

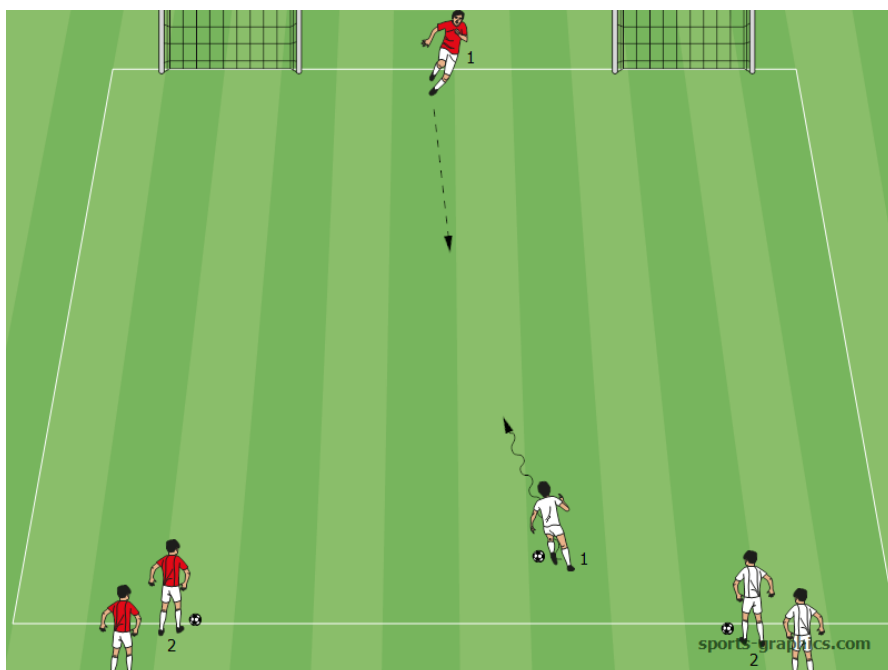
# DRIBBLE, SHOOT, DEFEND

Improve dribbling to beat an opponent in a 1v1 situation

TECHNICAL

## Dribbling

## Methods of Beating an Opponent



Set up a playing area 30x20 with two small goals at one end.

Arrange two teams facing the goals with one player in between the goals.

Red 1, the player between the goals, will defend 1v1 against White 1.

When White 1 has scored, missed, or the ball has become dead, they become the defender.

Red 2 will then attack and the pattern continues.

## 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.
- Ability to reverse or change direction quickly if confronted by an opponent.
- Creating space to exploit 1v1.
- Improve decision making.
- To improve dribbling techniques in order to beat an opponent with deception and to create a shooting opportunity.
- To learn how to create and exploit a 1v1 situation to engage an opponent and get beyond.

### 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
- Quality of technique for beating the opponent
- Technique

### FOCUS AREAS

- 1v1 skills and individual attacking techniques.
- Creating space to exploit 1v1.
- Drawing/engaging opponent.
- End product.
- How players exploit 1v1 situations.
- Intervene and correct mistakes on and off the ball especially on decision making and execution of the varying dribbles and how team mates create space for the 1v1 dribble.
- To increase speed.

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