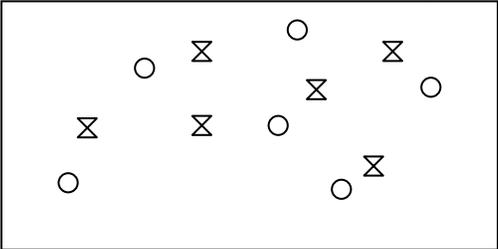
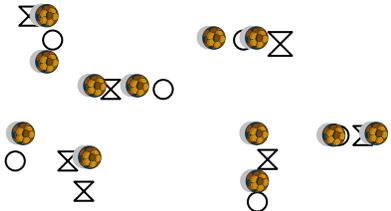
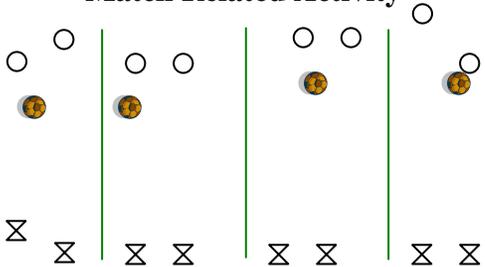
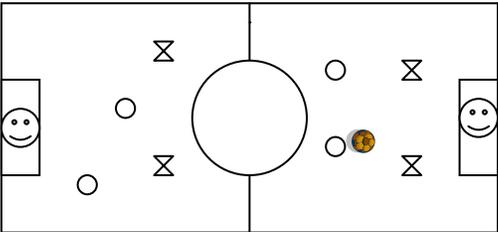




Dribbling to beat an Opponent

<p>• Fundamentals (Warm up)</p> 	<p style="text-align: center;"><u>Organization</u></p> <p>Ball each moving around Inside foot taps Using the Inside/outside of the foot cut the ball and change the angle Using the same foot outside cut inside cut change angle of ball Inside right to Outside left Inside left to outside right</p>	<p style="text-align: center;"><u>Coaching Points</u></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 style="text-align: center;">Match Related Activity</p> 	<p>In pairs each with a ball one lead one follow copy player in front. Follow my shadow</p> <p>Lead player tries to lose the following player</p>	<ul style="list-style-type: none"> • Control ball out of feet, head up to see defender. • Creating space to lose the defender • Selecting the appropriate skill to be used. • Changing the angle and pace of the ball. • Feinting and faking to move the defender • Change of pace to attack the back of the defender • Deception
<p style="text-align: center;">Match Related Activity</p> 	<p>Area of field 10 x 30 yard 1 v 1. A good supply of balls O pass to X follows pass, X takes on O to end line Objective is to beat a player and get the ball over the end line under control. If defender wins the ball player O attempts to get the ball over the opposite end line</p>	<ul style="list-style-type: none"> • Observe the players body position and balance • Observe the players ability to feint and fake. • Observe the players change of pace and angle of the ball. • Observe the players ability to exploit space in front and behind the defender. • Observe the ability to shield the ball
<p style="text-align: center;">Game Condition Activity</p> 	<p>Area of field 30 x 20 yard with a 6 yard goal</p> <p>4 v 4, 3 v 3 good supply of balls.</p> <p>Two goals at each end goalkeepers optional.</p> <p>1 goal for shot through goal 3 goals for</p>	<ul style="list-style-type: none"> • Observe the players comfort level on the ball and awareness to look away from the ball. • Observe the players, recognizing when, and where to dribble. • Observe the players, ability to disguise their intentions to unbalance the defender. • Observe dribbling to keep possession shielding