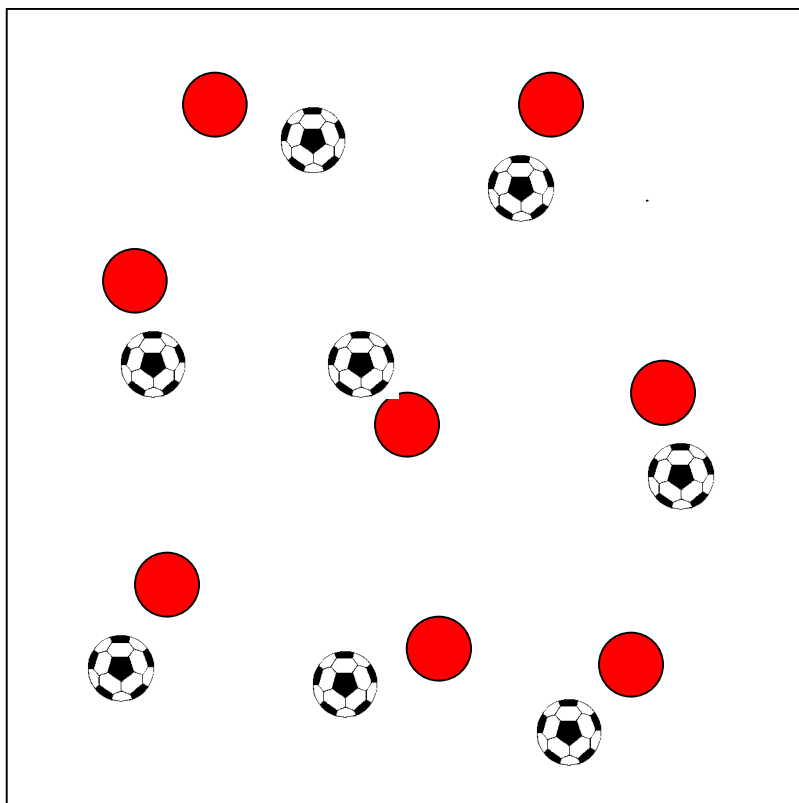


PRINCIPLES OF DRIBBLING

1. Initial Movement : In a straight line at a slower speed.
2. Deception : Unbalance the opponent.
3. Accelerate : Into space using change of pace.
4. Space behind opponent : pass the ball past defender and run.
5. Restricted space behind : dribble past defender (in slow, out quick).

