

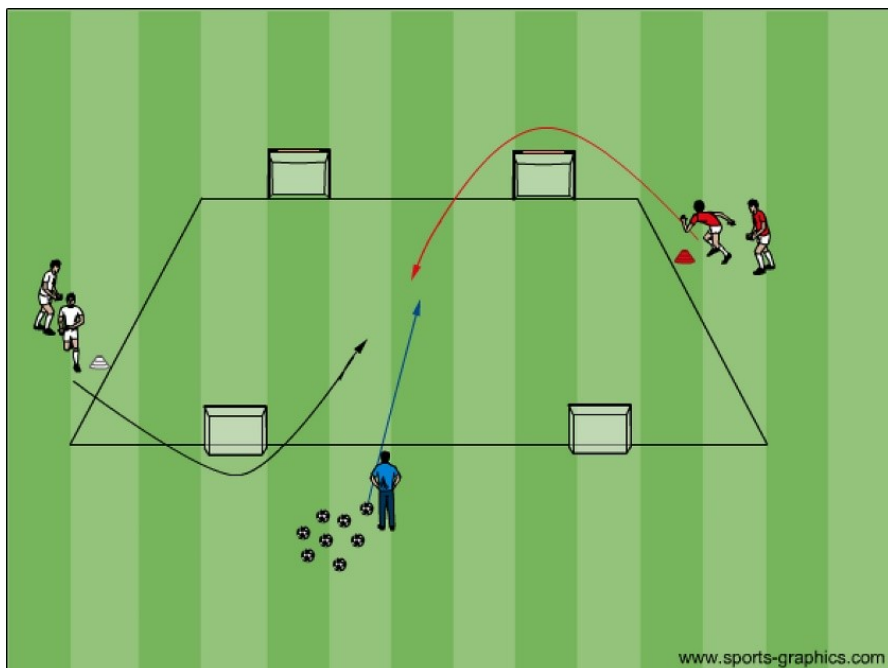
1v1 DRIBBLING

Improve dribbling to beat an opponent in a 1v1 situation

TECHNICAL

Dribbling

Methods of Beating an Opponent



Set up a 20x20 playing area with two small goals at each end.

Players assemble diagonally on each side of the area as shown.

On the coach's signal, the first player from each group sprints around the goals into the playing area.

The coach supplies a ball into the area for the attacking player who in this case is the red player. The coach can choose who to give the ball too, but must ensure for safety reasons, that it is not just rolled into the middle for both players to 'win a challenge'. The attacking player dribbles past the defender to score in either one of the two goals.

If the defender wins the ball, they can attack the opposite two goals.

Repeat with the next 2 players once a goal

is scored or the ball has gone out of play.

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 reverse or change direction quickly if confronted by an opponent.
- Correct technique for the right situation.
- Creating space to exploit 1v1.
- Improve and refine dribbling to beat an opponent.
- Technical mastery.
- To gain confidence in beating an opponent in a 1v1 situation.

KEY FACTORS

- Acceleration
- Close control of the ball
- Decision making - when and where to dribble
- Disguise
- End product (pass, shoot, dribble or shield)
- Head up
- Quality of technique for beating the opponent
- Technique

FOCUS AREAS

- 1v1 skills and individual attacking techniques.
- Creating space to exploit 1v1.
- Encourage players to dribble the ball in 1v1 situations.
- Protection of the ball.
- Technical execution of the chosen dribble.

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