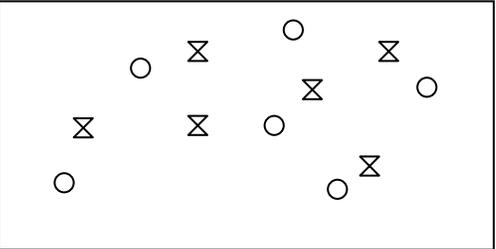
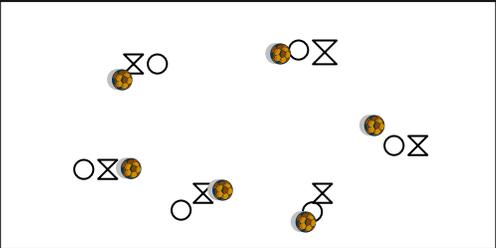
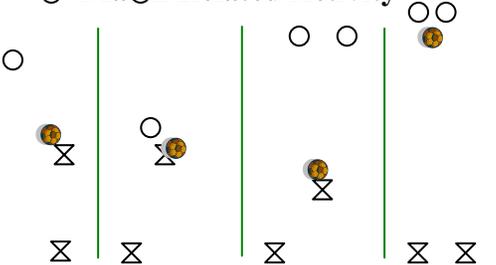
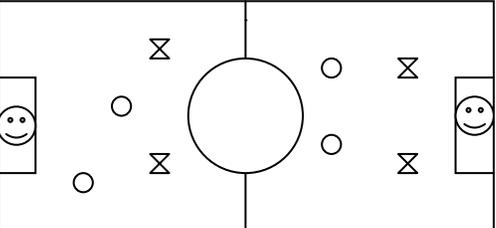




Dribbling to beat an Opponent

<p>• Fundamentals (Warm up)</p> 	<p style="text-align: center;"><u>Organization</u></p> <p>Tight area Ball each moving around shielding away from pressure. Inside foot taps back to movement Inside cut outside cut change angle of ball Outside cut inside cut change angle of ball Right and left foot movement to shield ball Inside right to Outside left move away Inside left to outside right move away</p>	<p style="text-align: center;"><u>Coaching Points</u></p> <ul style="list-style-type: none"> • Relaxed movement with the ball, good body shape. • Close control, changing angles and direction of ball. • Players head up, being aware of the spaces around the grid area. Composure on the ball • Good balance and coordination with the ball. • Exploiting gaps between players with zigzag movements. Changing pace, playing at speed.
<p style="text-align: center;">Match Related Activity</p> 	<p>Tight area In pair's one lead one follow copy player in front. Follow my shadow Body fake change of pace move the ball Body fake right, move to left. Change left to right. Body fake hide the ball Body fake cut inside body fake cut outside Body fake inside outside cuts hide the ball</p>	<ul style="list-style-type: none"> • Control ball out of feet, head up to see defender. • Creating space to beat the defender • Selecting the appropriate skill to be used. • Changing the angle and pace of the ball. • Feinting and faking to move the defender • Change of pace to attack the back of the defender
<p style="text-align: center;">Match Related Activity</p> 	<p>Area of field 10 x 30 yard 1 v 1. A good supply of balls O pass to X follows pass, X takes on O to end line Objective is to beat a player and get the ball over the end line under control. If defender wins the ball player O attempts to get the ball over the opposite end line Build up to 2v2 played in a 20x30 area Build up to 3v3 played in a 30x30 square</p>	<ul style="list-style-type: none"> • Observe the players body position and balance • Observe the players ability to feint and fake. • Observe the players change of pace and angle of the ball. • Observe the players ability to exploit space in front and behind the defender. • Observe the ability to shield the ball
<p style="text-align: center;">Game Condition Activity</p> 	<p>Area of field 30 x 20 yard. 4 v 4, 3 v 3 good supply of balls. Two goals at each end goalkeepers optional. Objective is to dribble to score.</p>	<ul style="list-style-type: none"> • Observe the players comfort level on the ball and awareness to look away from the ball. • Observe the players, recognizing when, and where to dribble. • Observe the players, ability to disguise their intentions to unbalance the defender. • Observe dribbling to keep possession shielding