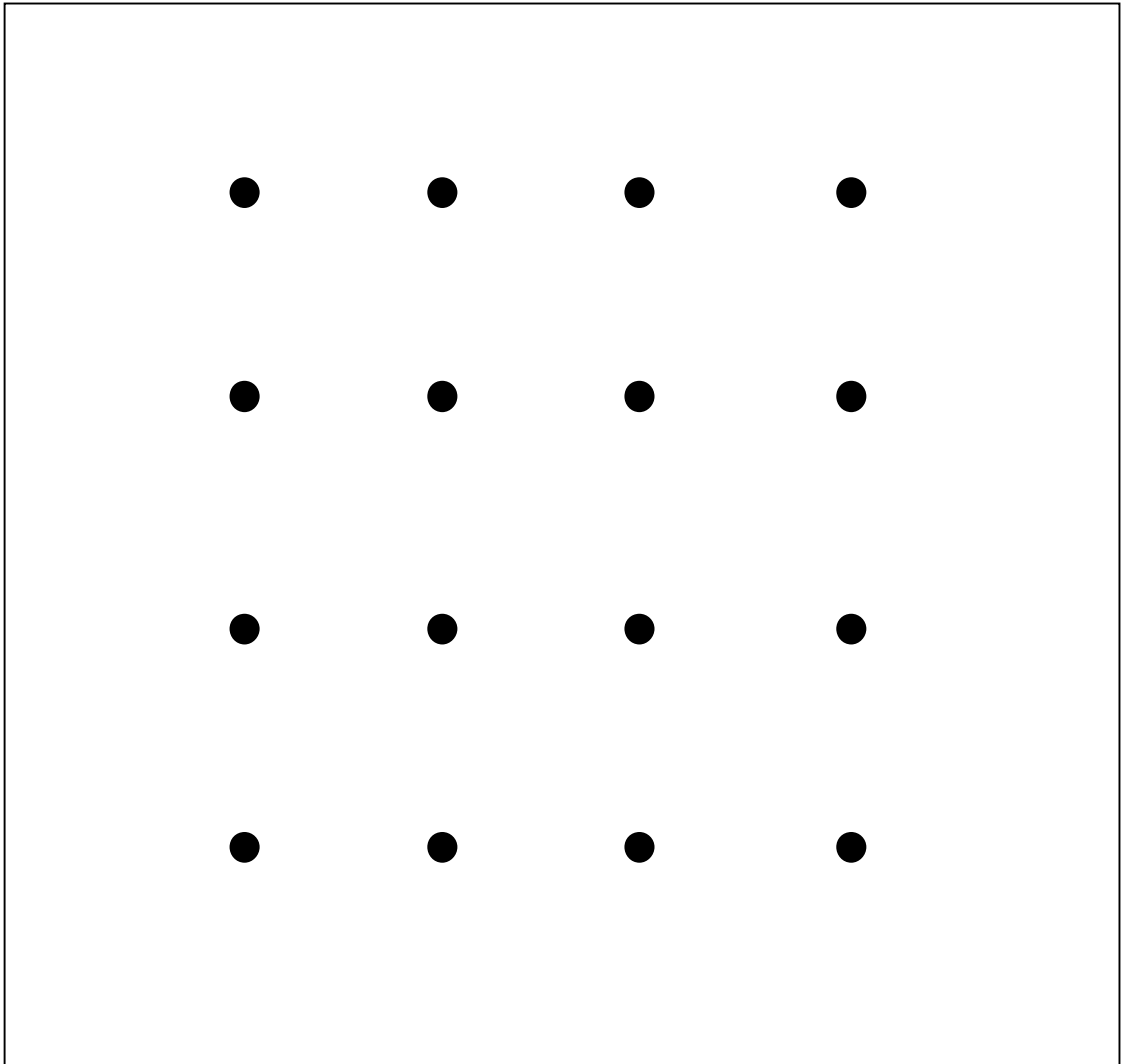
