



PLAY – DRIBBLING THE BALL

Focus: Dribbling the ball at pace

Explanation

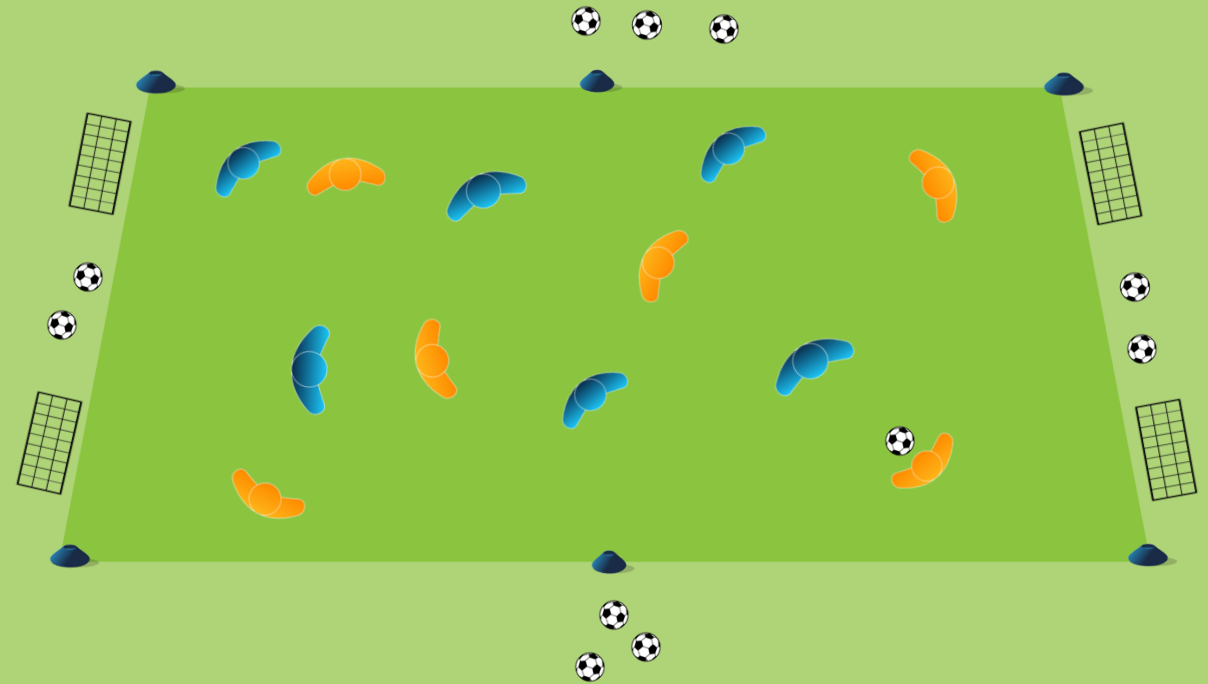
- Have an area set up so that as the players are arriving, they can get straight into a game.
- It might start off as 1v1, 2v1, 2v2, 3v2 and build as they all arrive to the practice.
- Once all the players are there, arrange them into two even teams.

Coaching Points

- Open body to receive the ball.
- Take your first touch forward.
- Look for the space and accelerate into it with the ball.
- Use your laces (top of the foot) to move the ball forwards as your run.
- If your teammate is running with the ball, where can you go to support?

SO-CHANGE-IT

- Not enough room to dribble into space? Make the field bigger.
- Not enough small goals? Then use cones or poles.





PRACTICE – DRIBBLING THE BALL

Focus: Dribbling the ball at pace

Explanation

- Using the same area as the Game Play, move the small goals to the side as shown.
- Nominate or ask two players to start as defenders trying to win the ball back.
- All other players have a ball each and attempt to run from one end line to the other.
- If a defender wins the ball, then they try to score in the wide goals.
- If they score, then they swap roles with the attacker that they won the ball from.

Coaching Points

- Take your first touch forward.
- Keep the ball close to your feet.
- Look for the space and accelerate into it with the ball.
- Use your laces (top of the foot) to move the ball forwards as your run.
- Once you reach the end of the field, can you have the ball under control.

SO-CHANGE-IT

- Not enough small goals? Then use cones or poles.
- If the same players are always defenders, then rotate, or make a rule so that you can't win the ball from the same person in a row.

Repeat Game Play

- Return to the first game set up for the last part of your session.
- Make the field bigger if needed.
- Has the players' ability to dribble the ball at pace improved?

