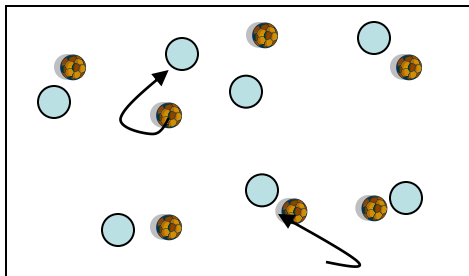




# Dribbling for Possession



Objective: To improve players ability to turn and shield the ball retain possession

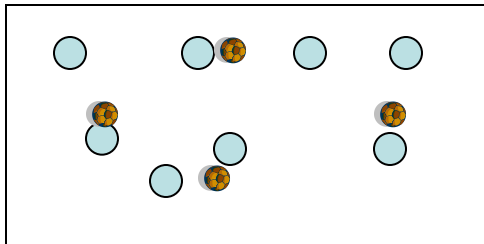


## Organization

- 25x20 yard area one ball each. "Moves used"
1. Inside Cut
  2. Outside Cut
  3. Pullback
- Players dribble up to another player and turn away.
  - Players attempt to kick loose balls out of the area.
  - Balls that are kicked out of area are retrieved by player who loses his/her ball.

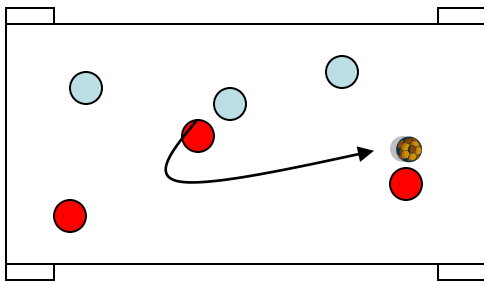
## Coaching Points

- Relaxed body Bend knees
- Look before turning. Timing of turn
- Pivot on non kicking foot
- Ball out of feet, close control.
- Shield away from other players
- Make early selections of moves



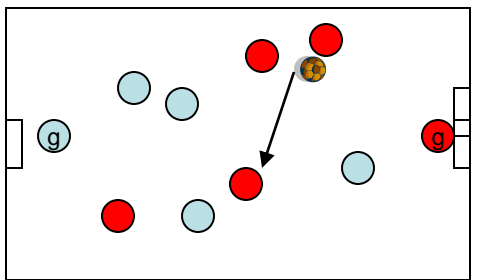
- Area 25x20 1 ball between 2 players 1v1.
- The player in possession has 1 minute to keep the ball away from other players. Earning points
- Defenders can only walk to get the ball
  - Players can go for anyone else's ball.
  - Divide into 2 teams -Team with most balls wins

- Shield ball over run away
- Ball on furthest foot
- Lean into defender
- Arms out for balance and awareness
- Recognition of when to turn
- Turn away from pressure



- Area 35x25 3v3 with 4 goals
- Each team has 2 goals to attack and defend
- Teams score 1 point for passing through goals
- 3 points for dribbling through goals
- Diagram shows red player switching play out wide to flank player making wide run

- Turning away from pressure
- Awareness of space/weak side
- Deception, Switching play
- Supporting players on the ball
- Being aware of movement from team-mates



- Area 40x25
- 4v4 with last player being goalkeepers
- Restarts from a stoppage first pass free

- Team Shape (diamonds) (triangles)
- Awareness of open space
- Recognition of when to turn or shield
- Awareness of opponents
- Awareness of combinations of play