

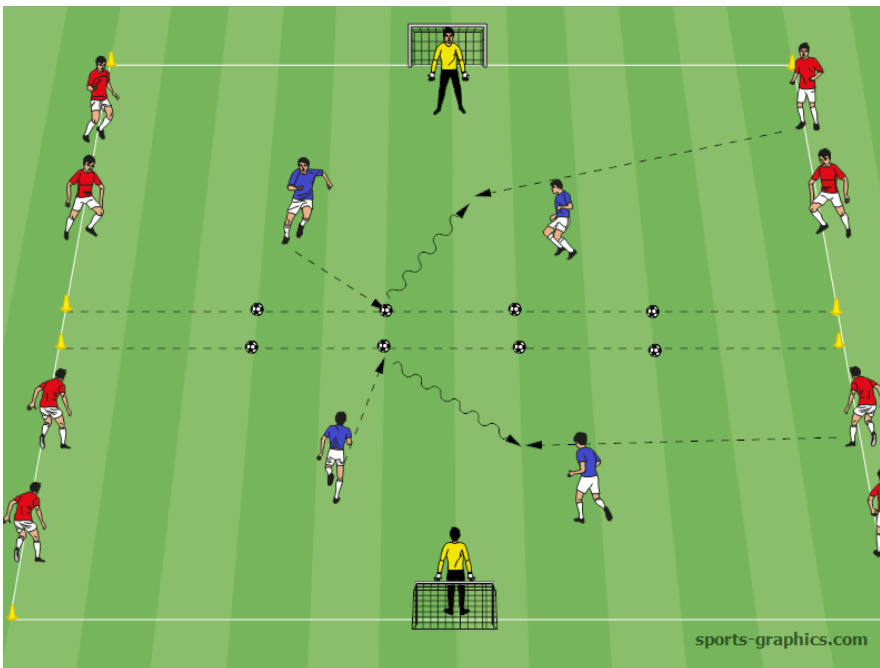
DECISIONS DECISIONS

Improve dribbling to beat an opponent in a 1v1 situation

TECHNICAL

Dribbling

Methods of Beating an Opponent



defender entering the practice.
Repeat until all four balls have been used.

Set up a playing area 40x40 with a 2yd zone across the halfway area as shown (size of playing area can be adjusted if necessary). Set up a goal at each end with a goalkeeper. Four balls are placed along each channel. Two blue attackers play in each half. The attackers have four attempts to attack the goal – using one ball per attack. Four defenders are positioned around the outside of each half. The attackers run to get the first ball and turn to attack the goal. As they do, a defender from the outside of the area comes in to defend as per the diagram. The attackers play 2v1 until a goal is scored, or the goalkeeper saves, or the defender clears. The attackers then get the next ball and begin their next attack with a different

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.
- Correct technique for the right situation.
- Develop spatial awareness.
- Improve decision making.
- Techniques to beat an opponent with deception.
- To build confidence with close dribbling.
- To improve dribbling techniques in order to beat an opponent with deception and to create a shooting opportunity.

KEY FACTORS

- Acceleration
- Close control of the ball
- Disguise
- End product (pass, shoot, dribble or shield)
- Head up
- Positive attitude
- Quality of technique for beating the opponent
- When to dribble and when to shield

FOCUS AREAS

- 1v1 skills and individual attacking techniques.
- Creating space to exploit 1v1.
- Encourage and give players the opportunity to express individuality, flair and imagination with free expression.
- Encourage good technique and positive attitude.
- Encourage players to dribble the ball in 1v1 situations.
- Increase the speed when competent.
- Let the game be the teacher.
- Protection of the ball.
- Team work and communication.
- Technical execution of the chosen dribble.
- To increase speed.

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