

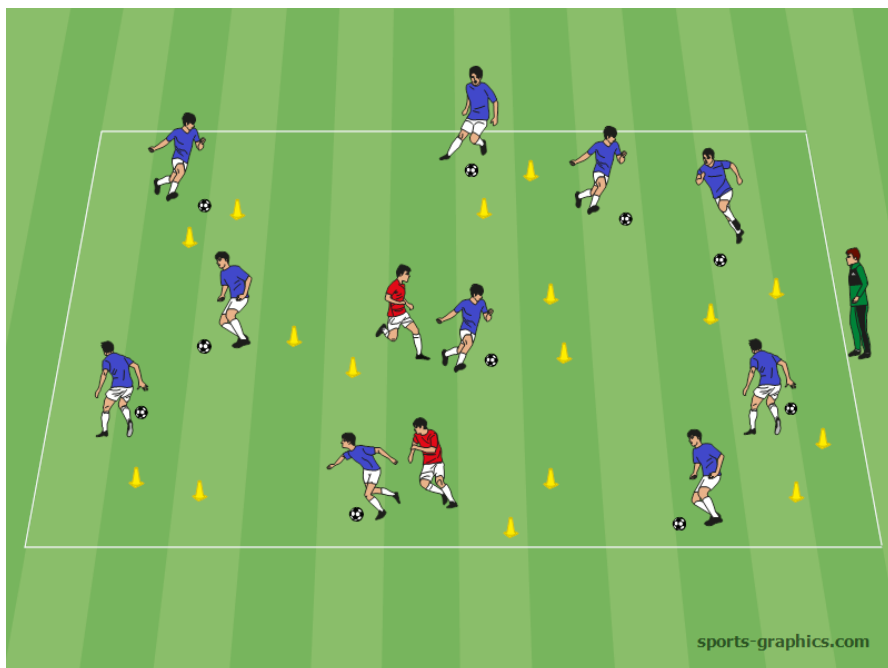
DRIBBLING THROUGH GATES

To improve dribbling techniques while under pressure from an opponent

TECHNICAL

Dribbling

Methods of Beating an Opponent



This practice can be used for eight to 16 players.

In a playing area 30x20 set up a number of gates 2yds wide.

Nominate between two to four defenders depending on numbers.

All attackers have a ball and attempt to dribble through as many gates as possible in a given time.

The defenders attempt to defend the gates. After a certain period, the players change 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

- Develop spatial awareness.
- How to protect the ball to keep possession.
- Improve decision making.
- Technical mastery.
- To improve dribbling techniques in order to beat an opponent with deception or to turn to keep possession of the ball.

KEY FACTORS

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

FOCUS AREAS

- Encourage good technique and positive attitude.
- How players select and execute a variation of dribbles 1v1 to achieve a successful end product.
- Players should be creative and have visual awareness to exploit openings to get to the gates.
- When to dribble, when to turn to protect the ball.

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