

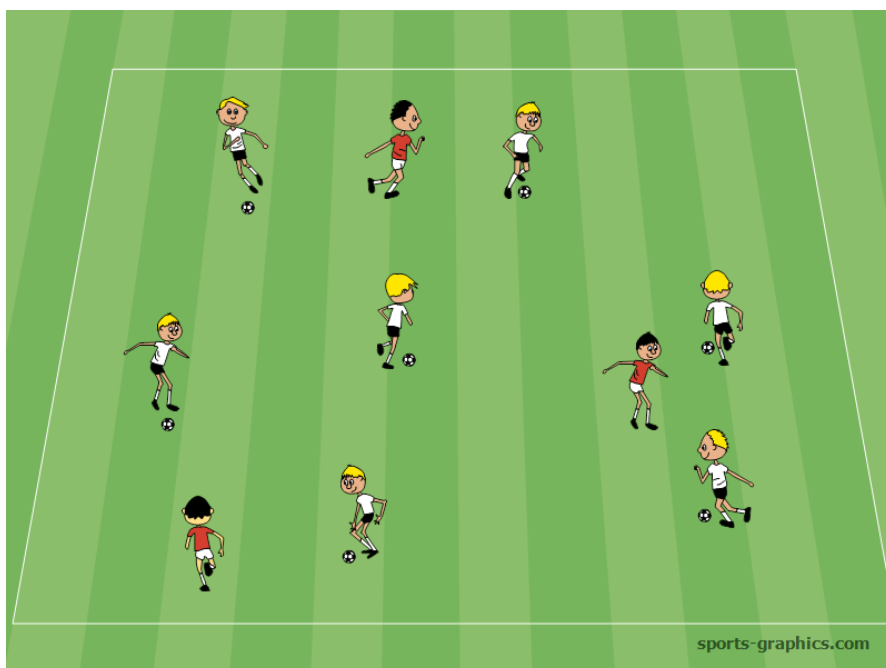
DON'T BE CAUGHT

To improve dribbling techniques in a skill based practice

TECHNICAL

Dribbling

Methods of Beating an Opponent



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

Players have a ball each apart from two or three players.

Players dribble within the area while the players without a ball attempt to tag them. The players without a ball must stay within the area.

They players with a ball are allowed outside the area for up to five seconds at a time.

If a player is tagged three times, they become a tagger too.

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.
- Improve basic ball manipulation.
- 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 good technique and positive attitude.
- Fluency is achieved by practice.
- Increase the speed when competent.
- Instil confidence in dribbling.

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