

BIG BOX LITTLE DIAMOND

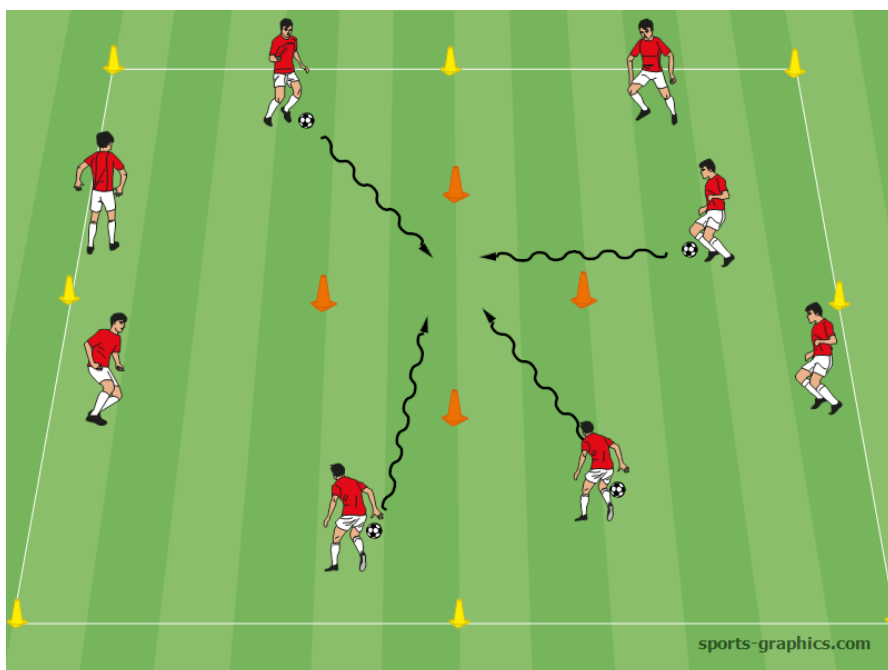
Improve dribbling and turning in a confined space and develop spacial awareness

TECHNICAL

PSYCHOLOGICAL

Dribbling

Methods of Beating an Opponent



Set up a 30x30 playing area.
Set up 10x10 diamond in the middle of the area.
All players begin on the outside of the diamond, half with a ball and half without.
Players with a ball dribble into the diamond, complete a skill, trick or turn, and exit.
They then dribble the ball back to a player without a ball and swap positions.

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.
- Correct technique for the right situation.
- Develop turning for a purpose.
- Dribbling and turning skills.
- Technical mastery.
- To build confidence with close dribbling.
- To learn how to attack space quickly with the ball.

KEY FACTORS

- Close control of the ball
- Decision making - when and where to dribble
- End product (pass, shoot, dribble or shield)
- Good first touch
- Head up
- Positive attitude
- Quality of turn
- Technique

FOCUS AREAS

- A range of variations on dribbling and decision making - when and where to dribble.
- Close control of the ball.
- Encourage good technique and positive attitude.
- Encourage players to attempt different techniques to gain confidence.
- Increase the speed when competent.
- Instil confidence in dribbling.
- Use of disguise and clever turning techniques.

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