

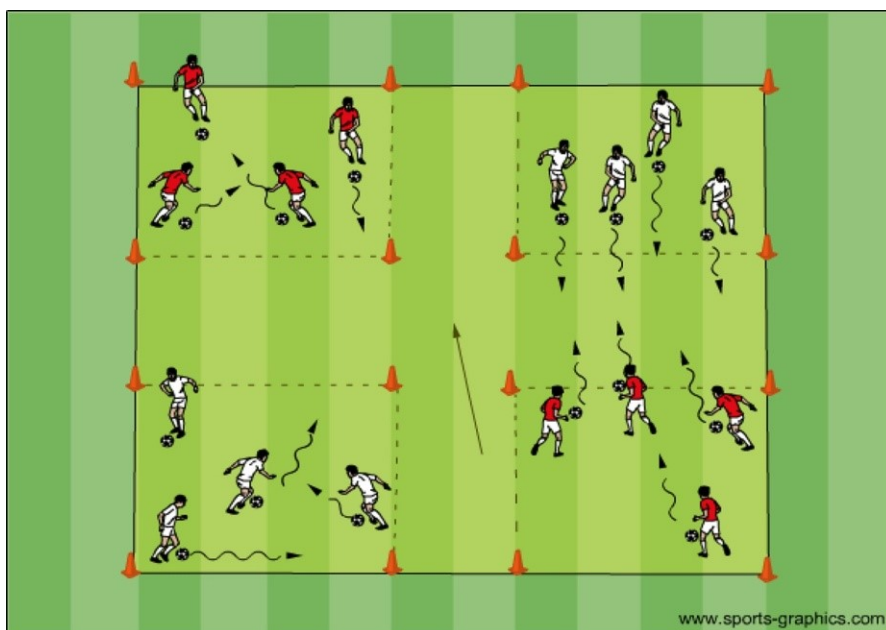
FOUR CORNER DASH

To improve dribbling techniques in a skill based practice

TECHNICAL

Dribbling

Methods of Beating an Opponent



Set up a playing area 20x20, with four 8x8 corner areas.

Modify the size of area to suit number of players.

Each player has a ball each.

Players work in four groups, each in a corner area.

Each group has a designated task for players to perform (eg. four scissors moves; four turns with inside of foot; four turns with outside of foot; four kick-ups etc).

Coach designates a player, who when they have completed the task, triggers all groups to dribble to next corner area.

Movement of groups around practice area (eg. clockwise, diagonally etc.) is determined by coach.

Make it competitive between groups to be

the first to dribble to each corner grid.

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.
- Develop spatial awareness.
- Technical mastery.
- To build confidence with close dribbling.
- To learn how to attack space quickly with the ball.

KEY FACTORS

- Acceleration
- Close control of the ball
- Decision making - when and where to dribble
- Good first touch
- Head up
- Positive attitude
- Speed of feet
- Technique

FOCUS AREAS

- Encourage precision to master moves without players being too distracted due to close proximity of others.
- Heads up to avoid collisions.
- Players need to concentrate on skills, but also be aware of need to react and move into new grid when triggered by designated players.
- Technical execution of the chosen dribble.
- To increase speed.

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