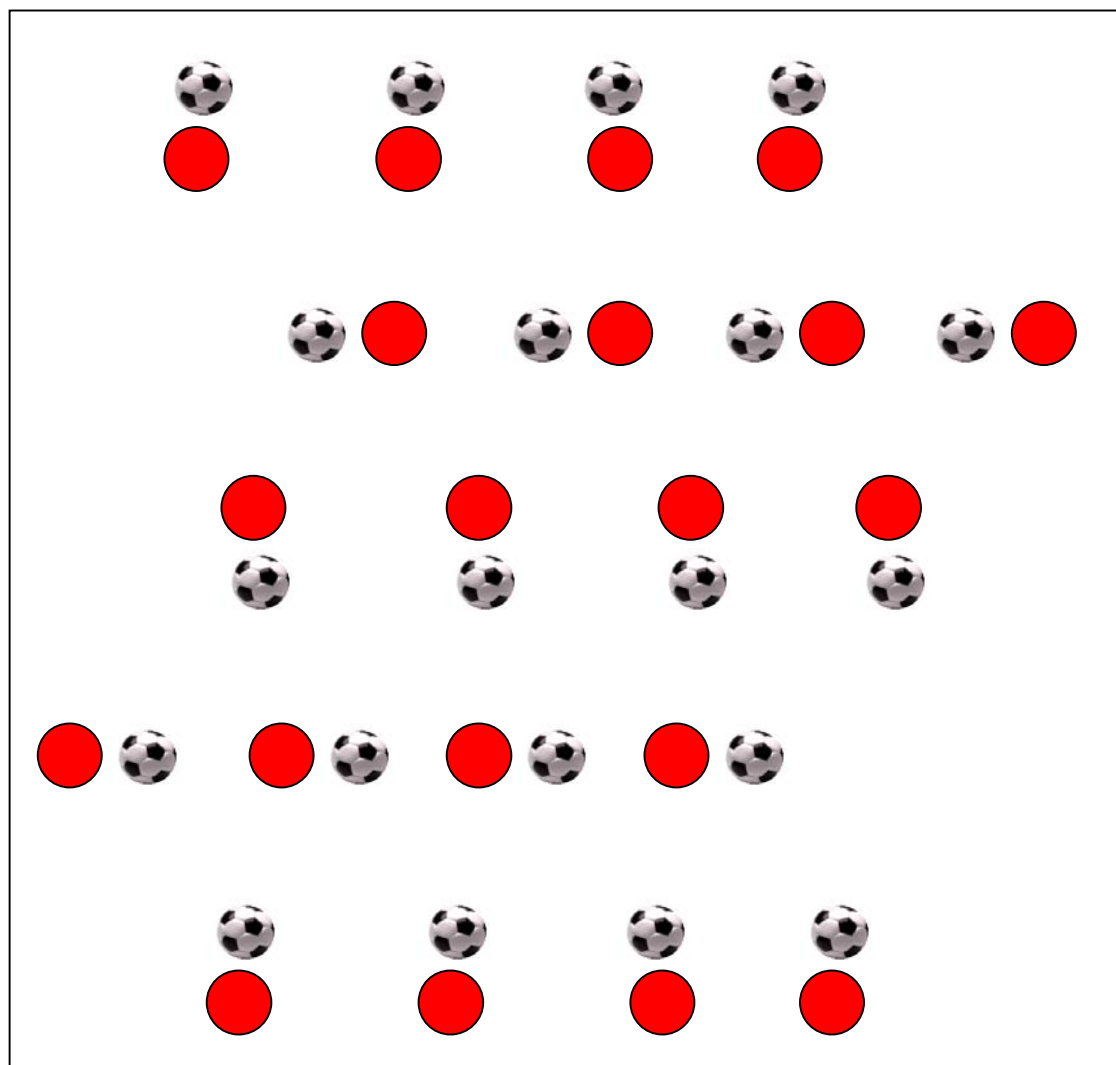


