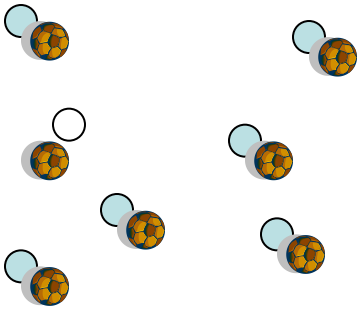
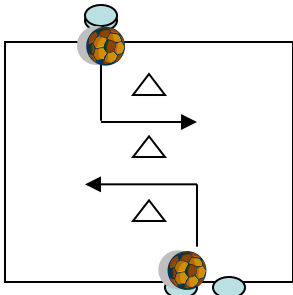
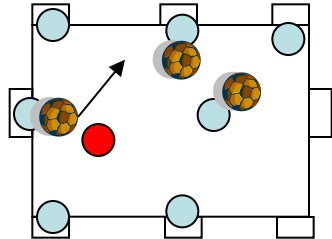
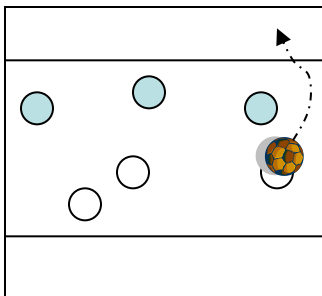




→ Ball
 - - - - - Player

Body Mechanics of Dribbling

	<p style="text-align: center;">Organization</p> <p>Body Mechanics Each player has 1 ball and stands on one leg behind it The player hops in the direction of the standing leg Change feet The player takes the ball with the other foot The player on landing fakes to take the ball with the foot in the air/ scissors/ behind the ball</p>	<p style="text-align: center;"><u>Coaching Points</u></p> <ul style="list-style-type: none"> • Start upright • Land and bend the knee • Turn shoulders to landing foot direction • 1st touch is diagonal and with outside of the foot • Fakes- keep foot close to ball
	<p>Area 20 x10 2 balls 2 groups each facing three cones three yards apart Players dribble to the 1st cone and cut through the gate before a pass to the player opposite</p> <ul style="list-style-type: none"> • Use small touches to approach and large to execute • Add in fakes • Fake both to go in and to stay out 	<ul style="list-style-type: none"> • Prep touches before change of direction • Explosive- large touches to get through the gate • Body shape while doing the fake
	<p>30x20 with 8 two yard gates- 3 balls to start reducing to 2 1 passive defender in the middle building up to 2-3 Players look to dribble the ball safely into another gate If another player is in the gate they switch Defenders can only win the ball back in the middle of the field</p>	<ul style="list-style-type: none"> • Timing • Prep touches • Get behind the defender • Slow and stop the defender
	<p>Area 30x20 3v3 with two five yard end zones To score players must stop the ball in the end zone Players can only pass the ball backwards Forward pass results in a free kick</p> <p>Finish with a 4v4 – coach where creating the space to attack</p>	<ul style="list-style-type: none"> • Team shape • Recognition of isolation • Using team mates to fake • Recognition of space