

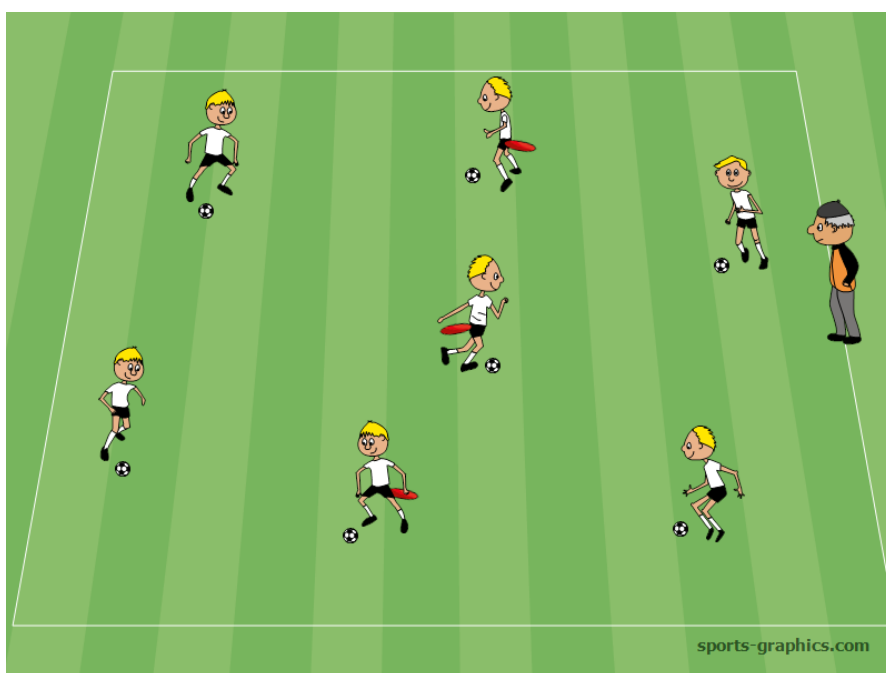
FISH FOR THE BIB

To improve dribbling techniques in a skill based practice

TECHNICAL

Dribbling

Dribbling the Ball



Set up a 20x20 playing area or adapt size to suit the number of players.

Half the players have a bib tucked into the back of their top/shorts.

Players have a ball each and dribble within the area.

Players without a bib try to grab one and when successful, dribble to the coach and hand it over.

The player that lost the bib dribbles to the coach to get the bib back.

Play continues.

Rotate 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

- Develop spatial awareness.
- How to protect the ball to keep possession.
- Improve basic ball manipulation.
- Improve decision making.
- To build confidence with close dribbling.

KEY FACTORS

- Acceleration
- Close control of the ball
- Decision making - when and where to dribble
- Head up
- Knees bent
- Positive attitude
- Technique

FOCUS AREAS

- A range of variations on dribbling and decision making - when and where to dribble.
- Ability to reverse or change direction quickly if confronted by an opponent.
- Body shape.
- Close control of the ball.
- Encourage and give players the opportunity to express individuality, flair and imagination with free expression.
- Encourage good technique and positive attitude.
- Fluency is achieved by practice.
- Instil confidence in dribbling.
- Protection of the ball.

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