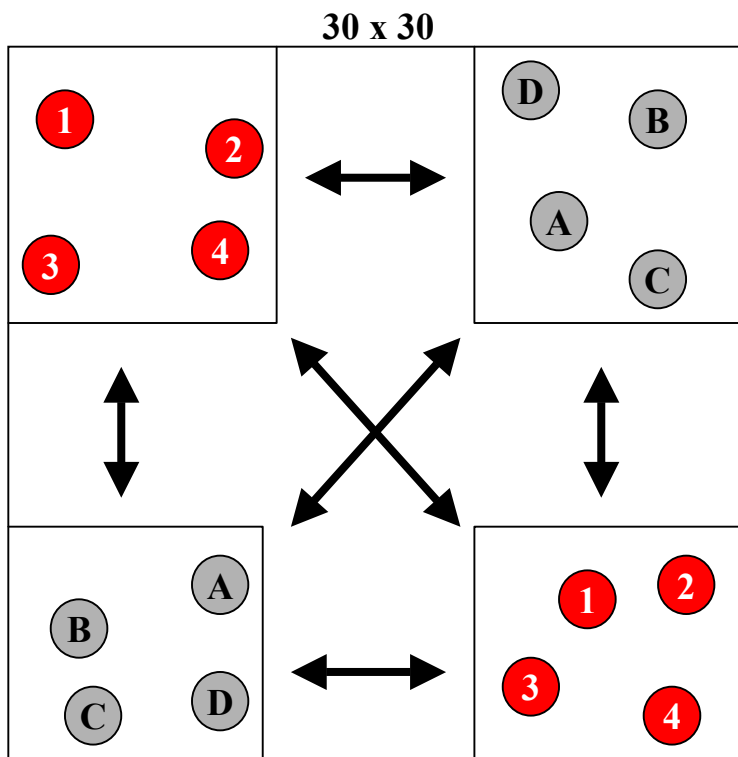
COACHING POINTS

1. Tight close control.
2. Skill to use body to dummy and feint.
3. Skill in changing direction and pace.
4. A positive attitude.
5. Use of own or established dribbling techniques.

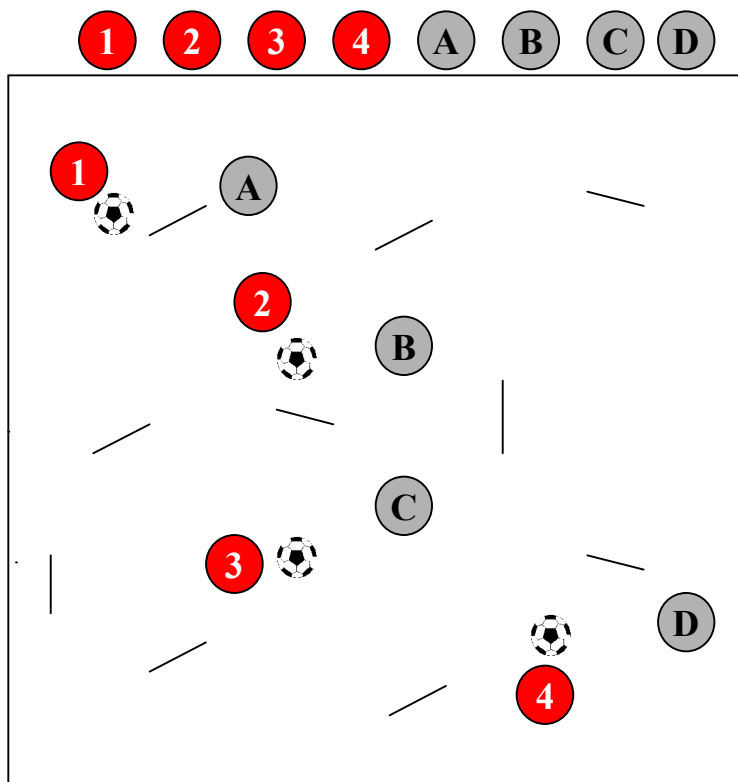


1. Ball each player dribbling and turning in a tight area avoiding other players. Coach can dictate techniques practiced.
2. Work on improving ball control with quickening movement.
3. Techniques for example, left or right foot only, turning (different types), changing pace, change soccer balls (stop own and take another), check to a line and back in etc.

DRIBBLING UNDER PRESSURE AND ACCELERATING WITH THE BALL.



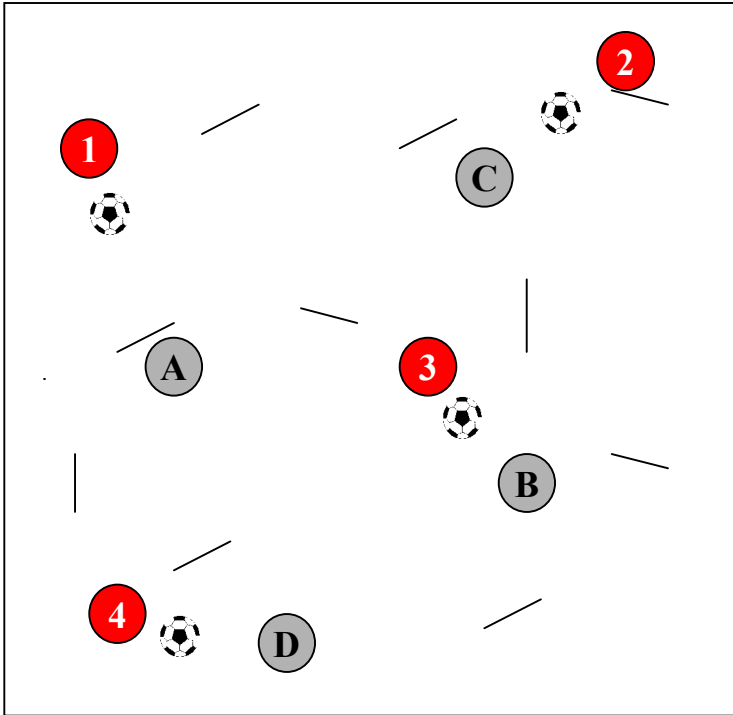
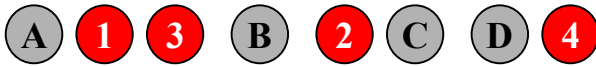
Two Team Game



