

THE SKILLS CORRIDOR

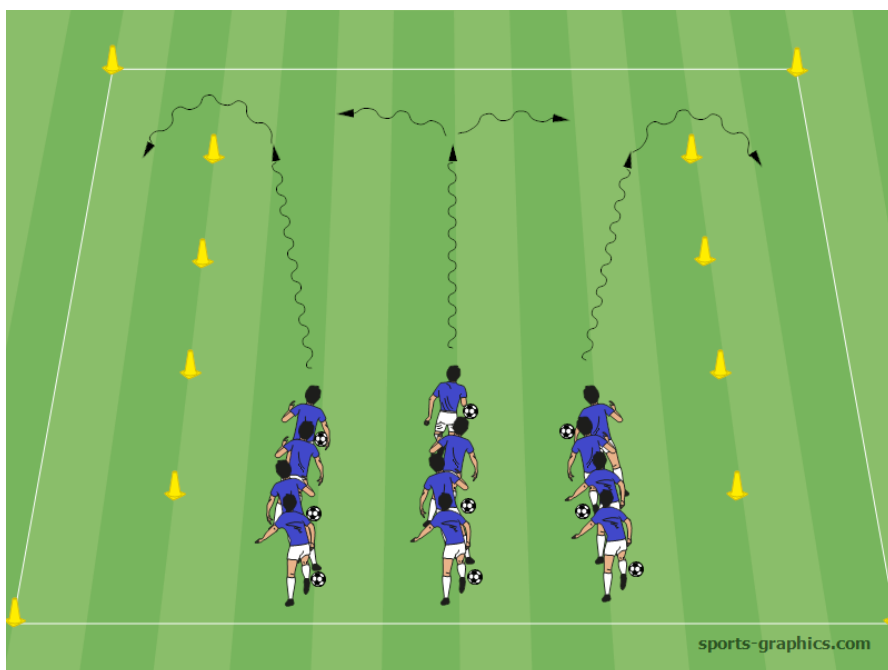
Improve dribbling in a technical related practice

TECHNICAL

PSYCHOLOGICAL

Dribbling

Methods of Beating an Opponent



Use a 10x10 area with directional cones down each side. Arrange players in groups of three at one end of the corridor. The first three players dribble through the corridor. The next three follow to ensure a constant flow of players through the corridor. As the players leave the corridor, they exit down both sides and return to the start of the practice. When dribbling through the corridor the players are challenged to:

- take as many touches, with as many different parts of both feet, as they can
- travel forwards/backwards and sideways with the ball
- have as few touches as possible while remaining in control of the ball
- change from having lots of touches to a few touches (coach can instruct many touches as possible in the first half of the

corridor, and a few touches in the second half of the corridor)

- dribble in a zigzag rather than a straight line or perform a turn at each side.

When players return, challenge them to perform any dribbling moves. Split the group in half and have players starting from both ends of the corridor.

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.
- Improve basic ball manipulation.
- Technical mastery.
- To build confidence with close dribbling.

KEY FACTORS

- Acceleration
- Close control of the ball
- Good first touch
- Head up
- Positive attitude
- Speed of feet
- Technique

FOCUS AREAS

- Close control of the ball.
- Decision on type of dribble.
- Emphasis on foot speed and clean contacts on the ball to change direction.
- Encourage good technique and positive attitude.
- Encourage players to attempt different techniques to gain confidence.
- End product.
- Fluency is achieved by practice.
- Increase the speed when competent.
- Instil confidence in dribbling.

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