

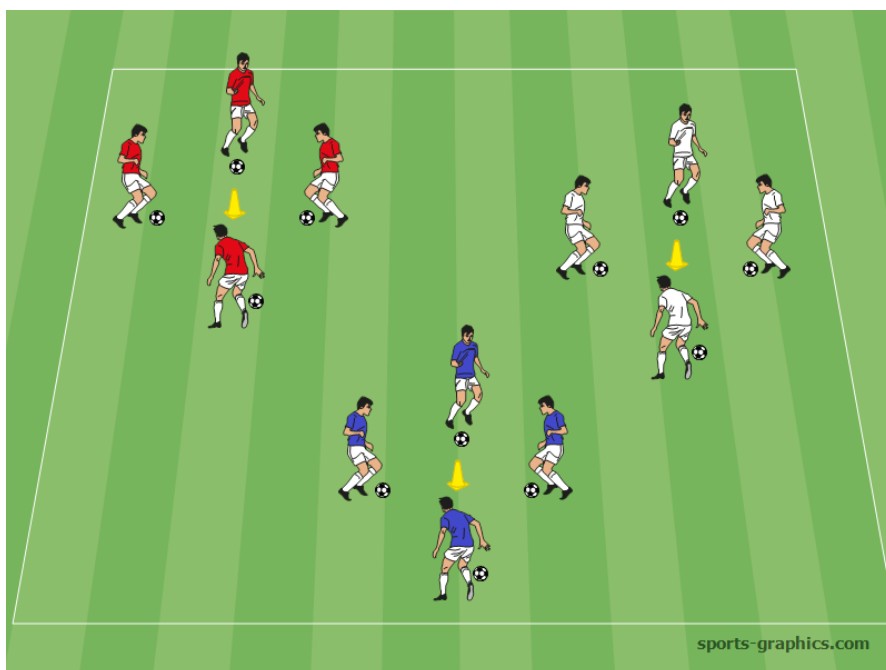
1v1 CHAOS

Improve dribbling and turning in a confined space and develop spacial awareness

TECHNICAL

Dribbling

Methods of Beating an Opponent



Set up a 30x30 playing area with one cone for each four players spaced around the area.

Size of playing area can be adjusted depending on number of players.

Arrange four players facing each other at a cone.

All players have a ball.

On coach command players perform a 1v1 against the cone (imaginary defender).

Players will face 'chaos' because of the number of players in such a small area with the practice enhancing decision making.

Players need to end up opposite to where they started.

This is repeated.

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 peripheral vision.
- Develop spatial awareness.
- Improve decision making.
- Technical mastery.
- To build confidence with close dribbling.

KEY FACTORS

- Acceleration
- Close control of the ball
- Communication
- Head up
- Positive attitude
- Technique

FOCUS AREAS

- Close control of the ball.
- Decision on type of dribble.
- Encourage and give players the opportunity to express individuality, flair and imagination with free expression.
- Focus on good technical execution so that the players begin to master the different dribbling techniques.
- Increase the speed when competent.
- Instil confidence in dribbling.
- Using different feints and moves to beat an opponent.

1v1 CHAOS

Improve dribbling and turning in a confined space and develop spacial awareness