## COACHING SET UP FOR DRIBBLING MOVES

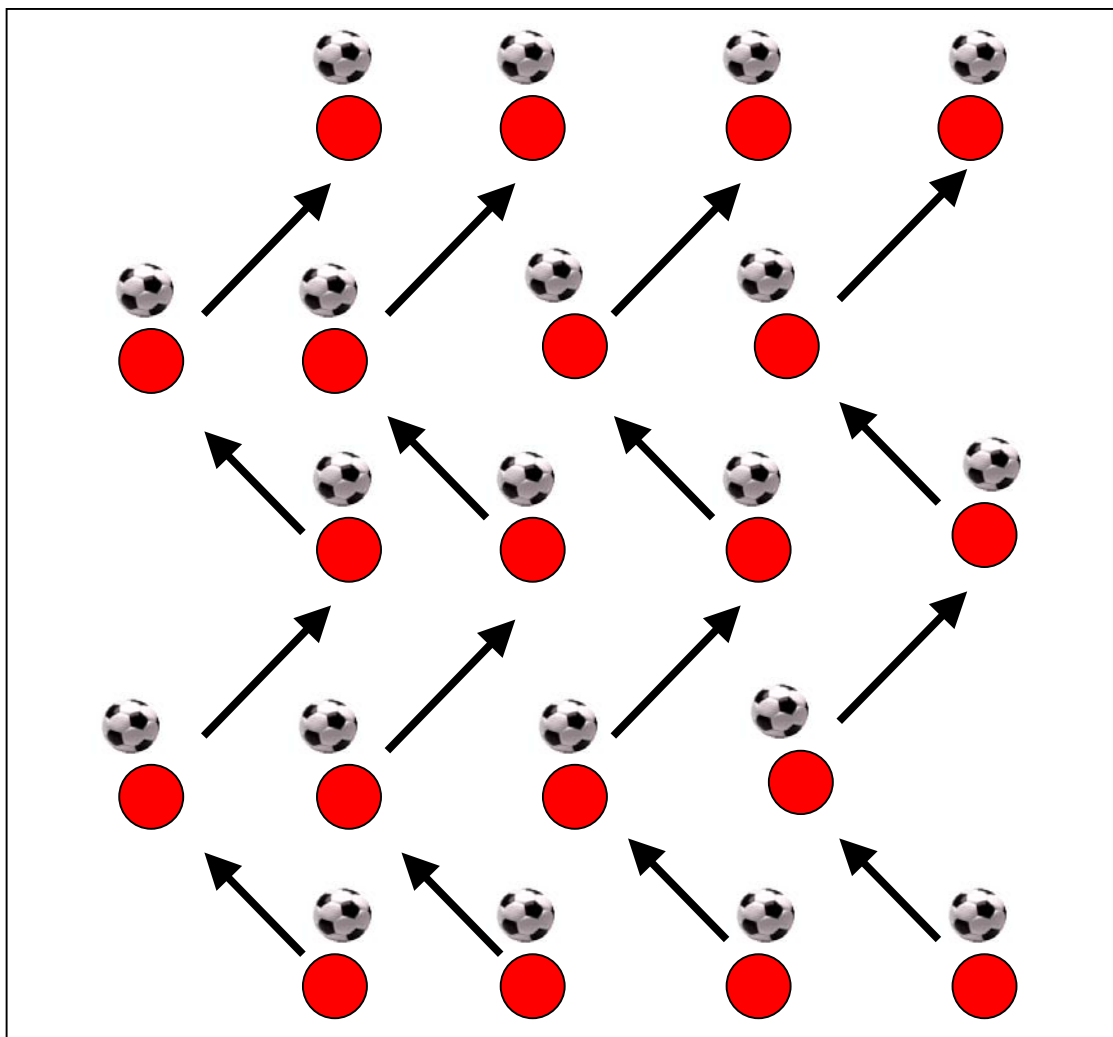


1. This is the basic set up to get started and it keeps the players well organized and working together in unison.
2. Coned area as above. 4 groups to work the progressions on dribbling movements.
3. A player at each cone with a ball each to work with.

