

RUNNING BASES

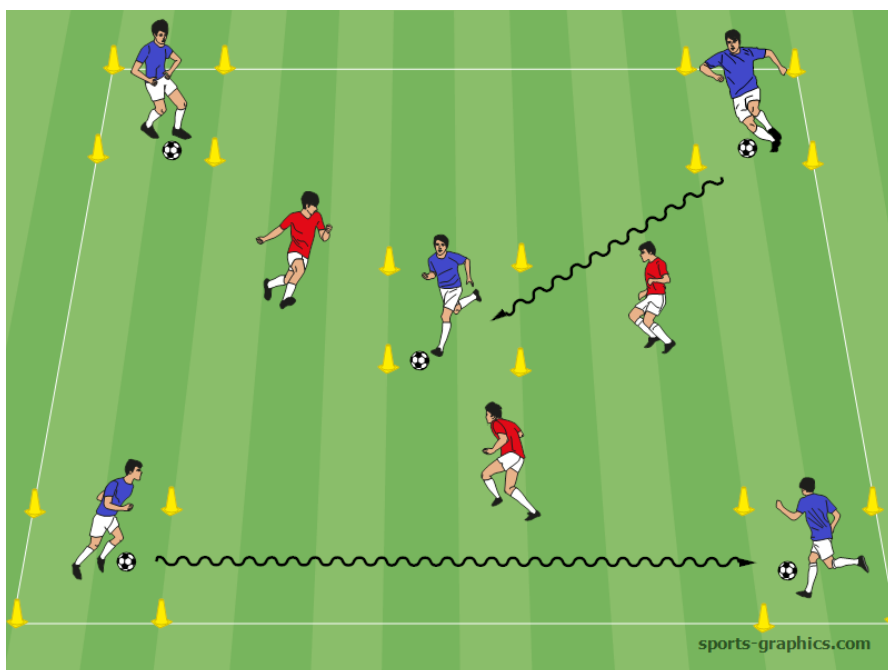
To develop dribbling to beat an opponent in a skill related practice

TECHNICAL

PSYCHOLOGICAL

Dribbling

Methods of Beating an Opponent



Set up a 20x20 playing area with a 2x2 zone in each corner of the area and one in the middle.

Blue players have a ball each and must dribble from zone to zone and reach as many as they can without being tagged. Taggers can carry a bib to distinguish themselves.

If tagged, players exchange places - the tagger hands over the bib, takes the ball and begins dribbling.

Players are safe in any one of the five zones but only one player is allowed in at one time.

If a new player enters a zone, the existing player must leave.

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.
- Correct technique for the right situation.
- Develop spatial awareness.
- How to protect the ball to keep possession.
- Technical mastery.
- To improve dribbling techniques in order to beat an opponent with deception or to turn to keep possession of the ball.

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.
- Close control of the ball.
- Decision on type of dribble.
- End product.
- Ensure attackers look to penetrate quickly.
- Free expression - let players experiment with step-overs and feints.
- Increase the speed when competent.
- Instil confidence in dribbling.
- Observe from outside the area.

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