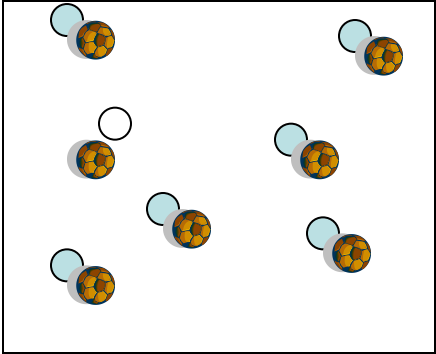
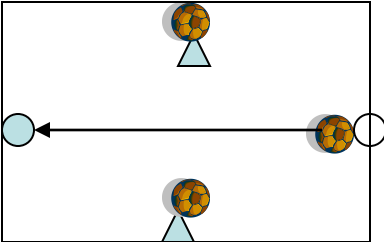
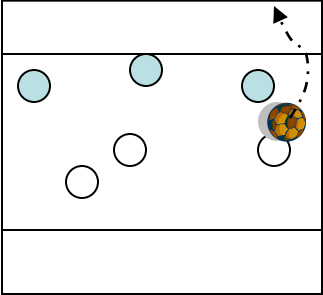
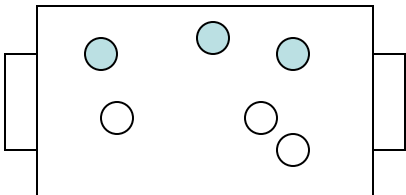


# Dribbling to beat

	<p style="text-align: center;"><u><b>Organization</b></u></p> <p>Area 20x20 Each player has 1 ball moving around</p> <p><b>Exercise 1-</b> Stop the ball with cleats and starting with the outside/inside of foot (vary starting foot)</p> <p><b>Exercise 2-</b> Stopping the ball with cleats Adding a scissors/body fake and starting with above</p> <p><b>Exercise 3-</b> Having small touches of the ball and then doing faking to stop the ball</p>	<p style="text-align: center;"><u><b>Coaching points</b></u></p> <ul style="list-style-type: none"> <li>•Relaxed body shape</li> <li>•Bend knees</li> <li>•Deception</li> <li>•Foot close to ball for fake</li> <li>•Change of speed/direction on starting</li> </ul>
	<p>Area 20 x 15 yards</p> <p>Two cones with a ball on top and one additional ball</p> <p>Both players score by knocking a ball off a cone with the additional ball</p> <p>Player 1 passes ball across and defends</p>	<ul style="list-style-type: none"> <li>•Decisive</li> <li>•Move ball on receiving</li> <li>•Recognition and Creation and of weak side</li> <li>•When to Shield and when to attack</li> </ul>
	<p>Area 30x20 3v3 with two five yard end zones</p> <p>To score players must dribble and stop the ball in the end zone</p> <p><b>Players can only pass the ball backwards</b></p> <p>Forward pass results in a free kick</p>	<ul style="list-style-type: none"> <li>•Team shape</li> <li>•Recognition of isolation</li> <li>•Using team mates to fake</li> <li>•Recognition of space</li> <li>•Change of speed</li> </ul>
	<p>Area 30x20 3v3/4v4 with two goals</p> <p>2 balls to increase repetition</p>	<ul style="list-style-type: none"> <li>•Team Shape</li> <li>•Recognition of when to dribble</li> <li>•Awareness of space</li> </ul>