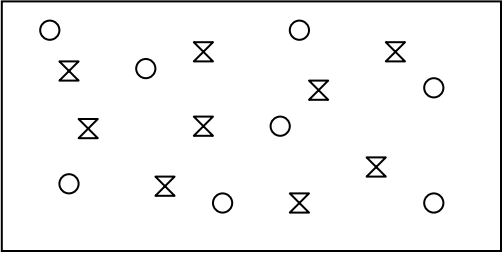
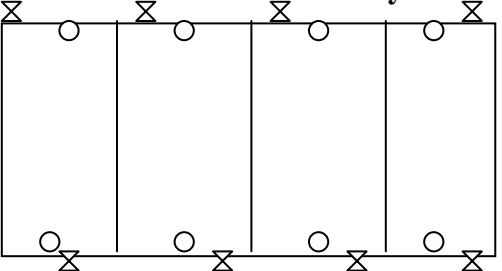
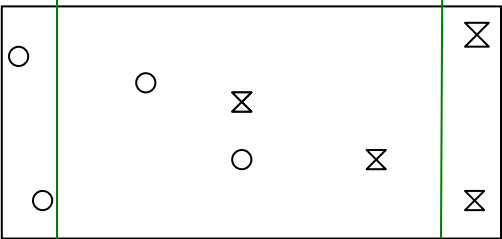
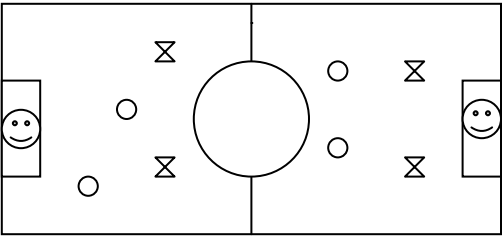


Dribbling to beat an opponent

<p>• Fundamentals (Warm up)</p> 	<p style="text-align: center;"><u>Organization</u></p> <ul style="list-style-type: none"> • Area should be age and field size appropriate. • Each player has a ball • Low key movement warm up. • Introduce Moves, Fakes and feints • Light Stretching exercise 	<p style="text-align: center;"><u>Key Coaching Points</u></p> <ul style="list-style-type: none"> • Composure with the ball • Head up, short movement around players • Big touch with inside of foot when attacking space • Awareness of others
<p style="text-align: center;">Match Related Activity</p> 	<p style="text-align: center;">One v One fast break repetition</p> <ul style="list-style-type: none"> • 20 x 10 yard channels. • In 4,s 2 servers/receivers 1,attacker 1,defender • Attacker dribbles across the area past the defender getting the ball to receiver • Receiver becomes attacker, attacks defender the opposite way 	<ul style="list-style-type: none"> • First touch out from feet • Open body stance • Longer strides in space • Shorter strides when looking to pass
<p style="text-align: center;">Match Related Activity</p>  <p style="text-align: center;">Coach with supply of balls</p>	<p style="text-align: center;">Two v Two to end zone</p> <ul style="list-style-type: none"> • Area of field 30 x 20 yard • 2 v 2. • 2 zones 5 yards in from the end of the field. • Objective is to dribble the ball into the end zone.. 	<ul style="list-style-type: none"> • Attack open space quickly • Short steps, head up when around others • Good first touch out from feet • Finding space to play
<p style="text-align: center;">Game Condition Activity</p> 	<ul style="list-style-type: none"> • Area of field 35 x 25 yard. • 4 v 4 A good supply of balls. • Two goals at each end goalkeepers optional. • Objective is to dribble to score 	<ul style="list-style-type: none"> • All of the above