1. Ball each player split into four groups dribbling in their own grid practicing designated dribbling moves and turns. On the command of the coach they dribble as fast as they can to another grid avoiding other players by dribbling through them. Make it competitive by having the first four players in a grid with their foot on the ball as the winners.
 2. Coach stands in the middle, 4 go at once and cut to the next group continue dribbling in that group till it's their turn again. Coach can determine the cut with the outside of the foot, inside of the foot, full turn away from pressure (inside or outside of foot), Dummy step over, drag back and turn (ball behind other foot), step over and take. Rotate so they go both ways.
1. One team a ball each, the other team players try to win a ball and keep it. A player can win any ball off any of the other teams players.
 2. Once a player has lost the ball they have to try to win one back off another player. After a time period see which team has the most soccer balls.
 3. This is very competitive and the players get a chance to practice dribbling and running with the ball, shielding the ball from defenders.

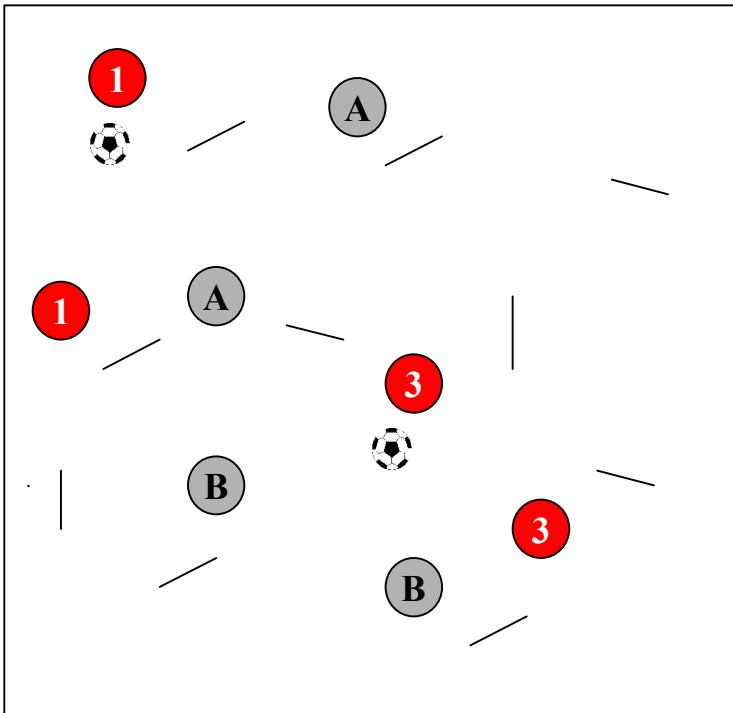
(Wayne Harrison)

