

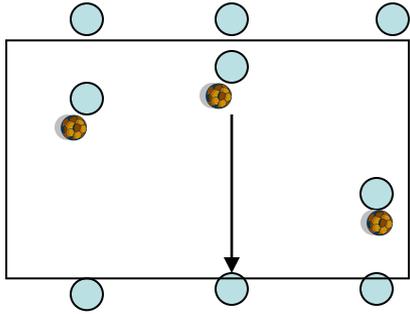


Dribbling for Speed



Objective 1: To improve each players ability to move quickly with the ball

Objective 2: To improve the teams understanding of team shape in relation to the technique



Organization

9 players in groups of 3 on the outside of a 20 yard square with 1 ball per group

1. Players dribble the ball across to the other side as quickly as possible
2. Have 2 groups go diagonally

Coaching Points

Readiness to receive: Players get on toes (tread grapes)

Touch recognition- Touches of the ball have to be big to cover distance

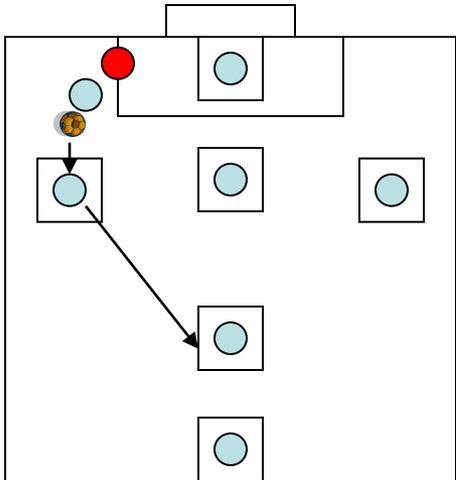
Use laces- Using the laces allows the player to get into their running stride

Body shape- Bend knees and get low and explode on touch

Communication- Letting the next player know the ball is coming

Awareness of space – now players are going diagonally recognition of space to dribble in is key

Awareness of pressure- Players look to keep ball away from defender



Area ½ the field(45x30) with 6 five yard boxes placed in GK, defense, midfield and wide positions.

Each box has one player in- no defenders

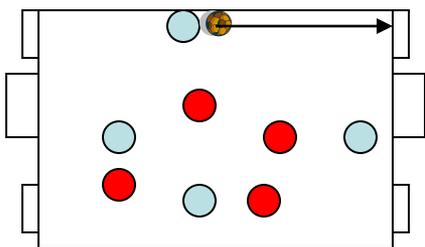
1. Player on the outside of the square is trying to maintain possession. If player gets the ball into square player in square has to leave with the ball.

If player loses the ball to defender that player becomes the new defender

2. Add one more ball/ defender
3. Remove squares

Recognition of when to pass/dribble: if support is available can the player pass the ball in

Maintaining team shape: now the areas are gone can the players stay spread out



Final Game- Area 30x40 – 4v4 with 2 five yard goals and 4 two yard goals

Teams can score in any one of three goals
3 points in central goal 1 point for side goals

Team Shape- Spread out with ball

Decision making- Coach the players decision making on when to pass/ dribble. If player is not supposed to dribble can they find the player who is