

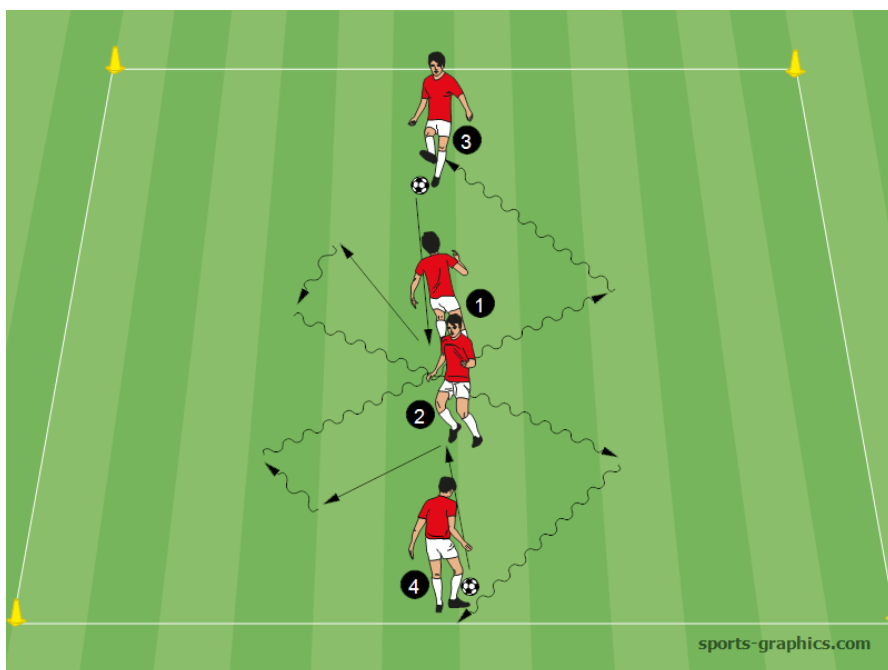
TURN AND DRIBBLE

Improve basic dribbling and turning techniques

TECHNICAL

Dribbling

Methods of Beating an Opponent



Set up a playing area 30x30. Four players work together starting roughly 10-yards apart as shown. Both end players start with a ball, the two players in the middle do not. Players 3 and 4 play the ball into Players 1 and 2 at the same time. On the first touch Players 1 and 2 go forward to perform a turn. They then look to attack the space between Players 3 and 4 while crossing over. Players 3 and 4 put minimal pressure on the two inside players, and while doing so, move into the middle and the practice repeats. Encourage players to play quickly to make it as game realistic as possible.

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

KEY FACTORS

- Acceleration
- Close control of the ball
- Decision making - when and where to dribble
- End product (pass, shoot, dribble or shield)
- Head up
- Positive attitude
- Technique

FOCUS AREAS

- A range of variations on dribbling and decision making - when and where to dribble.
- Body shape.
- Close control of the ball.
- End product.
- Free expression - let players experiment with step-overs and feints.
- Increase the speed when competent.
- To increase speed.
- Use of disguise and clever turning techniques.

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