

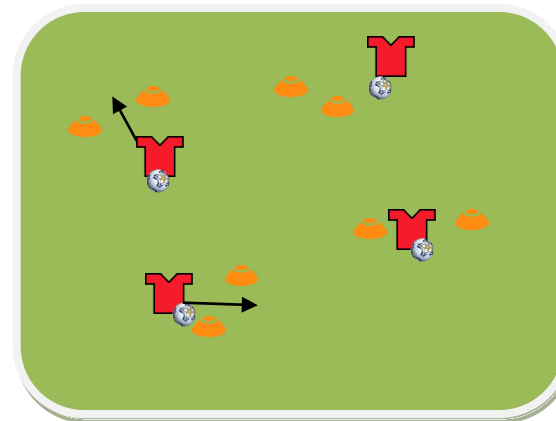


Session Focus.... Dribbling

Organisation/Set up....

Players needed: Minimum of 2 players.

Two cones make a gate for dribblers to go through. Gates can be made different sizes to challenge players to control the ball with different parts of their feet.



Corner Coaching Points and Detail....

Keep the ball close to your feet – Move the ball as quickly as you can whilst still being in control.

Little touches – Try to take a touch for each step you have.

Look at the ball less – Look up and then glimpse down quickly at the ball when you need to.

How to play....

Player Challenge....

Measure your progress: Keep practicing your dribbling skills. Every week, test your dribbling technique.

Log your progress each week and look for your personal improvement. With this test, have 10 attempts in the dribbling situation.

How many times were you successful out of 10? Add in some defenders in the gates to see if players can dribble through whilst still keeping their ball. If the defender wins the ball they can dribble and stop it at an empty gate for their goal.

Technical/Tactical

How:
Move the ball with little touches (try to take a touch per step).

Why:
Keep the ball close so that we have good control of the ball.

When:
In tight spaces, when the opposition are looking to try and win the ball back.

Why:
To keep the ball away from the opposition.

Psychological

How:
Confidently and at different speeds moving in different directions.

Why:
To confuse an opponent and get them off balance and get past them.

When:
The opponent is isolated and in tight spaces.

Why:
To keep the ball away from the opposition.

Physical

How:
Transfer body weight from one foot to the other whilst moving with the ball, use arms to support movements.

Why:
To help improve your balance and be able to move the ball in any direction.

When:
Trying to get past an opponent.

Why:
To keep the ball away from the opponent..



Social

How:
In a match scenario listen and trust your team-mates information and communication.

Why:
They have the best visual pictures of the scenario.

When:
He/she has the best visual picture of the scenario.

Why:
Trust team-mates decision.