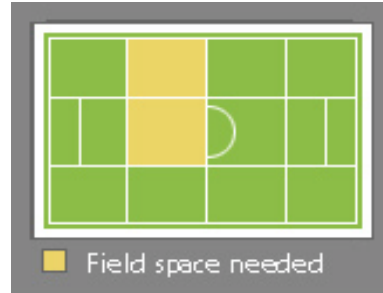


Materials Needed



Area 30 x 30

- Ball per player
- Cones
- Training vests

Individual possession basics (Dribbling, possession, creating space)

Description:

Players learn the options of maintaining possession in a 1v1 situation. In pairs, one attacker and one defender – the attacker must keep the ball from the defender by moving anywhere in the area. In one minute, the defender attempts to win possession – each time counts as one point.

Coaching Points

- Place body between opponent and ball
- Bend knees for firm base
- Keep ball moving

Progressions:

Instructions

Shielding the ball involves placing the body between the defender and the ball and using body strength and movement to avoid an interception. Contact with the ball should be maintained and the ball constantly moved. Moving the ball quickly, using turns and feints and quick feet all prevent the defender from winning possession.

Progression/Variations

1) Allow defenders to seek out any ball – creating double team situations 2) Add cones as gates – attacker scores a point for every gate dribbled through