

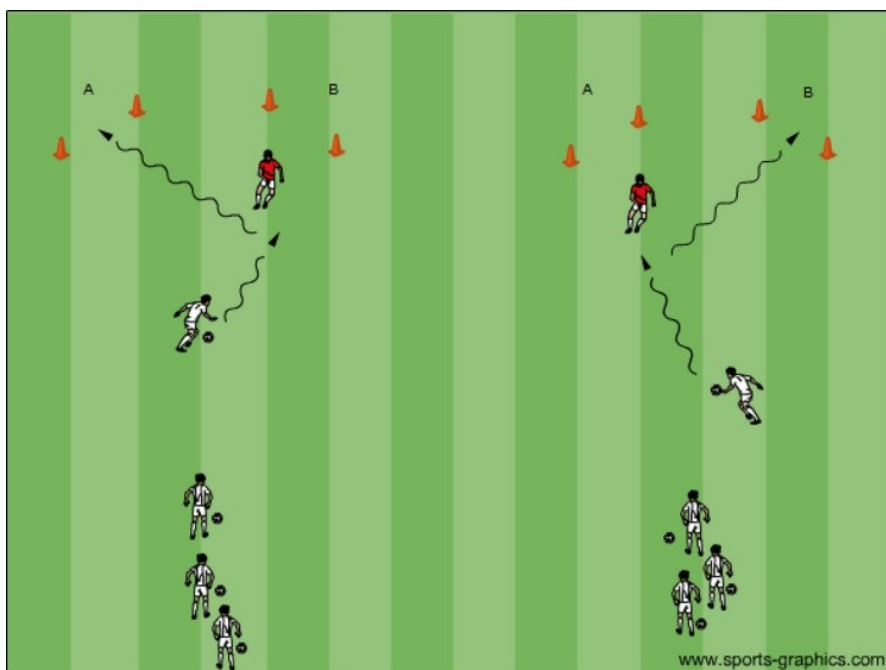
1v1 DRIBBLING THROUGH GATES

Improve dribbling to beat an opponent in a 1v1 situation

TECHNICAL

Dribbling

Methods of Beating an Opponent



Form two lines to avoid excessive queuing. Each line has a nominated defender.

The attacker aims to dribble past the defender to score between either of the small goals (A and B).

The defender can be replaced in rotation or can defend for a certain period before changing roles.

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

- Improve and refine dribbling to beat an opponent.
- Techniques to beat an opponent with deception.
- To build confidence with close dribbling.
- To learn how to create and exploit a 1v1 situation to engage an opponent and get beyond.

KEY FACTORS

- Acceleration
- Disguise
- Good first touch
- Head up
- Keep the ball moving into spaces and away from legs
- Positive attitude
- Technique

FOCUS AREAS

- Attitude to attack the defender.
- Close control of the ball.
- Decision on type of dribble.
- Emphasise the importance of the correct distance that the opponent needs to be before executing the move.
Demonstrate how the ball is easily lost if they are within tackling range and how being too far away before executing a move may be counter-productive and lose the advantage.
- Ensure all players are affected with the practice and individual technical execution is identified and refined where necessary.
- Focus on good technical execution so that the players begin to master the different dribbling techniques.
- Let the players make decisions and guide them when necessary.
- Technical execution of the chosen dribble.

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