

GROUP UP QUICKLY

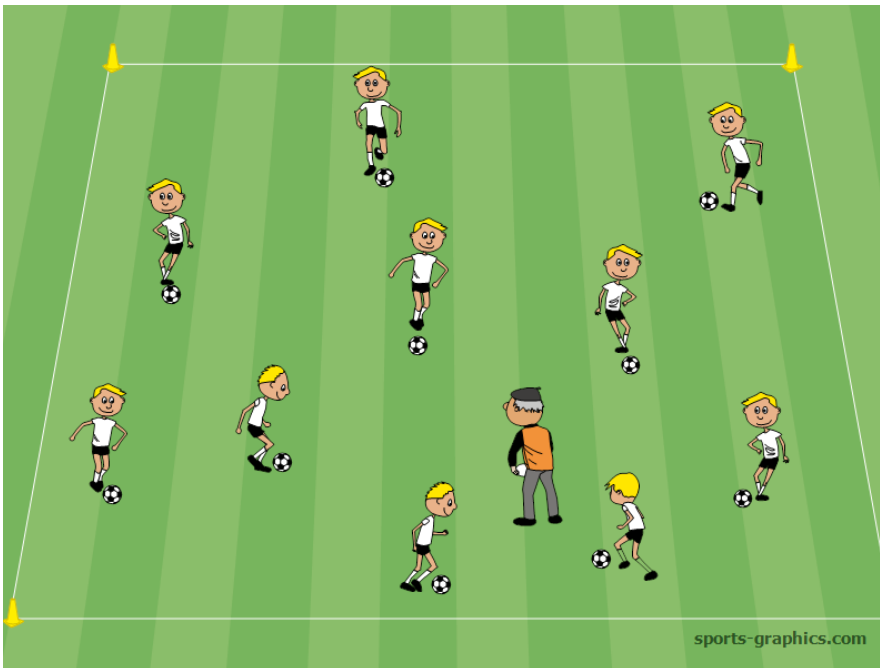
To improve dribbling techniques in a skill based practice

TECHNICAL

PSYCHOLOGICAL

Dribbling

Dribbling the Ball



Arrange players with a ball each within a 20x20 playing area or adjust to suit number of players.

Players dribble within the area using good technique.

Call a number between two and the total number of players in the practice.

The players quickly get themselves into groups of the number called. For example, this practice has 10 players so when the number four is called out, two groups are formed with two players left over.

These two players perform a trick for the coach.

Players then continue dribbling awaiting the call of another number.

Encourage players to interact and lead.

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.
- Improve decision making.
- 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

- Close control of the ball.
- Encourage good technique and positive attitude.
- Fluency is achieved by practice.
- Heads up to avoid collisions.
- Instil confidence in dribbling.
- Let the game be the teacher.

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