

DRIBBLING RACE TO THE CONE

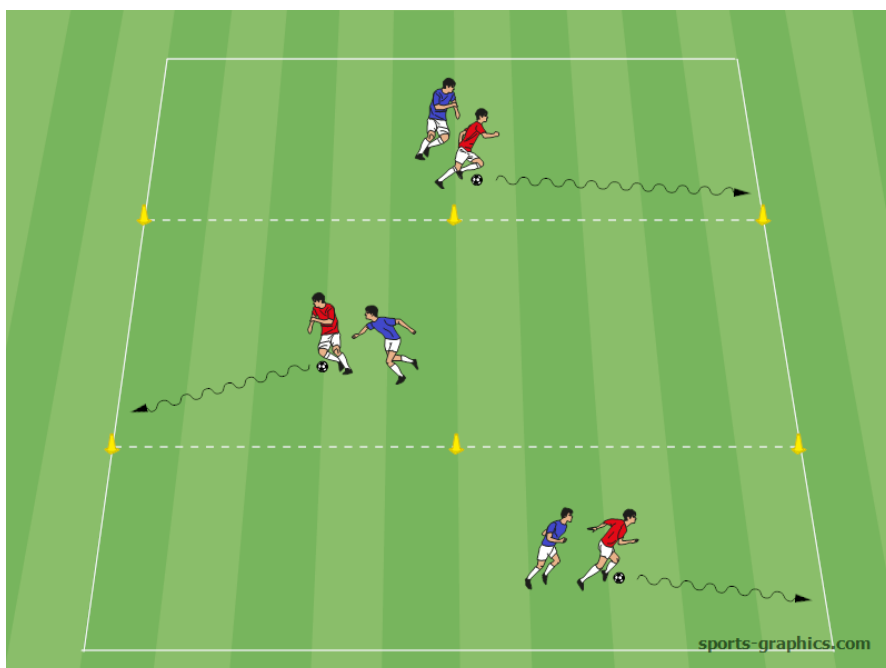
To improve dribbling in a technical based practice

PHYSICAL

PSYCHOLOGICAL

Dribbling

Methods of Beating an Opponent



Set up markers 15yds apart with one small cone placed midway on each line. Set up enough for one line per pair. Divide players into pairs with one ball between them.

The attacking players moves the ball backwards and forwards with the defender mirroring the attacker's movements. The attacking player starts with the ball at the centre line and then attempts to accelerate right or left to stop the ball on the end line before the defender arrives there.

The defender and attacking player must stay on their side of the line until the attack is complete.

The defender does not touch the ball.

The attacker scores one point every time they beat the defender to the end line.

The defender scores a point if they arrive

before or at the same time as the attacker.

The pairs alternate from defender to attacker after each attempt.

Players swap partners every two minutes.

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.
- Develop spatial awareness.
- Good decision making - knowing when to/not to dribble with the ball.
- How to have small and quicker touches to get better close control of the ball.
- To build confidence with close dribbling.

KEY FACTORS

- Acceleration
- Close control of the ball
- Decision making - when and where to dribble
- Disguise
- Head up
- Positive attitude
- Speed of feet
- Technique

FOCUS AREAS

- Close control of the ball.
- Decision making on dribbling when and where and what technique is used. Is it an appropriate technique for the right situation?
- Emphasis on foot speed and clean contacts on the ball to change direction.
- Encourage and give players the opportunity to express individuality, flair and imagination with free expression.
- Encourage players to push the ball into open space at a distance of 5yds and then sprint to the ball.
- Use of body feints to unbalance opponent and change of speed to get past opponent.

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