## DRIBBLING SET UP – THE MATTHEWS, RIVELINO AND THE SCISSORS

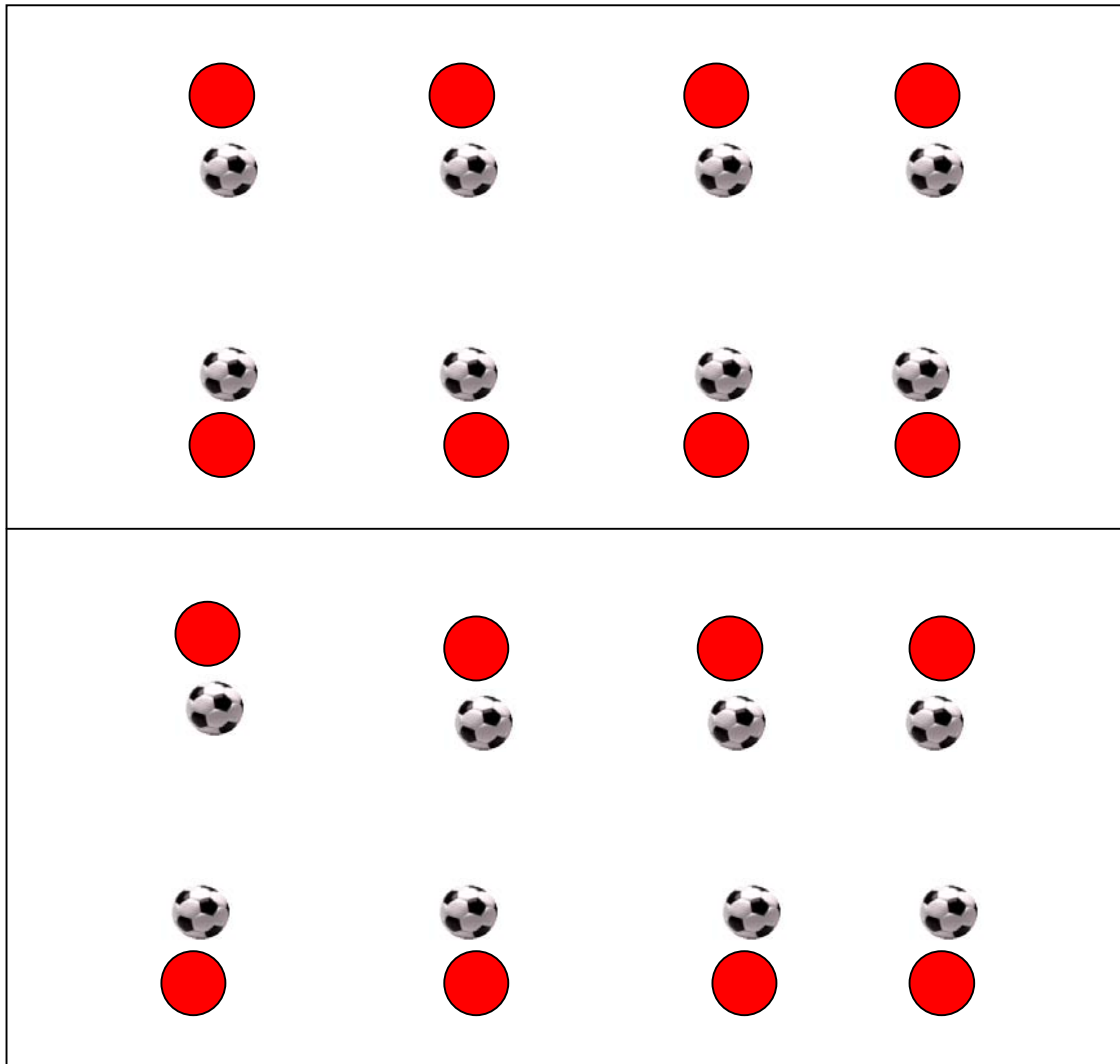


1. The above set up is an example of the progressive movement of one group of players. You can have 4 groups set up this way.
2. Practicing a dribble from bottom to top, this is the routine working around the ball four times on the call of the coach each time facing another 45 degrees around the ball. Do the move then stop and wait for the next call. All players work in unison.
3. This is the total movement of one line of players but work with two lines opposite each other to help the development of the session (see over).
4. Move around the ball both ways so players work on both sides with both feet. You get four dribbles / moves per rotation. Do it slowly to begin, break down the technique. If you are not competent to do the technique / trick, have a player demonstrate it for you.

