

GIVE AND GO

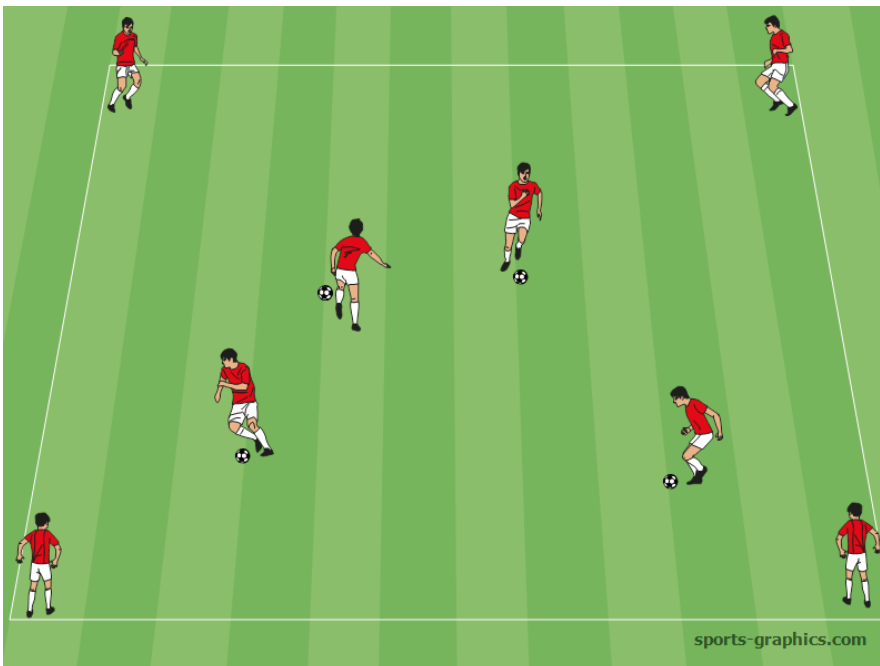
Improve dribbling in a technical related practice

TECHNICAL

PSYCHOLOGICAL

Dribbling

Methods of Beating an Opponent



Create a 15x15 playing area or modify the size depending on the number of players. Four players start in the middle of area with balls. One player starts in each corner. Centre players dribble the ball practising specific step over moves before passing into a free corner player to play a one-two (wall pass) before swapping roles.

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

- Correct technique to receive.
- Develop spatial awareness.
- Improve basic ball manipulation.
- Passing and support play.
- To build confidence with close dribbling.

KEY FACTORS

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

FOCUS AREAS

- Close control of the ball.
- Fluency is achieved by practice.
- Increase the speed when competent.
- Mastering different techniques should be done as regular separate technical practices to allow players to fully develop the moves.
- Team work and communication.
- Technical execution of the chosen dribble.
- Use of both feet.

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