



Description

Teaching attacking, dribbling past and evading a defender

Warm Up- Individual Dribbling (10 mins)

Description : Individual Dribbling

50x30, put cones to divide in two halves

Two teams, one on opposite end

Each player has a ball and be 15 yards away from middle cone.

Players dribble from their start lines to the middle cones and back to the line (4-5 reps)

Progression:

1st rep - players dribble to the middle cones and back with the right foot

2nd rep - players dribble to the middle cones with inside of the foot and back with the bottom of foot

3rd rep - players dribble to the middle cones and back with their least favorable foot

4th rep - players dribble to the middle cones and back with both feet

5th rep - players dribble to the middle cones and back anyway they want - be creative and something different.

Coaching Points

Are players able to dribble with their less preferred foot.

Are players trying to use every part of their foot to dribble.

Are players looking to run at fast pace towards cone & then slow down at the cone to perform trick.

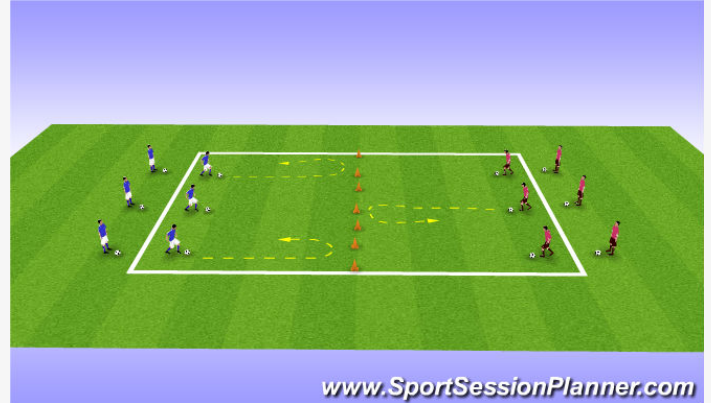
Are players dribbling with their heads up?

Questions:

Why do we need to keep close control of the ball?

Why do we use both feet?

What do we do with our head when dribbling?



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Activity 1: 1V1 (10 mins)

Description : 1v1 Attacking v Defender (30x30 area)

Divide into two teams - Team A and Team B - each team stands on opposite ends. Team with the balls are attackers. Coach kicks the ball to first player. He receives the ball outside the line and dribbles inside the field past the incoming defender to the opposite end. Two points if the attacker reaches the end line. If the defender gets the ball, he can dribble to the opposite end to earn a point.

Focus on the attacker to:

1. Receive the ball properly and move with a purpose
2. Use both feet to move the ball
3. Change pace
4. Use body movement to get past the defender
5. Keep control of the ball

Progression:

Add two gates (one of right end line and the other on the left end line) - the attacker now has 2 gates to dribble through.

Add a third gate at the end line, so attacker has three gates he can choose to dribble to.

Coaching Points:

Change of direction

Control of the ball

Creativity of movement

Move into space to get away from the defender






Questions:

1. What can we do to get past the defender?
2. What do we do with head when dribbling?
3. Why do we change the pace of dribbling?
4. Where should we be dribbling into?



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Learning Objectives

	Technical (38%) Learning to keep control of the ball and dribble past a defender
	Tactical (7%) Scoring a goal
	Physical (37%) Body movement, running and kicking the ball
	Psychological (15%) Being able to do the basic
	Social (3%) Interacting with the coach and teammates

Game - Dribbling to score (15 mins)

4 v 4 Game - No Goalie

Our end game should try to incorporate what we have worked on during the session, make sure to ask players questions to let them work it out for themselves rather than us telling them what to do :

Can we dribble with pace & purpose?

Can we keep close control of the ball?

Can we look to use both feet?

What do we do with our head when dribbling?

Can we look to change direction quickly to create more space to dribble into?






Why do we look to change pace?

What can we do to get past our defender?

Where should we look to dribble into?



Learning Objectives

	Technical (35%) Dribbling past a defender(s)
	Tactical (12%) Being able to recognize when to pass the ball, dribble or shoot at goal, creating space
	Physical (29%) Lots of running
	Psychological (4%) Being able to do the minimum
	Social (20%) Interacting with the coach and teammates