

## Dribbling

OBJECTIVE: To improve the players dribbling technique and decision making

TEAM TACTICAL PRINCIPLES: Pass, dribble, hold

WHAT To improve the players ability to dribble with the ball

WHEN: When the player has space to dribble into. Or an opponent isolated to dribble past

WHERE: offensive-third, middle-third, defensive-third

WHO: All players

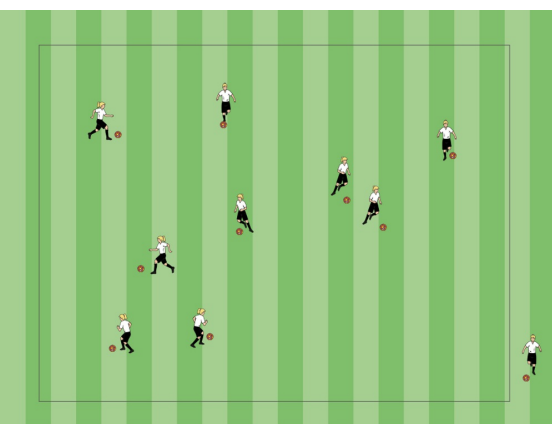
WHY: To enable the team to bring the ball up the field easier

David Brown

AGE: U9 / Senior / 14 players

TEAM FUNCTION:

DURATION: 90 min

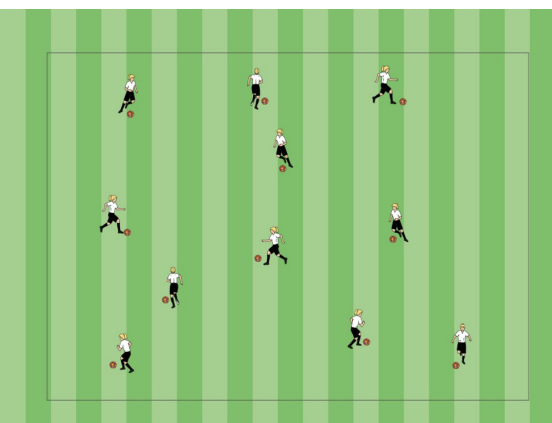


### King of the Ring

EXERCISE RULES: Set up an area. No bigger than 15x15. Try and limit to 10 players per group. Can move players up or down depending on ability/success

FOCUS TEAM OBJECTIVE: To keep ball in area

NOTES: When ball goes out, player does toe taps, or a different ball mastery skill to get back in Check shoulder. Feel pressure. Accelerate into space. Protect the ball

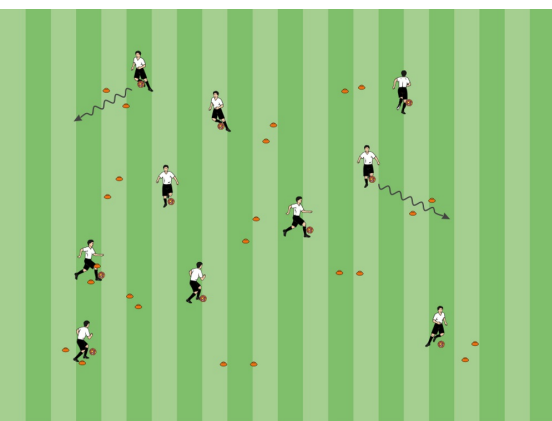


### Free Area Dribble

EXERCISE RULES: Players will dribble freely around the area, practicing using various parts of their feet. Keep eyes up to look for space. Allow players to go at different speeds. Challenge players to only dribble in certain ways (e.g. left foot only). Use outside of laces when dribbling at speed. Point toe down and slightly towards other foot to open this area. Use insides when using slower and

FOCUS TEAM OBJECTIVE: Improve the individuals dribbling technique using various parts of their foot.

