

DRIBBLING IN PARALLEL LINES

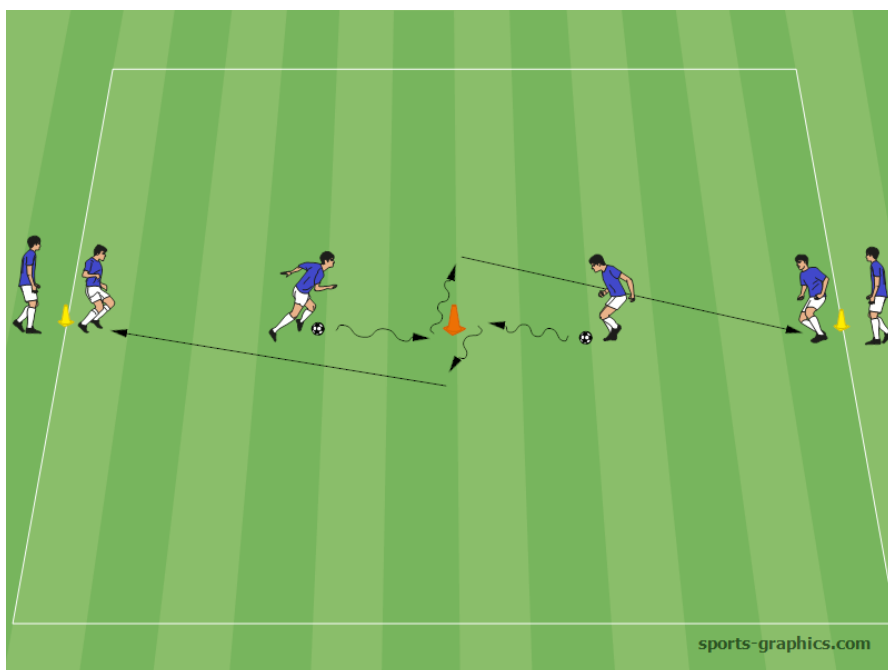
To develop dribbling skills and methods of beating an opponent

TECHNICAL

PSYCHOLOGICAL

Dribbling

Methods of Beating an Opponent



Set up markers 10yds apart with a cone at half way.

Players need a ball each.

To avoid queuing, split the group if there are more than eight players.

One player from each end dribbles the ball into the middle cone before performing a specific feint or move and then joins the back of the opposite group.

Ensure players are instructed to go to right or left of the cone to avoid collision.

The practice continues with players remembering to perform the skill.

It is important that each pair of players start at the same time - not staggered.

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.
- Repetition to achieve competency with either foot.
- Technical mastery.
- Techniques to beat an opponent with deception.
- To build confidence with close dribbling.
- To develop and refine specific techniques for beating an opponent.

KEY FACTORS

- Acceleration
- Close control of the ball
- Disguise
- Good first touch
- Head up
- Keep the ball moving into spaces and away from legs
- Positive attitude
- Speed of feet
- Technique

FOCUS AREAS

- Close control of the ball.
- Free expression - let players experiment with step-overs and feints.
- If the standard is varied, put players of similar ability together allowing each group to progress according to ability.
- Only use one technique to beat an opponent at a time. This ensures that all players practice the skill for the coach to assess strengths and weaknesses of each player. If players are allowed to choose their own technique they tend to choose the one they do best rather than practice one they don't perform as well.
- Players learn correct distances for disguise in relation to their opponent.
- To improve the individual it is essential that players are given moves on both sides of their body to develop balance, coordination and to play with either foot.
- To increase speed.

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