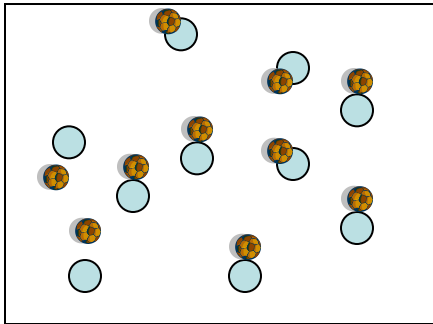




# Dribbling for speed

## Organization

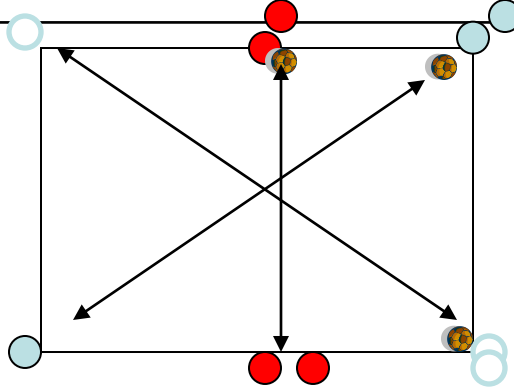
## •Coaching Points



Area 30 x 30                      10 players 1 ball each  
 With a stationary ball player has 3 seconds to move the ball over as much of the area as possible

- Player execute a change of direction and speed
- Players dribble the ball close before accelerating
- Players do a body fake before accelerating away
- Players do a turn before accelerating

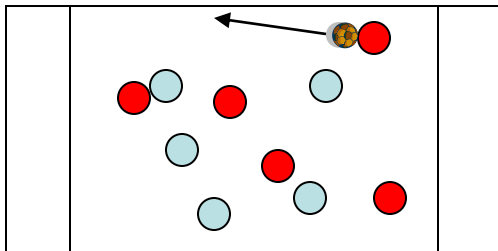
- Use Laces of shoe
- Get the ball out of feet
- (Big) Controlled touches of ball within players stride
- Body Shape-**
- Knees bent
- Body weight forwards



Area 30x30 players with 6 stations  
 Groups of three and one four-1 ball per group  
 Players look to get the ball over to the open player on the opposite side  
 Players can now dribble the ball to any open player

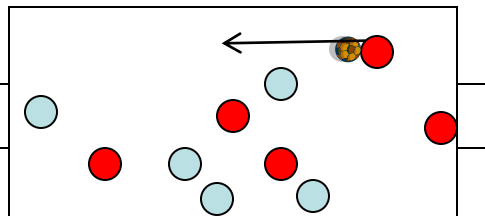
- Add a defender- if defender wins the ball they switch places with the attacker

- Awareness of pressure
- Awareness of space
- Quick changes speed
- Quick use of fakes and fints.
- Quick changes of direction
- Slow down to go fast



Area 40x30 with two 5 yard end zones    5v5  
 Teams score a goal by controlling the ball in the opponents end zone  
 Add in 2<sup>nd</sup> ball if repetition is not high enough

- Awareness of space
- Attacking the defender straight on
- Timing- change of direction



Area 40x30 with two 4 yard goals  
 4v4 with 2 goalkeepers  
 Teams score 3 points by scoring in the goal  
 1 point if they can stop the ball on the goal line

- Team Shape
- Recognition of 1v1 opportunities
- Be Decisive