

360 DRIBBLE

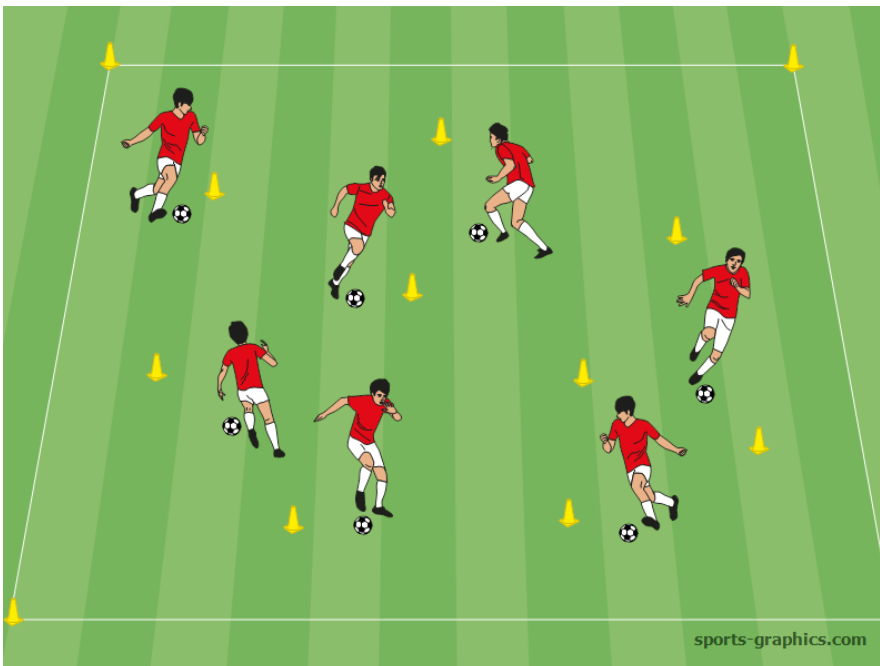
Improve basic dribbling and turning techniques

TECHNICAL

PSYCHOLOGICAL

Dribbling

Methods of Beating an Opponent



Set up a playing area 25x25 with a number of cones placed within the area. Players have a ball each and dribble up to a cone and perform a 360 turn around the cone.

This is to be done quickly, keeping the ball close at all times with head up. Players must show a change of pace to get away from the cone as if it was a defender. Players should use both feet when dribbling and performing the turn.

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.
- Dribbling and turning skills.
- Improve decision making.
- Incorporate turns to get body between ball and opponent to keep possession.
- Technical mastery.

KEY FACTORS

- Acceleration
- Close control of the ball
- Head up
- Knees bent
- Positive attitude
- Speed of feet
- Technique

FOCUS AREAS

- 1v1 skills and individual attacking techniques.
- A range of variations on dribbling and decision making - when and where to dribble.
- Close control of the ball.
- Fluency is achieved by practice.
- Increase the speed when competent.
- Instil confidence in dribbling.
- Let the players make decisions and guide them when necessary.
- Use of both feet.

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