

Description

Dribbling Techniques - Change of Direction and Speed

SAQ

Organization

15 x 15 Yard square

Set up two groups, 5 cones, 1 yard apart off at an angle to the player lines

Players pass the ball to opposite line on 2 touch or 1 touch

Once they have passed the ball they perform a variety of dynamic movements through the cones to their left:

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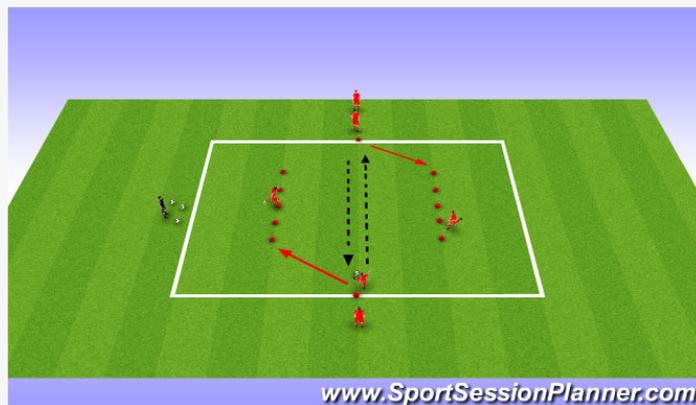
- Quick Feet

- High Knees

- Two Feet

- Side Strides

Players move to other group when completed



Dribbling Techniques

Organization

5 x 5 Yard squares

2 or 3 Players with a ball each, moving around inside the square

Competencies

- Head up

- Bend knees, low center of gravity

- Look for space

- Small controlled touches

- Use both feet

- Use various parts of both feet

- Lots of changes of direction and speed

Players perform various skill based techniques

- Drag backs

- Scissors

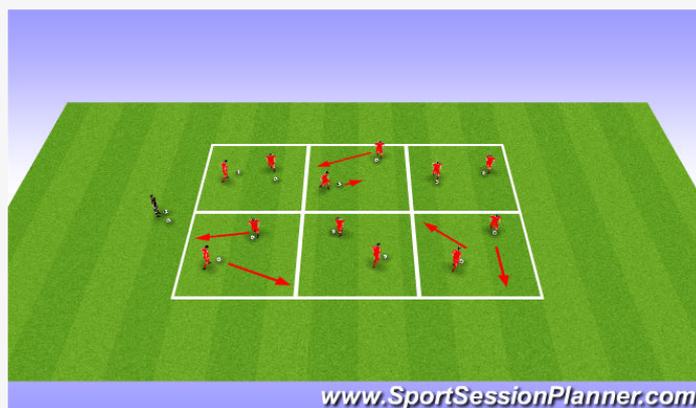
- Cruyff turns

- Drag and Tap

Progression

Play 1v1 in the square, player with the ball after 20 seconds wins

Encourage lots of movement with the ball



Change of Direction and Speed

Organization

15 x 15 Yard square

Two Teams, one at each end

4 Goals, one in each corner

Coach plays ball to one team and they become the attackers, other team sends out a defender

Attacking player must try to score in either of the other teams goals by dribbling the ball through the cones

If the defender wins the ball then they can score by dribbling the ball through either of the attackers two goals

On the coaches command the attacking team can add a player to create a 2v1

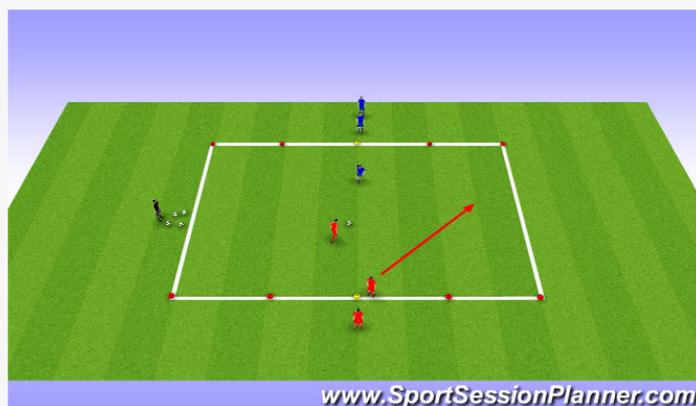
Rotate teams so each player gets the opportunity to attack with the ball

Add scores to make it competitive

Competencies

- Head up to recognize pressure and identify positive spaces

- Attack at speed



- Attempt to unbalance the defender
- Keep low to attack space with power
- Understand 2nd player support movement and how it can affect the defensive pressure (when to dribble vs when to pass)
- Change speed to attack goal once behind the defender
- BE POSITIVE !

Conditioned Small Sided Games

Organization

Set up field (size dependant on training space) with 4 corner zones

Non Directional - Team scores by attacking player dribbling the ball into any corner zone

Competencies

- Understand when to dribble vs pass (space vs number of defenders in front of you)
- Keep possession when unable to dribble
- Attack with speed
- Be positive

Progression

Remove corner zones and add goals

