

BOX TO BOX

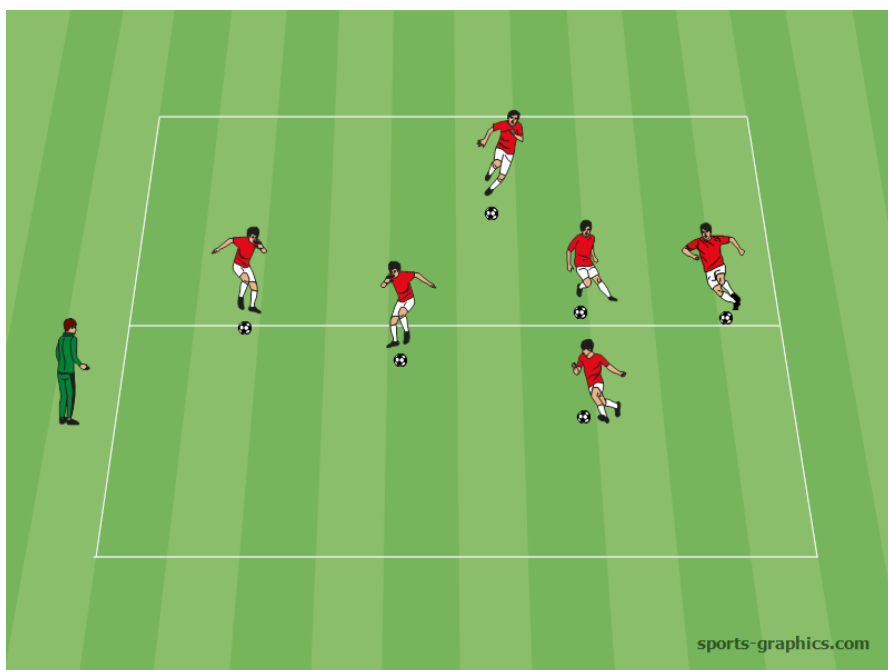
Improve dribbling in a technical related practice

TECHNICAL

PSYCHOLOGICAL

Dribbling

Methods of Beating an Opponent



Set up two 10x15 areas or modify to suit the number of players.

Every player has a ball and starts inside the same area.

Players dribble the ball within the area using different parts of the foot as instructed.

Encourage players to use imagination to perform different fakes, hooks and turns.

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.
- Develop spatial awareness.
- Dribbling and turning skills.
- Technical mastery.
- To build confidence with close dribbling.

KEY FACTORS

- Acceleration
- Close control of the ball
- Disguise
- Head up
- Positive attitude
- Quality of turn
- Technique

FOCUS AREAS

- Close control of the ball.
- Encourage and give players the opportunity to express individuality, flair and imagination with free expression.
- Fluency is achieved by practice.
- Focus on good technical execution so that the players begin to master the different dribbling techniques.
- In mastering different techniques - each feint or move should be taught as specific techniques at the beginning and then progress to multi-skilled outcomes.
- Mastering different techniques should be done as regular separate technical practices to allow players to fully develop the moves.
- To improve a specific move use the technical skill acquisition stages throughout the practice to ensure progressive learning.
- To increase speed.
- Use of both feet.

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