

Description

Dribbling Techniques - Change of Direction and Speed

SAQ

Organization

15 x 15 Yard square

Set up two groups, 5 cones, 1 yard apart with an end cone 10 yards away

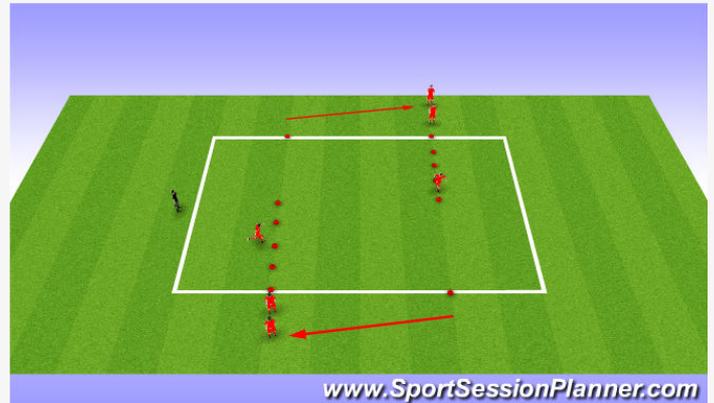
Players perform a variety of dynamic movements around end cone:

- Side Strides
- Karaoke
- High Knees
- Open and Close the Gates
- Thigh and Hamstring Stretching

Players perform a variety of dynamic movements through the cones:

- Quick Feet
- High Knees
- Two Feet
- Side Strides

Players move to other group when completed



Dribbling Techniques

Organization

15 x 15 Yard square

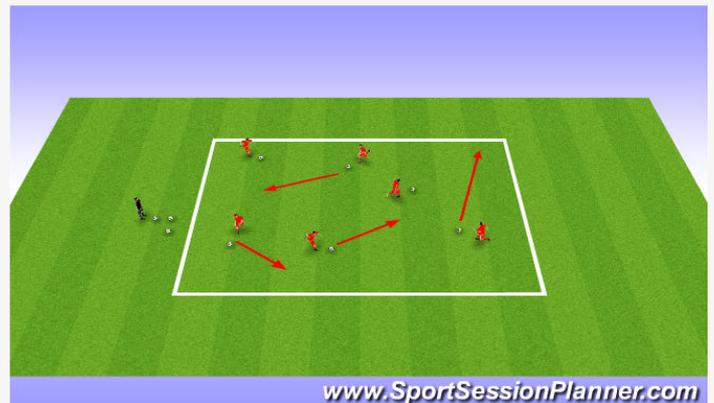
Players with a ball each, moving around in side the square

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



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

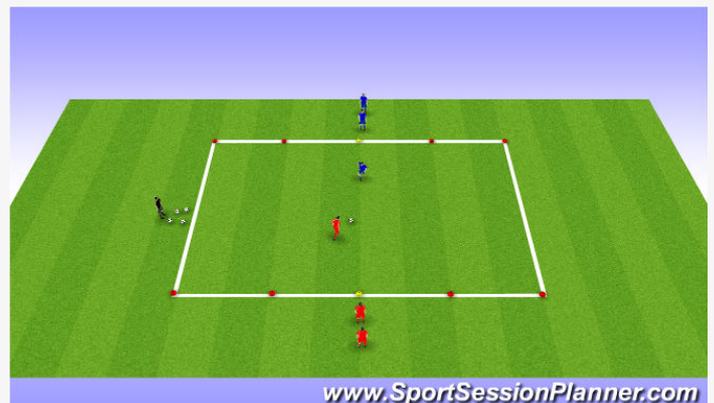
If the defender wins the ball then they can score by dribbling the ball through either of the attackers two goals

Rotate teams so each player get 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
- Change speed to attack goal once behind the defender
- BE POSITIVE !



****NOTE:** If the players are not ready for immediate pressure:

1. More time on individual unopposed techniques
2. The introduction of passive pressure only

Conditioned Small Sided Games

Organization

Set up field (size dependant on training space) with two end zones

Team scores by attacking player dribbling the ball into the opponants end zone

Competencies

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

Progression

Remove end zones and add goals

