

# DRIBBLING TO ATTACK DIFFERENT TARGETS

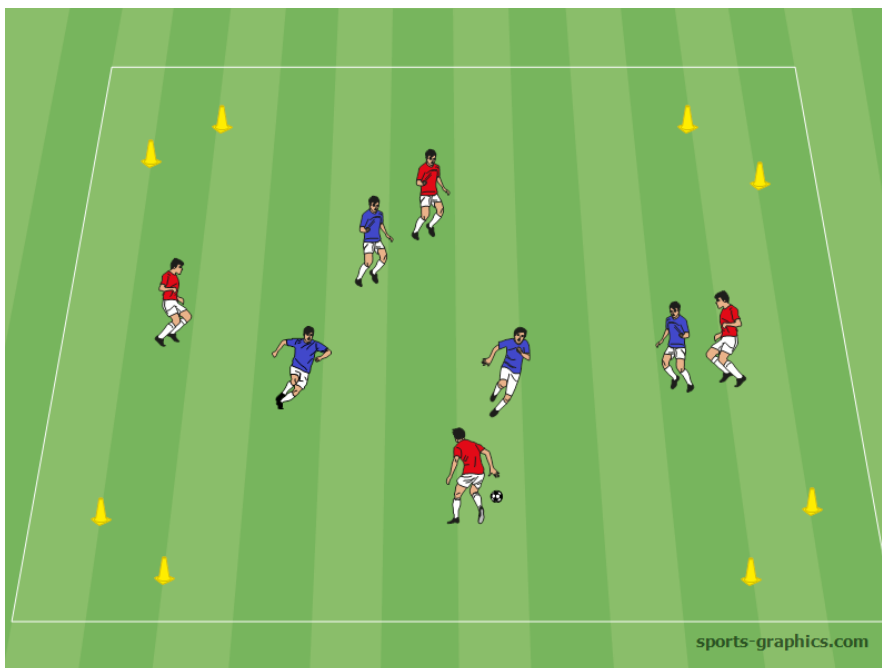
To develop dribbling to beat an opponent in a skill related practice

TECHNICAL

TACTICAL

## Dribbling

## Methods of Beating an Opponent



Players are organised into two teams in an area including four corner goals made of cones/mini goals. The size of the area should be realistic to the number of players. Teams defend two sets of goals (diagonally opposite) while attacking the other two goals. Players are conditioned to man mark a specific player throughout the activity.

## 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.
- Improve decision making.
- Technical mastery.
- To gain confidence in beating an opponent in a 1v1 situation.
- To improve dribbling techniques in order to beat an opponent with deception or to turn to keep possession of the ball.

### KEY FACTORS

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

### FOCUS AREAS

- Attitude to attack the defender.
- Creating space to exploit 1v1.
- 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.
- Let the players make decisions and guide them when necessary.
- Team work and communication.
- Technical execution of the chosen dribble.

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