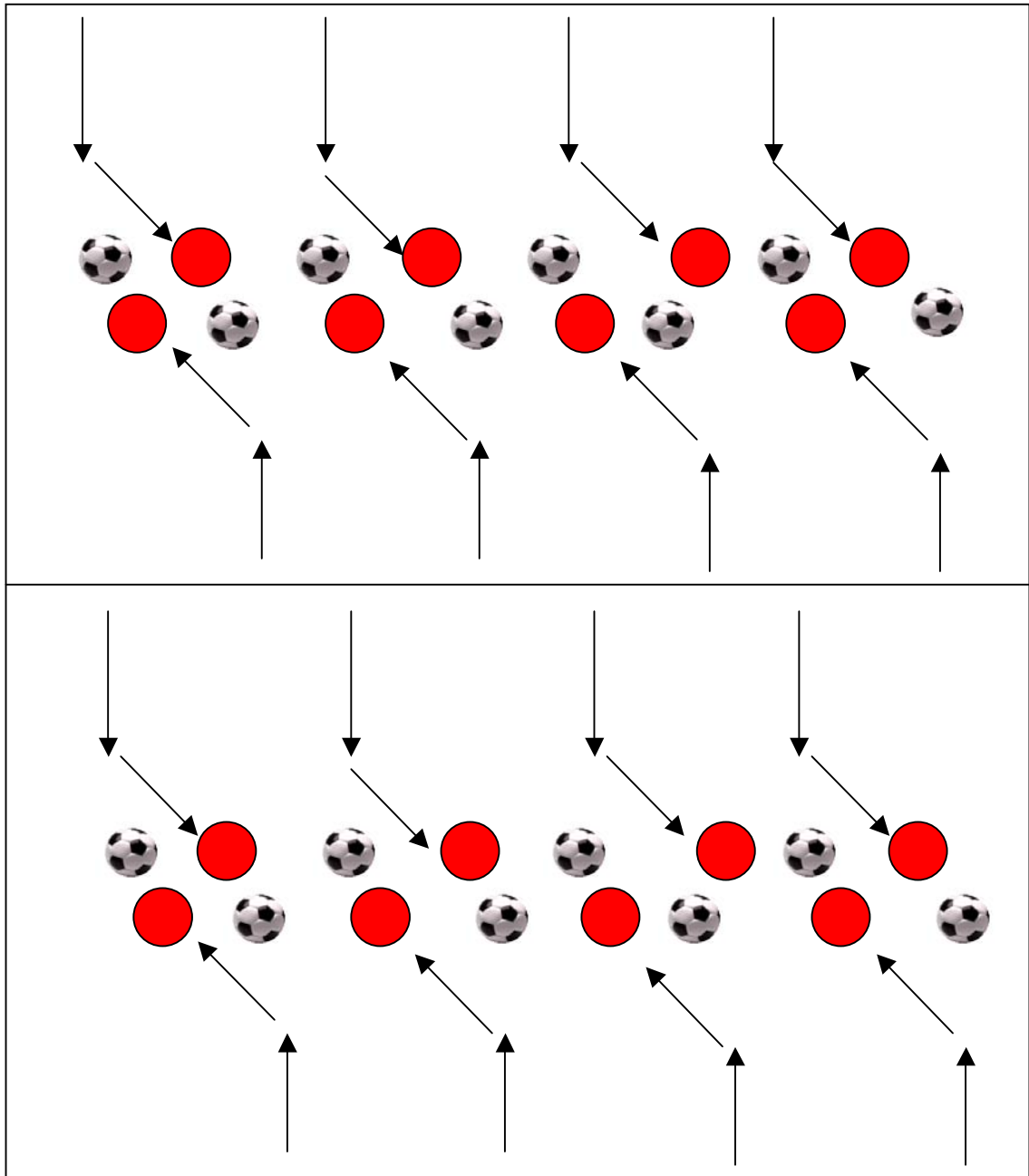


1. On the coaches command the players do a Matthews, Rivelino or Scissors to the left. They then stand still until the next command then do it to the right and so on. By doing it slowly it gives the players a chance to work and perfect the move. As they get competent the coach can get them to speed up the movement. Working up and down the field, right to left and left to right. This ensures they do it with both feet.
2. **The Matthews** – Big toe – little toe technique, lean one way, check to the other. Bring the foot behind the ball to move it (for example, plant the left foot outside the ball to the left and bring the right inside the ball and move it away to the right with the right foot).  
**The Rivelino** – Fake to kick the ball, step over the ball outside to inside then move the ball to the outside with the same foot (for example step over the ball with the right foot from right to left then take the ball away to the right with the right foot and accelerate away).  
**The Scissors** – Step over the ball inside to outside then move the ball away with the other foot (for example, right foot inside to outside then move the ball to the left with the left foot).
3. All techniques look to fake the opponent one way then move the ball the other way. On each dribble the player must drop their shoulder one way to move the other way.

