

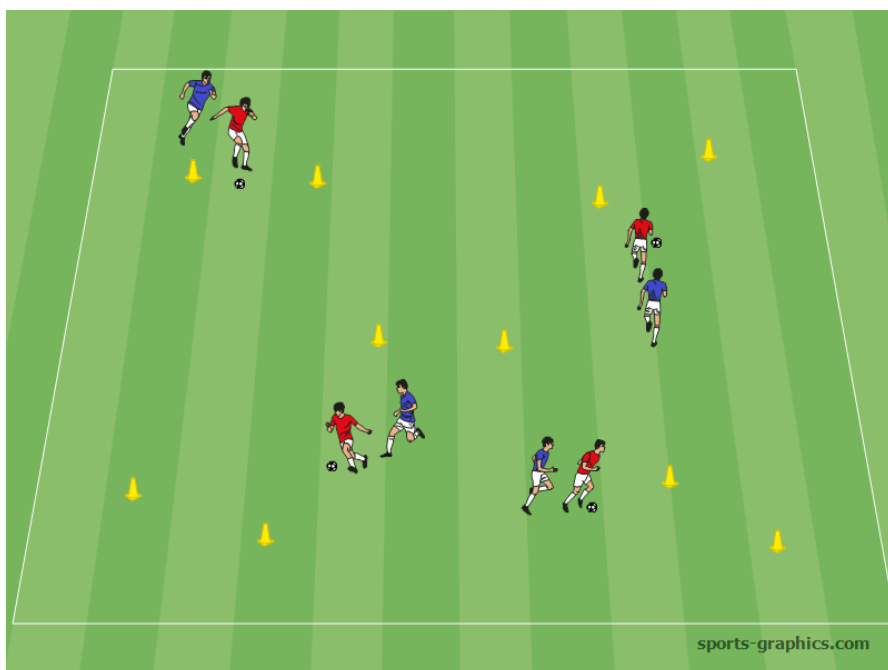
LOSE YOUR PARTNER

To develop dribbling and turning in a skill based practice with added competition

TECHNICAL

Dribbling

Methods of Beating an Opponent



Create an area up to 30x30. Modify the size depending on the number of players. Set up five small gates within the area. Divide players into pairs, one with a ball. Players dribble around the area, avoiding other players and trying to 'lose' their partner who is shadowing them. Shadows do not try to tackle, but instead stay close to their partner and try to influence the direction they move in. In addition to trying to lose their shadow, players also try to dribble through as many gates as possible. After a minute, the players swap roles. The aim is to see which partner can score the most points by dribbling through the gates.

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.

KEY FACTORS

- Acceleration
- Close control of the ball
- Disguise
- Head up
- Positive attitude
- Speed of feet
- Technique

FOCUS AREAS

- Close control of the ball.
- Encourage clever play.
- Instil confidence in dribbling.
- Let the game be the teacher.
- Mastering different techniques should be done as regular separate technical practices to allow players to fully develop the moves.
- Observe from outside the area.
- The decision making and execution of the varying dribbles.
- To increase speed.
- Use of both feet.
- Use of disguise and clever turning techniques.

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