniques.
- Attitude to attack the defender.
- Close control of the ball.
- How players exploit 1v1 situations.

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