

PLAN TO WIN GAME

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

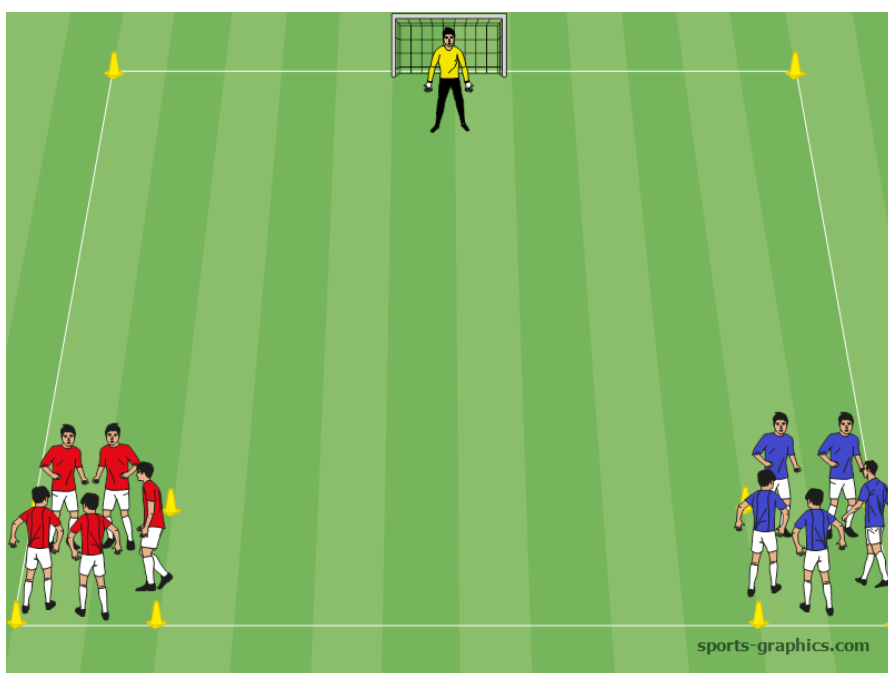
TECHNICAL

TACTICAL

PSYCHOLOGICAL

Dribbling

Team Attacking



Set up a 30x25 playing area with a goal and goalkeeper at one end. Adjust size of area if necessary.

Divide players into even teams and arrange in two small zones at the opposite end to the goalkeeper.

Teams take turns to decide how many attackers will play against how many defenders.

This will correspond to a point scoring system as follows:

1v1 = five points if a goal is scored

2v1 = three points if a goal is scored

3v2 = two points if a goal is scored

4v3 = one point if a goal is scored.

If the defenders win the ball and are able to dribble it to the base line opposite the goal, they receive double the points the attackers had expected.

Nominate a set number of rounds and the team with the most points after those rounds win.

Encourage teams to challenge themselves as much as possible while including every player.

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.
- Creating space to exploit 1v1.
- Improve and refine dribbling to beat an opponent.
- Improve decision making.
- To improve dribbling techniques in order to beat an opponent with deception and to create a shooting opportunity.

KEY FACTORS

- Acceleration
- Close control of the ball
- Decision making - when and where to dribble
- End product (pass, shoot, dribble or shield)
- Good support
- Keep the ball moving into spaces and away from legs
- Positive attitude
- Quality of technique for beating the opponent

FOCUS AREAS

- Close control of the ball.
- Encourage good technique and positive attitude.
- Encourage players to dribble the ball in 1v1 situations.
- End product.
- Free expression - let players experiment with step-overs and feints.
- Instil confidence in dribbling.
- Let the players make decisions and guide them when necessary.
- Observe from outside the area.
- Team work and communication.
- Technical execution of the chosen dribble.
- To increase speed.
- Use of both feet.

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