NOTES:

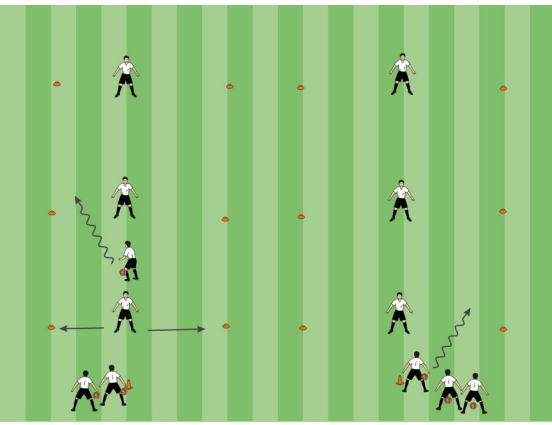


### Dribbling Gates

EXERCISE RULES: Use multiple areas to allow space for players to dribble and keep their head up. Vary the player to area size ratio depending on players ability. Ensure there are more gates than players in the area. See how many gates players can dribble through in a time limit. Must go through a different gate each time. Challenge them to beat it next time. Get faster by: eyes up to see space.

FOCUS TEAM OBJECTIVE: To encourage players to dribble at speed and be creative with the ball

NOTES: Place defenders in to block gates, encouraging players to scan the field for open gates What foot skills can we try? How can we be faster? All foot skills taught, or be creative with new moves. Keep eyes up to see space. Use correct dribbling technique (use just to outside of laces). Keep ball close for control

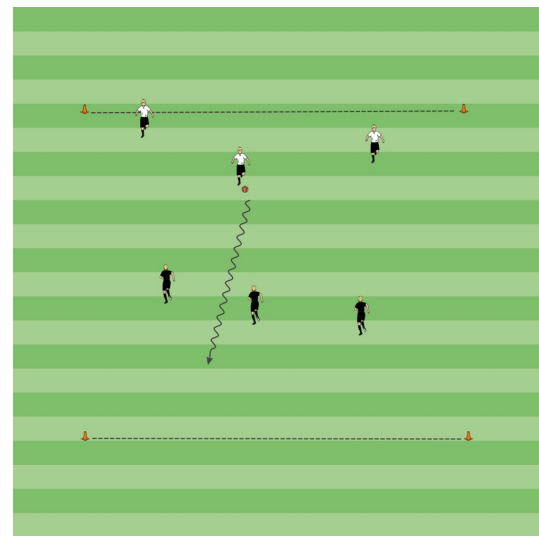


### Gauntlet

**EXERCISE RULES:** Set up area. Defenders must stay on their line. Point system in place to reward players for each opponent they dribble around. If tackled, the attacker switches with the defender. Players can begin their go as soon as the ball in front finishes.

**FOCUS TEAM OBJECTIVE:**

**NOTES:** Creativity. Change of Speed and Direction How can we get around each player? Where do I want to dribble. Do I want small or large touches because of the defender in the next space? Changes of speed and direction. Use fakes to unbalance defenders. Small touches so second defender cant intercept the ball

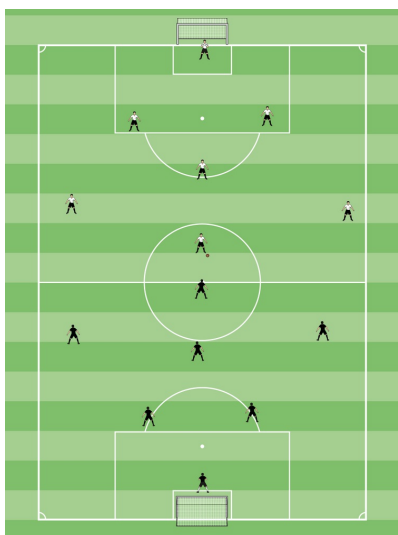


### End Zone Game

**EXERCISE RULES:** Players are aiming to score by dribbling into the oppositions end zone

**FOCUS TEAM OBJECTIVE:** To allow players to recognise when there is space for them to dribble into and take the ball up the field

**NOTES:**



### 7v7 Scrimmage

**EXERCISE RULES:** Play a regular 7v7 scrimmage

**FOCUS TEAM OBJECTIVE:** To practice the learned skill in a game scenario

**NOTES:**

### Five Elements of a Training Activity

1. **Organized:** Is the activity organized in the right way?
2. **Game-like:** Is the activity game-like?
3. **Repetition:** Is there repetition, when looking at the overall goal of the session?
4. **Challenging:** Are the players being challenged? (Is there the right balance between being successful and unsuccessful?)
5. **Coaching:** Is there effective coaching, based on the age and level of the player?

### Training Session Self-Reflection Questions

1. How did you do in achieving the goals of the training session?
2. What did you do well?

3. What could you do better?