

DRIBBLING



Specific Aspect: Dribbling forward into space.

Play - Influence

- 5v5 small sided 4 goal game.
- When ball goes out, ball is to be dribbled back into the area (to encourage more dribbling).
- If you can dribble over the oppositions final third line before scoring = 3 goals.
- Any other goal is worth 1.

Coaching Points:

- Today's Challenge: "Today we are working on dribbling into space, when you see space in front, can you drive forward with the ball!"
- Smaller touches in tight spaces, bigger touches and acceleration in open space.
- Technique of dribbling (both feet, point foot down, inside/out of laces),
- Deception in approach to create more space between you and the defender (can you drop your shoulder one way and then go the other?).
- Scanning – Check for Space, Time, Opponents.

Practice - Teach

- 4 players start as defenders within 4mx4m boxes,
- The rest of the players have a ball each,
- Players have 1 minute to dribble in and out of as many squares as they can (Keep score!).
- Defenders start semi opposed, only jockeying for the first two rounds (allowing players to practice their dribbling).

Possible Progressions:

- Bigger/Smaller Squares.
- Defenders are fully opposed – if they win the ball your score resets.
- If the defender wins the ball, they dribble, you take their place.

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Play - Observe

- Finish session with a game,
- Game can be played as a tournament (players accumulate points each game).

Add a reward to encourage players to engage in the session theme:

- **Reward:** If you can dribble over the opponents final third line before scoring = 3 goals.
- Every other goal worth 1.

Encourage dribbling and effort. Allow the players to play!

Coach Self Reflection:

- Did the players get the opportunity to practice their technique?
- Did you find the opportunity to develop the individual player within the session?
- Did you see a change in the players behaviour relating to the specific aspect (if not, what could you do differently?).
- Did you create a safe and enjoyable environment?