1 v 1



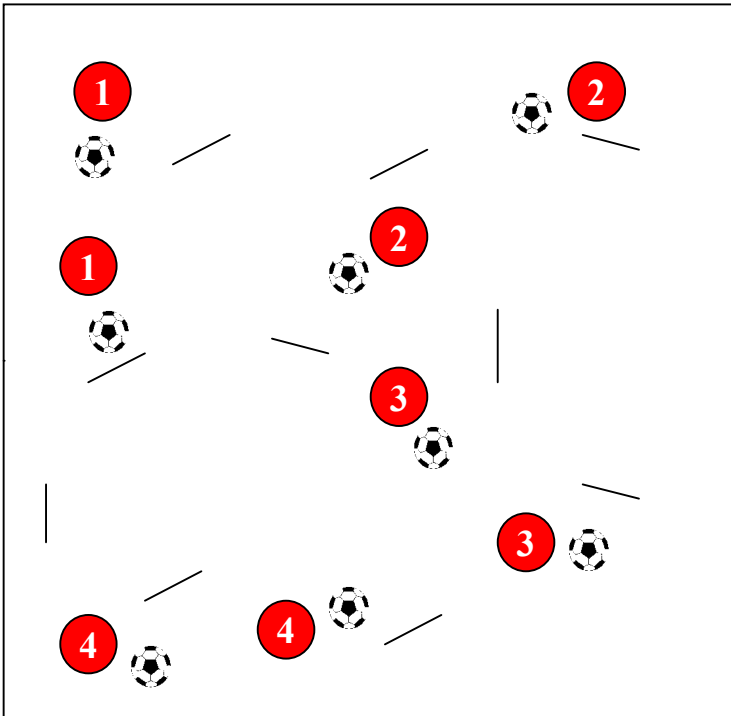
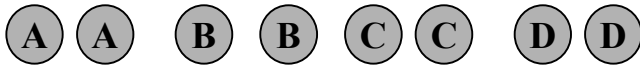
1. 1 v 1's with ten goals to score in. This is an intensive workout where each player must try to keep possession of the ball and at the same time score by dribbling through a goal. They work for two minutes and count the number of goals they score through the various goals.
2. Each player tries to gain possession of the ball. Once their time is up they get a chance to recover whilst the other group go.

2 v 2

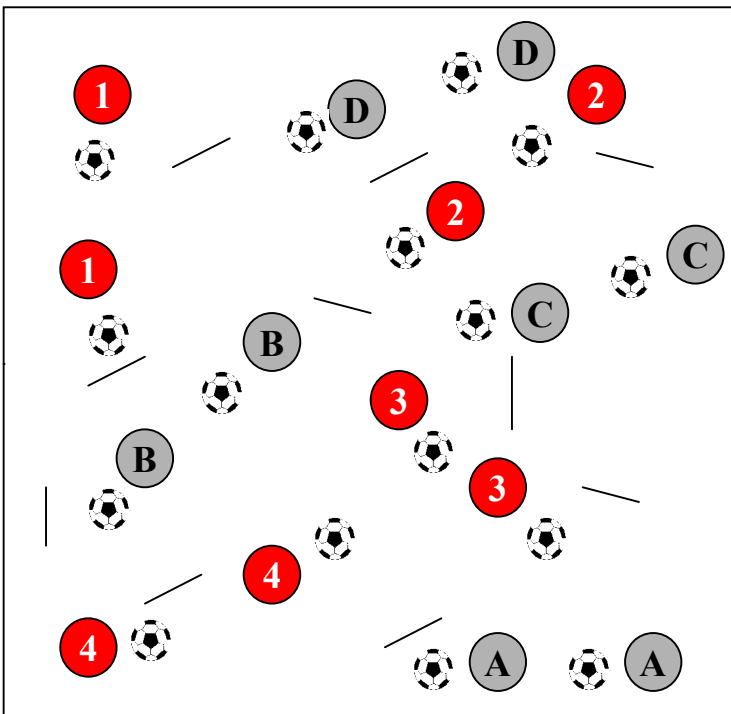


1. Two games of 2 v 2 at the same time. (1)'s play against (A)'s and (3)'s play against (B)'s. Rotate.
2. Same idea scoring through the goals but players can pass through them to their teammate and that counts as a goal as well as dribbling through them.
3. Introducing passing, support play, switching play, 1 – 2's, crossovers etc as well as when and where to dribble.
4. Can finish with 4 v 4 possession game.

