

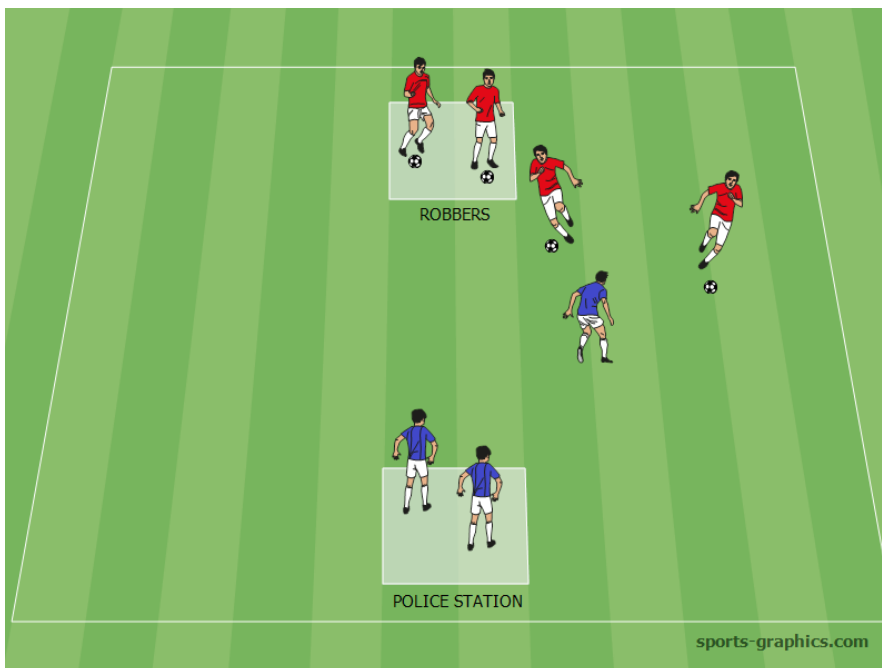
CATCH THE ROBBERS

To develop dribbling, turning and individual defending technique in a skill based practice

TECHNICAL

Dribbling

Methods of Beating an Opponent



Create an area up to 20x20. Modify the size depending on the number of players. Within the area use cones to make two 3x3 areas (Police Station and Prison). Split the players into two teams - 'Robbers' have a ball each, 'Cops' do not. One group of players become 'Robbers' and dribble a ball within the area. The second group are the 'Cops' and start the game inside the 'Police Station'. At the start of the game one 'Cop' leaves the 'Police Station' to tackle two 'Robbers' who must go to 'Prison'. The 'Cop' returns and sends out another 'Cop' to catch two more 'Robbers'. To tackle a 'Robber' the 'Cop' must kick their ball out of the area. 'Robbers' have two lives, meaning they don't remain in the 'Prison' until they have

been tagged twice.

When all the 'Robbers' are in 'Prison' the teams swap roles.

The fastest team to catch all the 'Robbers' wins.

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.
- Dribbling and turning skills.
- Improve and refine dribbling to beat an opponent.
- Improve basic ball manipulation.
- Improve decision making.

KEY FACTORS

- Acceleration
- Close control of the ball
- Disguise
- Good first touch
- Head up
- Positive attitude
- Speed of feet
- Technique

FOCUS AREAS

- Attitude to attack the defender.
- Decision on type of dribble.
- Ensure all players are affected with the practice and individual technical execution is identified and refined where necessary.
- Let the players make decisions and guide them when necessary.
- Technical execution of the chosen dribble.

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