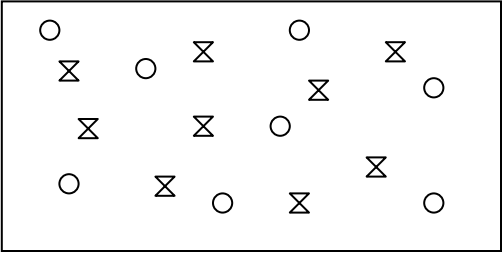
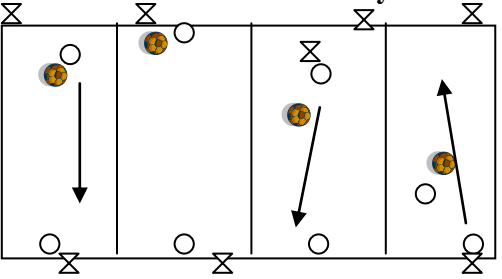
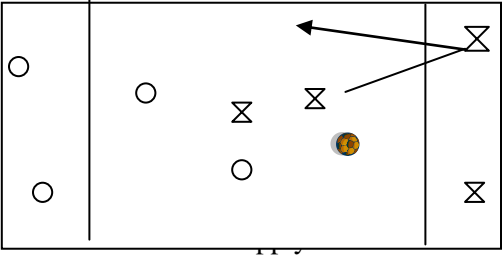
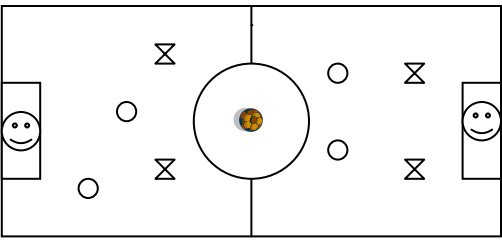




# Dribbling for Speed Technique



<p>• <b>Fundamentals ( Warm up)</b></p> 	<p><b><u>Organization</u></b></p> <ul style="list-style-type: none"> <li>• Area should be age and field size appropriate.</li> <li>• Each player has a ball</li> <li>• Low key movement warm up.</li> <li>• Introduce Moves, Fakes and feints</li> <li>• Light Stretching exercises</li> </ul>	<p><b><u>Coaching Points</u></b></p> <ul style="list-style-type: none"> <li>• Relaxed movement with the ball, good body shape.</li> <li>• Close control, changing angles and direction of ball.</li> <li>• Players head up, being aware of the spaces around the grid area.</li> <li>• Good balance and coordination with the ball.</li> <li>• Exploiting gaps between players with zigzag movements. Changing pace, playing at speed.</li> </ul>
<p><b>Match Related Activity</b></p> 	<p><b>One v One fast break repetition</b></p> <ul style="list-style-type: none"> <li>• 20 x 10 yard channels.</li> <li>• In 4,s 2 servers/receivers 1,attacker 1,defender</li> <li>• Attacker dribbles across the area past the defender getting the ball to receiver</li> <li>• Receiver becomes attacker, attacks defender the opposite way</li> </ul>	<ul style="list-style-type: none"> <li>• Control ball out of feet, head up to see defender.</li> <li>• Creating space to beat the defender</li> <li>• Selecting the appropriate skill to be used.</li> <li>• Changing the angle and pace of the ball.</li> <li>• Feinting and faking to move the defender</li> <li>• Change of pace to attack the back of the defender</li> </ul>
<p><b>Match Related Activity</b></p> 	<p><b>Two v Two to targets in end zones</b></p> <ul style="list-style-type: none"> <li>• Area of field 30 x 20 yard</li> <li>• 2 v 2.plus 2 targets at each end.</li> <li>• 8 players in practice</li> <li>• 2 zones 5 yards in from the end of the field 2 players as targets.</li> <li>• On receiving the ball the targets switch and attack the other end</li> </ul>	<ul style="list-style-type: none"> <li>• Observe the players body position and balance</li> <li>• Observe the players ability to feint and fake.</li> <li>• Observe the players change of pace and angle of the ball.</li> <li>• Observe the players ability to exploit space in front and behind the defender.</li> <li>• Observe the ability to shield the ball</li> </ul>
<p><b>Game Condition Activity</b></p> 	<ul style="list-style-type: none"> <li>• Area of field 35 x 25 yard.</li> <li>• 4 v 4 A good supply of balls.</li> <li>• Two goals at each end goalkeepers optional.</li> <li>• Objective is to increase amount of times players dribble for speed</li> <li>• Taking players on in the final third</li> </ul>	<ul style="list-style-type: none"> <li>• Observe the players comfort level on the ball and ability to look away from the ball.</li> <li>• Observe the players, recognizing when, and where to dribble.</li> <li>• Observe the players, ability to disguise their intentions to unbalance the defender.</li> <li>• Observe dribbling to keep possession</li> </ul>