## DRIBBLING SET UP

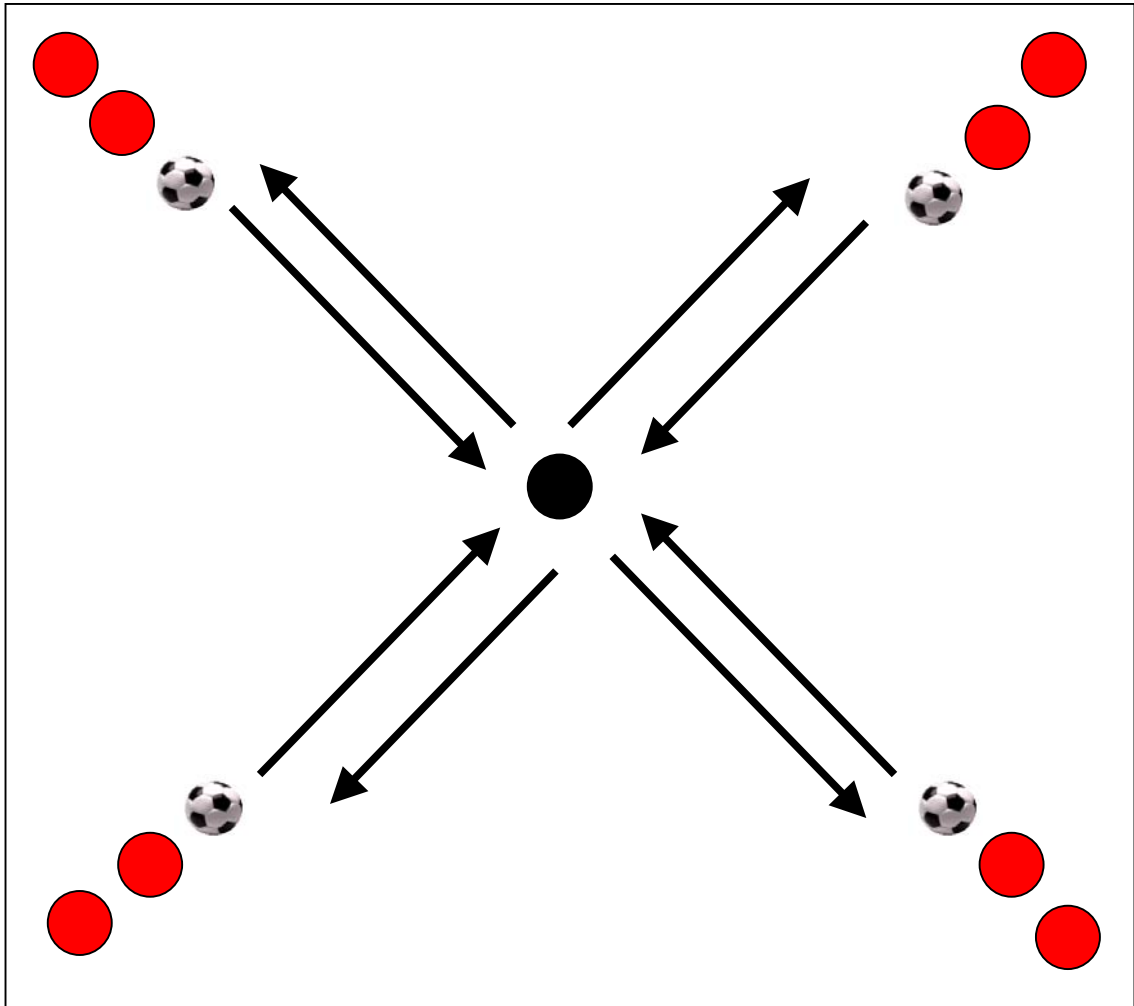


1. **Develop** – Have each group stand opposite one another 10 to 20 yards apart with a ball each. They must move towards each other on a call (everyone in unison) and always move to the right or to the left as they get close to each other. Do it slow to begin and build up the pace as they become competent.
2. Have them get the timing right where they get about a stride apart, just out of tackling distance but close enough to commit a defender in a game.
3. Once they get past each other they stop and turn and go again on the next call. Do many repetitions with this to have them practice in this semi-passive way.
4. This is a good way to get many players working on the same skill in a small area with lots of work on the ball. Focus on one skill at a time and spend time on it to keep improving the technique of each player.



1. Groups play in 1 v 1 situations as above moving up and down the area practicing their moves.
2. Moves to work on here are: a) The Matthews b)The Rivelino c) The Scissors.
3. By practicing only three dribbles with the limited time we have it gives you a chance to improve each player in these techniques, it may be you only use two because of this.It is better to get good at a small number than practice many different ones and be good at none of them.I believe having up to three dribbles is enough for each player to use if they get very good at them.

## TURNING SET UP – DRAG BACK, OUTSIDE HOOK, INSIDE HOOK, STEPOVER, CRUYFF, THE TWIST OFF.



1. Players work in pairs, running and turning with the ball alternately. Initially have them do it slowly to ensure they get the technique of the turn they are practicing correct. Speed it up as they improve, eventually make it competitive each pair having to make for example 20 turns and returns.
2. Each time they do the twenty vary the changeover :
  - a) they must run it to their partner and stop it for them to take (control)
  - b) they can pass it to their partner once they have made the turn (passing accuracy).
  - c) they can do a takeover with their partner half way in (timing and communication)
  - d) they can do another turn as they get to their partner and pass the ball in towards the cone for them to run onto (timing of the pass and an extra turn practiced) and so on.
