

BASIC DRIBBLE TO TURN

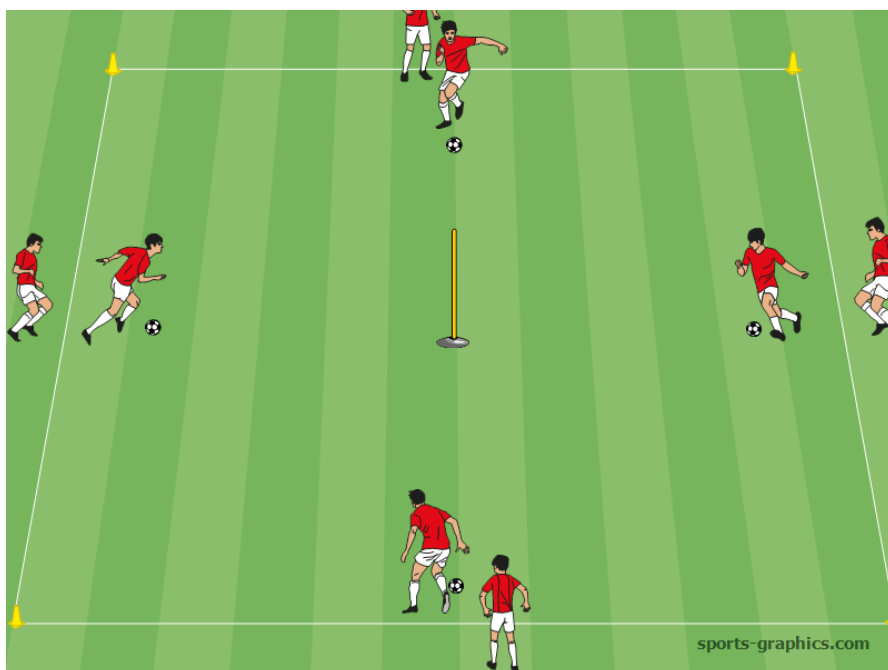
Improve dribbling techniques in an unopposed technical practice

TECHNICAL

PSYCHOLOGICAL

Dribbling

Methods of Beating an Opponent



Set up a 15x15 playing area. Place a pole or cone in the middle of the area and have players line up equally on the four sides of the area. The front players in each line need a ball. The first player of each line will simultaneously dribble out to the pole, turn, and pass to the next player in their line. The player rejoins their line and the sequence is repeated. This must be done with good quality and high intensity for game realism.

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.
- Develop turning for a purpose.
- Dribbling and turning skills.
- To build confidence with close dribbling.

KEY FACTORS

- Acceleration
- Disguise
- Head up
- Quality of technique for beating the opponent
- Quality of turn
- Technique

FOCUS AREAS

- Close control of the ball.
- Emphasise the reasons for turning (creating space to exploit an attacking opportunity or simply to protect the ball by shielding).
- Encourage players to attempt different techniques to gain confidence.
- Mastering different techniques should be done as regular separate technical practices to allow players to fully develop the moves.
- Use of both feet.
- Use of disguise and clever turning techniques.
- When to dribble, when to turn.

BASIC DRIBBLE TO TURN

Improve dribbling techniques in an unopposed technical practice

