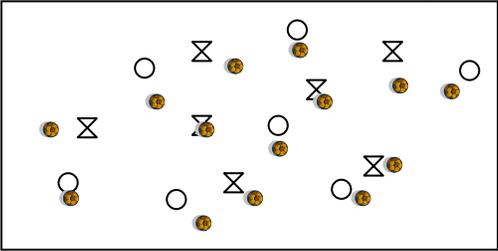
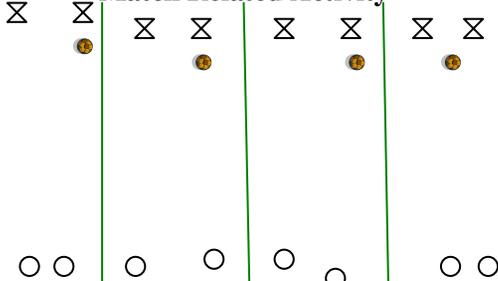
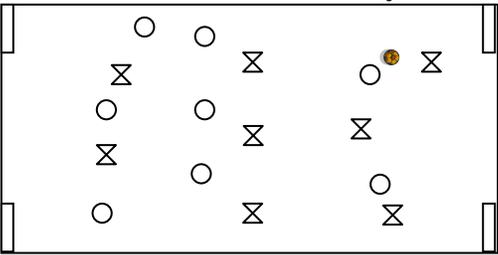
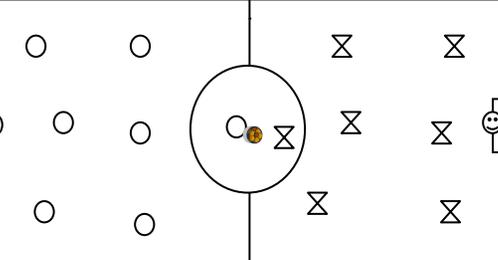




Dribbling



<p>• Fundamentals (Warm up)</p> 	<p>Organization</p> <p>Ball each moving around shielding away from pressure. Inside foot taps, go back to dribbling 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 X player leads O player follows, reverse roles</p>	<p>Coaching Points</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>Match Related Activity</p> 	<p>Area of grid 10 x 30 yard. 1v1 a supply of balls O pass to X follows pass, X v O to end line Objective is to beat player and get ball over the end line under control. If defender O wins the ball player O attempts to get the ball over the opposite end line. Progress to 2 defenders v 1 attacker. Change roles Proceed to 2 defenders v 2 attackers</p>	<p>Control ball out of feet, head up to see first defender.</p> <ul style="list-style-type: none"> • Awareness of space “side or behind” to beat the defender • Early choice of the appropriate fake or move to be used. • Fast changing the speed and direction of the ball. • Feinting and faking to move the defender • Change of angle to attack the back of the defender • Play with the ball away from the defender • Shield the ball away get sideways on to defender
<p>Match Related Activity</p> 	<p>Game area 50x40. 8v8. Two 5yrd goals each end Players attack and defend end to end</p> <p>Objective: to score in either goal</p> <p>Points: 3 points for a goal that is passed in the goal 5 points if the ball is dribbled into the goal</p>	<p>Observe the players ability to make positive decisions</p> <ul style="list-style-type: none"> • Observe the players ability to attack space to the side and the back of the defender at speed • Observe the players change of pace and angle of the ball. • Observe the players ability to get the ball out of their feet and run the ball • Observe the ability to shield the ball when needed
<p>Game Condition Activity</p> 	<p>Area of field 80x50, 8v8 with keepers Red Blue vests, good supply of footballs balls. Subs if needed</p> <p>Objective: to get into the final third and dribble to score.</p>	<ul style="list-style-type: none"> • Observe individual players comfort level on the ball and awareness to look away from the ball. • Observe the players, recognizing when, and where to dribble. Attacking, Midfield or Defending “Risk taking” • Observe the players, ability to disguise their intentions to unbalance the defender. • Observe dribbling to keep possession shielding