

# 4v4 WITH FOUR SUPPORTING PLAYERS

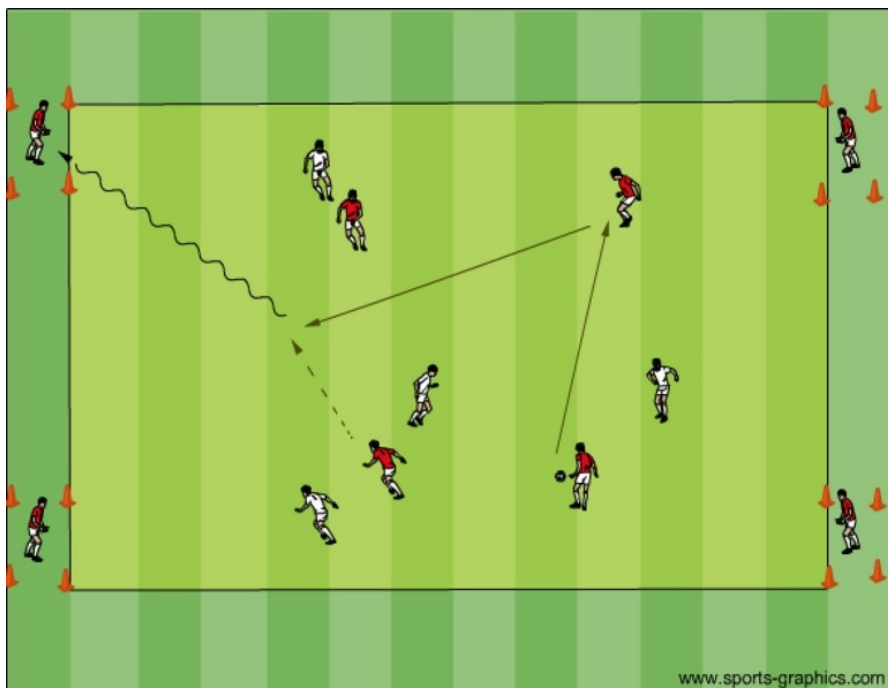
Improve dribbling and developing an end product in a skill related practice

TECHNICAL

PSYCHOLOGICAL

## Dribbling

## Methods of Beating an Opponent



Set up a playing area 35x25.

4v4 in the middle with four players on the outside to use as rebound players .

To score, an attacking player must dribble to one of the outside rebound players and play a 1-2 and then head off in another direction.

The team that is the first to score three points, stays on the pitch. The losing team replace the outside players.

## 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

- Correct technique to receive.
- Improve decision making.
- To build confidence with close dribbling.
- To improve dribbling techniques in order to beat an opponent with deception or to turn to keep possession of the ball or create a shooting opportunity.

### KEY FACTORS

- Acceleration
- Disguise
- Good first touch
- Head up
- Keep the ball moving into spaces and away from legs
- Positive attitude
- Technique

### FOCUS AREAS

- Decision making on dribbling when and where and what technique is used. Is it an appropriate technique for the right situation?
- Ensure players understand how to control under pressure and protection of the ball to retain possession.
- How players create space 1v1 ready to receive the ball and buy time on the ball.
- How the attacking team work as a four to get the ball to the other boxes.
- How to create a 1v1, or 2v1 overloads to engage an opponent and get beyond.
- Intervene and correct mistakes on and off the ball especially on decision making and execution of the varying dribbles and how team mates create space for the 1v1 dribble.
- Movement of other players to provide space for the dribbling player.
- Movement to create space ready to receive turn and create 1v1 situations.

## 4v4 WITH FOUR SUPPORTING PLAYERS

Improve dribbling and developing an end product in a skill related practice

