

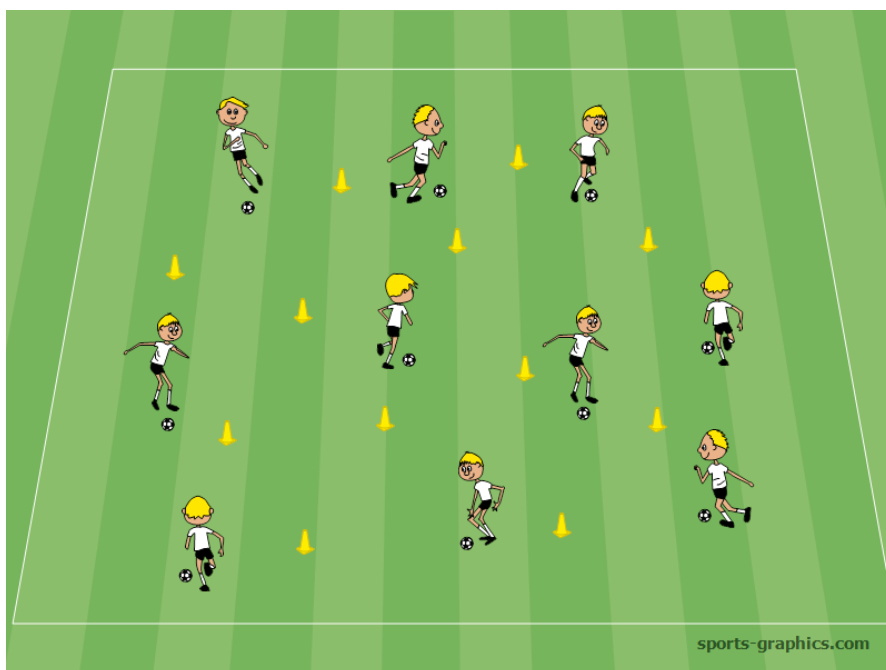
DRIVING SCHOOL

Dribble in a technical practice to develop ball manipulation

TECHNICAL

Dribbling

Methods of Beating an Opponent



Create an area up to 25x20 and modify the size depending on number of players. Place additional cones randomly within the area.

Every player has a ball.

Each player dribbles around the area (driving their car) without hitting another car or lamp post (cone).

Coach calls out which part of the foot the players use to control the ball as they dribble.

Players aim to stop beside every cone (which doubles as a petrol station) and perform five toe taps (to fill up).

Only one player at a time can stop at a cone, and the aim is to fill up at every petrol station quicker than anyone else.

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

- Correct technique for the right situation.
- Develop spatial awareness.
- Dribbling and turning skills.
- Good decision making - knowing when to/not to dribble with the ball.
- How to make space as individuals.
- Technical mastery.

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.
- Creating space.
- Decision on type of dribble.
- Fluency is achieved by practice.
- Mastering different techniques should be done as regular separate technical practices to allow players to fully develop the moves.

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