

DRIBBLING



Specific Aspect: Dribbling to attack space from deep to create 2v1 opportunities.

Play - influence

- 2v2+1 small sided games.
- The blue playmaker ('P') plays for the team in possession.
- When ball goes out, the ball is to be dribbled back into the area (to encourage more dribbling outcomes).
- If you can complete a 1-2 before scoring = 2 goals.
- If you can dribble over the half-way line before scoring = 3 goals.
- Any other type of scoring = 1 goal.
- Play as a tournament, each team accumulates points across games.

Coaching Points:

- Today's Challenge: "Today we are working on improving our dribbling and our decision making in a 2v1, when to dribble or when to pass!"
- Technique of dribbling (positive touch, drive towards defenders' front foot etc).
- Deceiving the defender with a fake pass or by committing them.
- Players identifying when to run with the ball versus when to pass.
- The player off the ball relocating when the defender has effectively cut them off from the ball carrier.

Practice - Teach

- On both grids, start the practice with 1x defender ('D') and 1x attacker ('A') in the area.
- On both grids, one player drives in to create a 2v1 against the defender who only defends passively to start.
- Yellow players work together to score in the opposite mini goal.
- Once the ball is dead, the yellow player who drove in, dribbles over to the other grid. Repeat once A & D get back to position.
- Rotate A & D every two minutes.

Possible Progressions:

- Defenders can now intercept and try to score.

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- Technique of dribbling (positive touch, drive towards defenders' front foot etc).
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- Players identifying when to run with the ball versus when to pass.
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Play - Observe

- 5v5 4 goal game.
- If you can complete a 1-2 before scoring = 3 goals.
- Every other goal worth 1.

Encourage 2v1s 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?

