



Dribbling 1v1

Category: Technical: Dribbling and RWB
Difficulty: Moderate

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Individual-Adult Member

Description

Dribbling 1v1

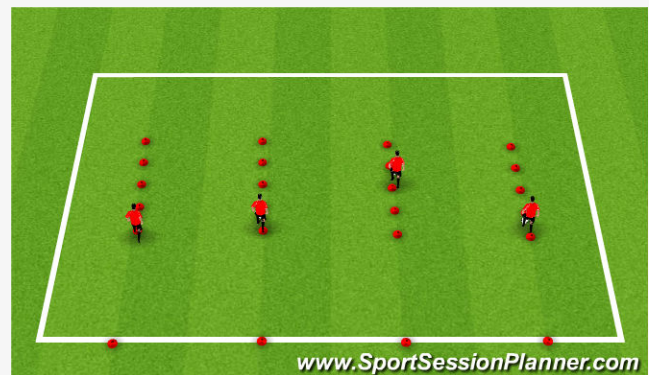
Warm up

Organization 30 x30 split into 3 channels
Each Player has a ball, and split into 2 teams.
Each team is dribbling inside their own zone, practicing skills, juggling
when coach says go they must quickly get across to the other end, last player for each team must do 10 push ups.
Add Dynamic stretches High Knees, heel flicks, open the gate, kick through and windmills.



SAQ

1. left foot only
 2. right foot only
 3. inside only
 4. outside only
 5. soles only
- Last team back has 10 push ups



Technical

Organization 40 x40 split into 8 squares
Each team must dribble through the 4 squares in front.
When the player in front gets into the 3rd zone then the next player goes.
Coaching Points
Can we take at least 3 touches inside each zone, we want to keep the ball under close control.
Head up to see where we are going.
Players should be on the balls of their feet, ready to accelerate passed the defenders.
Can we add some moves or body feints in, drop of the shoulder or stepovers?



Technical expanded

same organization, but can we add a defender to zones 2 and 4.
Coaching points

1. can we use close control, maybe just a drop of the shoulder, shake of the hips, to send the defender in a direction then go the opposite way.



SSA

Organization 40 x40 same as before but remove channels
4v4 to goal.



Game

Game

Encourage 1v1 footskills

speed of play - can we attack from various positions
can we penetrate from movement or creative passes.

