



# PLAY - DRIBBLING

## Focus: Maintaining control of the ball under pressure

### Explanation

- Start with a game, as players arrive form a 1v1, 2v1 up to 3v3 game.
- Two teams, each team are trying to score in opposing goals.

### Coaching Points

- See the players with their head down when in control of the ball: Say "keep your head up so you can see where you are going".
- See the player reaching for the ball: Say "keep the ball central to your body".
- See the player dribbling into opposition: Say "can you keep the ball out of tackling range".

### SO-CHANGE-IT

- Limit the number of touches before the ball can be passed.
- Add/Remove restrictions of where players can shoot from.
- Extra points for players ability to dribble to attack the space, before a goal is scored.

### Repeat Play at the End

- Encourage players to dribble with the ball
- Always end the session with a game, uneven numbers are fine





# PRACTICE - DRIBBLING

## Bull Rush

### Explanation

- On the coaches' signal, players attempt to cross the pitch by running with their ball and avoid having their ball taken.
- Players who lose their ball become extra defenders.
- The last player to successfully cross the pitch without losing the ball wins.

### Coaching Points

- See the players with their head down when in control of the ball, Say keep your head up so you can see where you are going'.
- See the player reaching for the ball, Say keep the ball central to your body.
- See the player dribbling into opposition, Say can you keep the ball out of tackling range.

### SO CHANGE IT

- Dominant players to use non-dominant foot.
- Counterattack, defenders must win the ball and score at the other end.
- Defenders can have a ball at their feet but only need to tag the others to get them in.



## Robbers and Dribblers

### Explanation

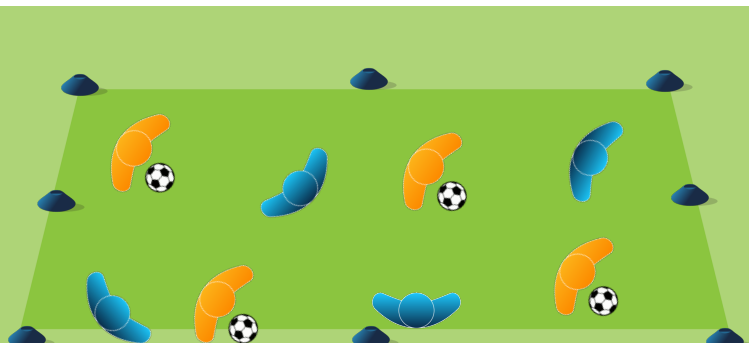
- Half the players are robbers and will start without a ball.
- All other players (dribblers) spread out in the playing area with a ball each.
- On coach's signal, robbers attempt to win possession of a dribblers ball.
- When a robber wins possession of a ball, they become a dribbler and try to keep the ball and the former dribbler becomes a robber.
- Play continues, until you call 'Time!' players with the ball are the winners.

### Coaching Points

- See the players with their head down when in control of the ball, Say keep their head up.
- See the player reaching for the ball, Say keep the ball central to your body.
- See the player dribbling into opposition, Say can you keep the ball out of tackling range.

### SO CHANGE IT

- Reduce or increase number of robbers or dribblers.
- Players to use non dominant foot.



## Shark!

### Explanation

- All players dribble a ball around the grid without bumping into each other.
- Coach/Player is a shark and comes to put players balls out of the grid.
- If a player's ball goes out, they can get their ball and join back in.

### Coaching Points

- See the players with their head down when in control of the ball, Say keep their head up.
- See the player reaching for the ball, Say keep the ball central to your body.
- See the player dribbling into opposition, Say can you keep the ball out of tackling range.

### SO CHANGE IT

- Players who have their ball kicked out, collect their balls and place on the edge of the grid. Try to steal someone else's ball, last player left wins.

