

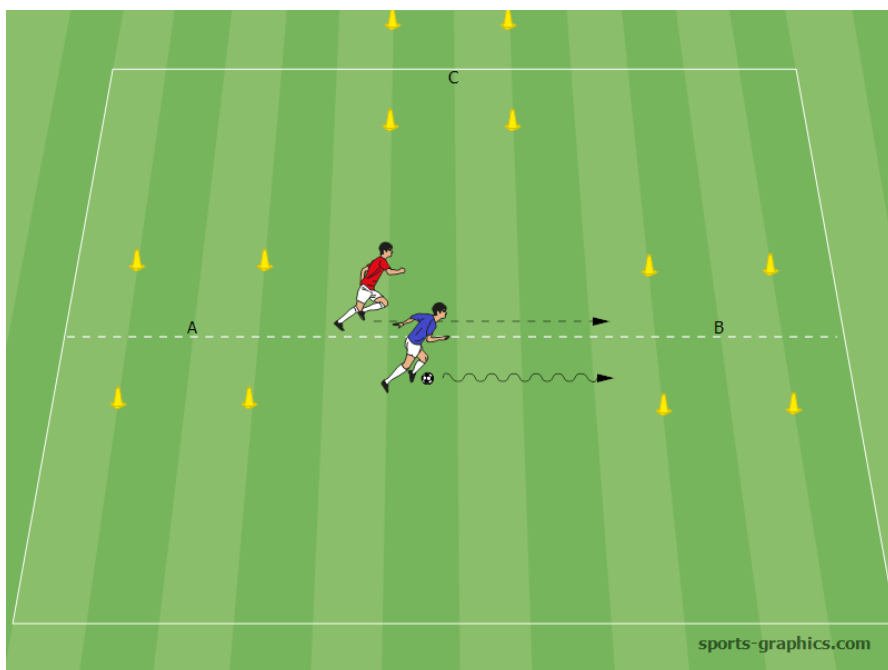
DRIBBLING AND TURNING TO EVADE OPPONENT

To improve dribbling, deception and turning under passive pressure of an opponent

TECHNICAL

Dribbling

Methods of Beating an Opponent



Set up a 10x10 area with two 1x1 boxes to either side of the players as shown.

Add a third box (area C), behind the defender on the edge of the area.

Two players, one ball.

Players facing one another are separated by an imaginary line that player without the ball cannot cross.

Player with ball attempts to dribble to zones A or B before their partner, by using deception and quick change of direction. Change roles regularly.

To be successful players must move ball and link this with body shape and movement.

Quick changes of direction and pace are required to get away from partner.

Being unopposed allows player with ball to practise under regulated pressure.

To progress the attacking player aims to get

to box A or B and then into box C to gain a point.

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.
- Develop spatial awareness.
- Develop turning for a purpose.
- To improve dribbling techniques in order to beat an opponent with deception or to turn to keep possession of the ball.

KEY FACTORS

- Acceleration
- Disguise
- Good first touch
- Head up
- Keep the ball moving into spaces and away from legs
- Positive attitude
- Technique

FOCUS AREAS

- Emphasis on foot speed and clean contacts on the ball to change direction.
- Encourage players to attempt different techniques to gain confidence.
- Instil confidence in dribbling.
- Let the game be the teacher.
- Player with ball has advantage of planning moves to unbalance opponent and deceive with feints, changes of direction and pace.
- Technical execution of the chosen dribble.
- To improve a specific move use the technical skill acquisition stages throughout the practice to ensure progressive learning.

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