

DRIBBLE, STOP, GO

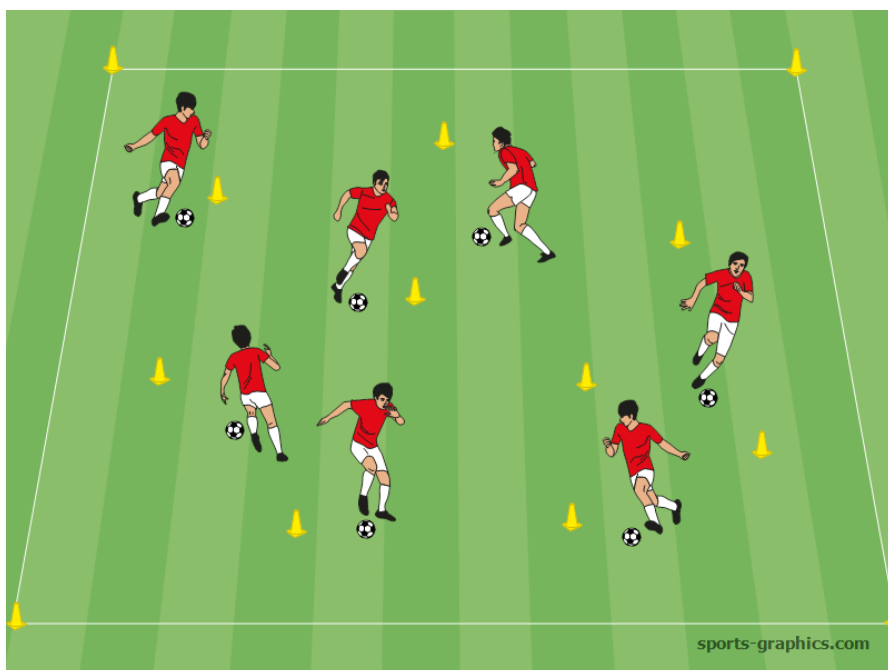
Improve dribbling techniques in an unopposed technical practice

TECHNICAL

PSYCHOLOGICAL

Dribbling

Methods of Beating an Opponent



Set up a playing area 25x25.

Place an appropriate number (depending on number of players) in the playing area. Players begin dribbling a ball each around the area.

Players are encouraged to use feints and fakes as if the cones were defenders.

On coach command, players must stop their ball and move to another one as quickly as possible.

Continue dribbling around the area.

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.
- Dribbling and turning skills.
- Technical mastery.

KEY FACTORS

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

FOCUS AREAS

- 1v1 skills and individual attacking techniques.
- Body shape.
- Decision on type of dribble.
- End product.
- Instil confidence in dribbling.
- Technical execution of the chosen dribble.
- To increase speed.

DRIBBLE, STOP, GO

Improve dribbling techniques in an unopposed technical practice

