

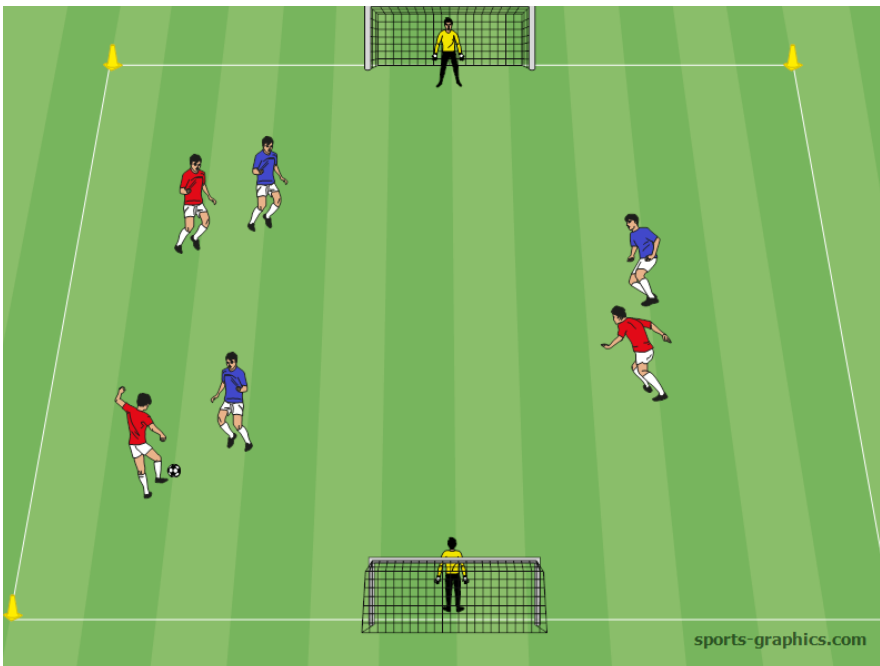
3v3 DRIBBLE TO SCORE

Develop dribbling in a small sided game

TECHNICAL

Dribbling

Methods of Beating an Opponent



Set up a 30x25 area with two teams of three outfield players and one goalkeeper.

Play a small sided game and rotate players to be the goalkeeper after a goal is scored at either end.

Players can make a maximum of five passes before they must try to beat an opponent by dribbling past them.

If they fail to do so, the ball is turned over to the opposing team.

If the ball goes over the goal line, the goalkeeper restarts the game.

If the ball goes over the sideline the game restarts with a pass or dribble back into the area.

There is no offside.

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.



Football
SESSIONS

INSPIRE TO DELIVER

Modified Small Sided Game

LEARNING OUTCOMES

- Finishing 1v1 against the goalkeeper.
- How to create space to receive the pass and get a 1v1 situation (Principles of Attack).
- Improve and refine dribbling to beat an opponent.
- Passing and support play.
- To understand how and when to support the player with the ball.

KEY FACTORS

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

FOCUS AREAS

- Attitude to attack the defender.
- Awareness of passing options.
- Create space ready to receive the pass.
- Ensure attackers look to penetrate quickly.
- Free expression - let players experiment with step-overs and feints.

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