3. **Develop** - Have them run to the cone then change direction to the next group and link with a different player (go right or left). Have the challenge of going around to get back to their own starting point however number of times you want to do.

## TURNS

A) **DRAG BACK** – Running forward with the ball put your foot on the top of the ball and pull it back with the sole of the foot, turn quickly through 180 degrees and accelerate away.

B) **OUTSIDE HOOK** – Take a long stride, reach and hook the ball with the outside of the foot in the opposite direction, accelerate away.

C) **INSIDE HOOK** – Take a long stride, reach and hook the ball with the inside of the foot in the opposite direction, accelerate away.

D) **STEPOVER** – Feint to pass the ball with the inside of the foot, instead step over the ball, pivot on that foot, spin back around from where you came and accelerate away from the turn with the ball with the other foot.

E) **CRUYFF** – Feint to kick the ball in an exaggerated fashion, if with the right foot, pivot on the left foot and flick the ball back behind your left foot at an angle away from the defender and behind, accelerate away.

F) **THE TWIST OFF** – Run with the ball, reach and cut the ball tightly with the outside of the foot, turn and accelerate away. You can do this with the inside of the foot also. You can go a quarter, half, three-quarters or full circle depending where the opponent is and which direction you want to go.

2. Choose 2 or 3 of these to work on with each player, starting slowly building up to half pace and then full pace ensuring the players execute the technique correctly before moving to full pace.
3. I believe that with these ages we need to focus on building technical skills in the players which entails developing the techniques of dribbling and turning, getting them comfortable on the ball. Awareness training (using the book “**Recognizing the Moment to Play**”) takes this to the next level working on their **psychological development** and linking it to the **WHEN** and **WHERE** to use these techniques in a game situation.
4. Use the book to develop the technical skills in a game related situation starting with the non – competitive set ups shown.