



Dribbling

Category: Technical: Dribbling and RWB
Difficulty: Beginner

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Individual-Adult Member

Description

Warm up - Avoid the cone (5 mins)

Organization

20 x 20 square - inside place several cones.

The aim is to have players dribble for 30 - 1 minute and avoid hitting any of the cones.

Coaching Points

1. Can we get our head up and see where the defenders are? and where the space is?
 2. Can we push the ball past the defender?
- Encourage players to use both feet.



Technical Dribbles (10 mins)

Organization

Inside the 20 x 20 square create 3 lanes.

In the center of the lanes, place a diamond of cones, all cones 1 yard apart.

Players will dribble up from one side, perform a skill, and then dribble past the defender.

You can add a coach into the center of the cones as a scary monster!!

Tip: If the player is struggling with skills - just focus on the coaching points and less on performing the actual skill.

Skills to practice

1. Matthews - drop the shoulder and fake in 1 direction - then use the outside of the other foot to push past the defender
2. Step over - same as the first skill but add in that the players will also push their foot around the ball then go in the other direction

Coaching Points

1. Head up and see where the defender is?
2. Can we not go into the diamond with the ball and avoid the defender?
3. Once we have beaten the defender can we accelerate away?



4v4 Game (20 mins)

Coaching Points

1-2-1 Formation



Q+A (5 mins)

Question 1 : How close to a defender should i be when performing a skill?

Answer 1 : About 1 to 1 1/2 yards away from defender

Question 2: why should i be this far away?

Answer 2: So that i gives me enough room to perform my footskils and go past the defender.

