

# ACROSS THE SQUARE

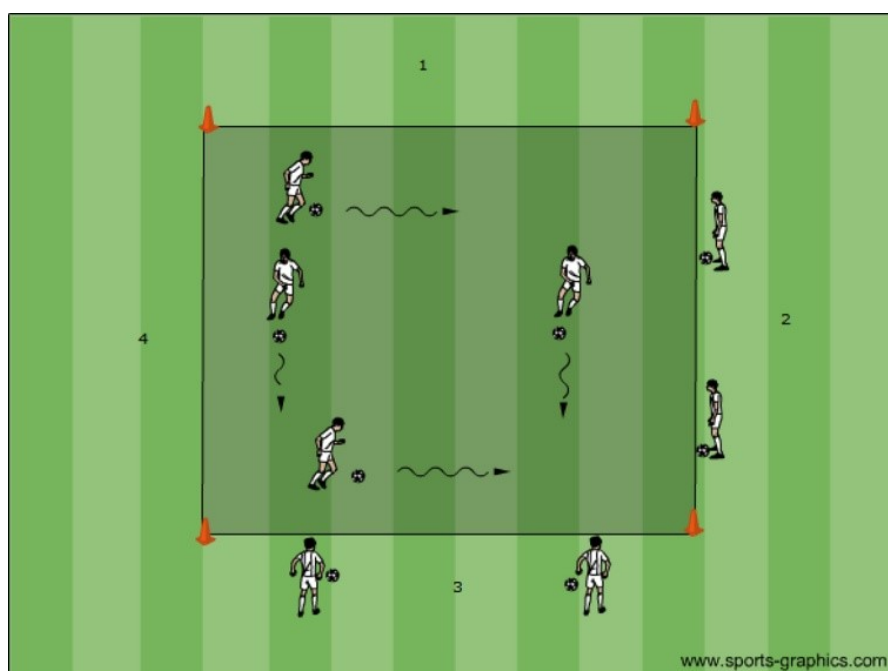
Improve dribbling techniques in an unopposed technical practice

TECHNICAL

PSYCHOLOGICAL

## Dribbling

## Methods of Beating an Opponent



Two or more players are positioned on each side of a 10x10 area, each with a ball at their feet.

Number each side 1 to 4.

On the coach's instructions the players dribble their ball to the opposite side and back again.

Coach can call 2 numbers at once which further challenges the players. In this example numbers 1 and 4 have been called meaning that the players need to ensure that they avoid 'oncoming traffic'.

Let the players have several goes so they feel comfortable.

Coach can designate which turn to use eg. inside of foot or drag back, as a specific learning tool.

Coach can also provide players with the opportunity to express their individuality,

flair and imagination with free expression.

## 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.
- To develop and refine specific techniques for beating an opponent.
- To improve technical execution of passing and dribbling in tight spaces.

## KEY FACTORS

- Acceleration
- Disguise
- Head up
- Quality of technique for beating the opponent
- Quality of turn
- Technique

## FOCUS AREAS

- Close control of the ball.
- Encourage good technique and positive attitude.
- Encourage players to attempt different techniques to gain confidence.
- Encourage precision to master moves without players being too distracted due to close proximity of others.
- Focus on good technical execution so that the players begin to master the different dribbling techniques.
- Increase the speed when competent.
- Instil confidence in dribbling.
- Technical execution of the chosen dribble.

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