

GUARDS AND GATES

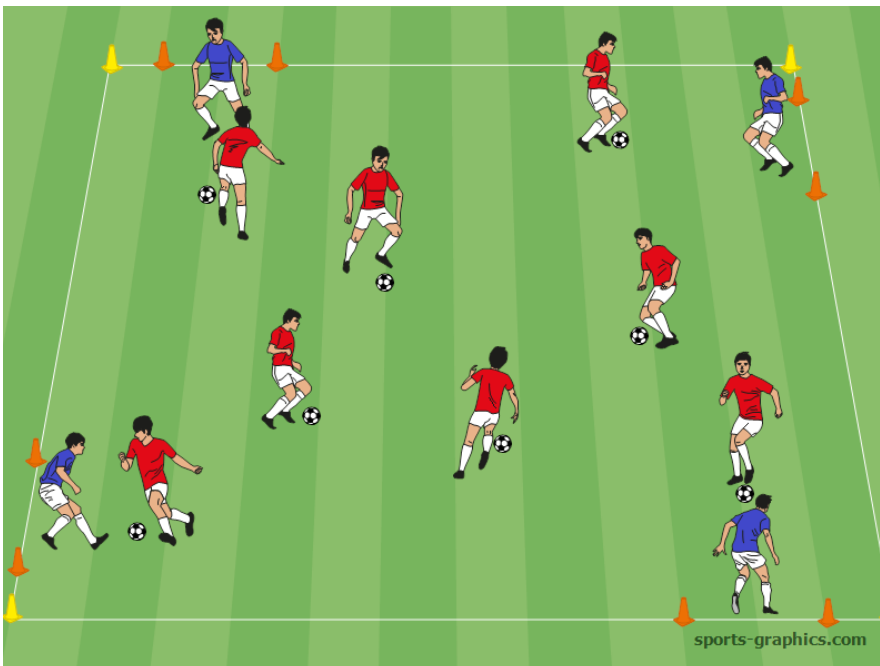
Improve dribbling to beat an opponent in a 1v1 situation

TECHNICAL

PSYCHOLOGICAL

Dribbling

Methods of Beating an Opponent



Set up a 30x30 playing area with a 2yd gate marked on each side near the corner.

Arrange four defenders against eight attackers who have a ball each.

Defender must remain within 2yds of the allocated gate.

Attackers aim to break through a gate to score a point, then dribble to re-enter from anywhere around the area.

Defenders score a point for every time they gain possession of a ball.

Defenders and attackers change roles regularly.

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.
- Ability to reverse or change direction quickly if confronted by an opponent.
- Dribbling and turning skills.
- Technical mastery.
- To build confidence with close dribbling.
- To develop and refine specific techniques for beating an opponent.
- To gain confidence in beating an opponent in a 1v1 situation.

KEY FACTORS

- Acceleration
- Close control of the ball
- Decision making - when and where to dribble
- Disguise
- Head up
- Knees bent
- Positive attitude
- Quality of technique for beating the opponent
- Speed of feet

FOCUS AREAS

- 1v1 skills and individual attacking techniques.
- Close control of the ball.
- Encourage clever play.
- End product.
- How players exploit 1v1 situations.
- Instil confidence in dribbling.
- Let the game be the teacher.
- Observe from outside the area.
- Technical execution of the chosen dribble.

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