SHADOW DRIBBLING



1. Players in pairs, a ball each one has to shadow the other making the same movements. Lead players try to lose their shadows who must try and touch the leader. Rotate positions.
2. Movements include dribbling with the outside of the foot only, the inside only, left foot right foot only, turn and face your shadow and dummy them etc.
3. Have the lead player face up to their shadow and throw a feint to get away again.

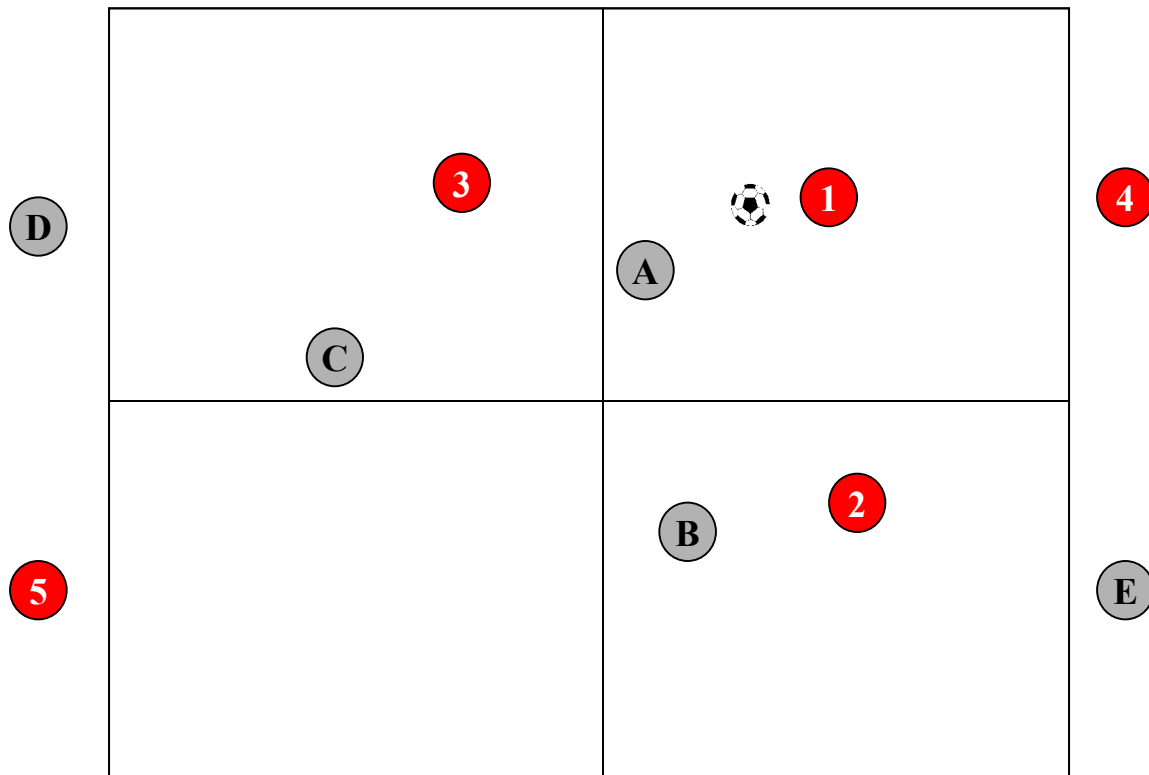


4. Try all players in at once to cause congestion so players need to watch their leader but also be aware of where other players are (improves peripheral vision).
5. Introduce the kick out game for some fun, keep possession of your own ball kick someone else's out the area. Make it free so you can kick anyone's ball out, the players are working for themselves. Have three chances each player, once out three times then the outside players must juggle with the ball to keep involved in some practice.

(Wayne Harrison)

QUICK TRANSITION DIRECTIONAL PLAY

(25 x 25)

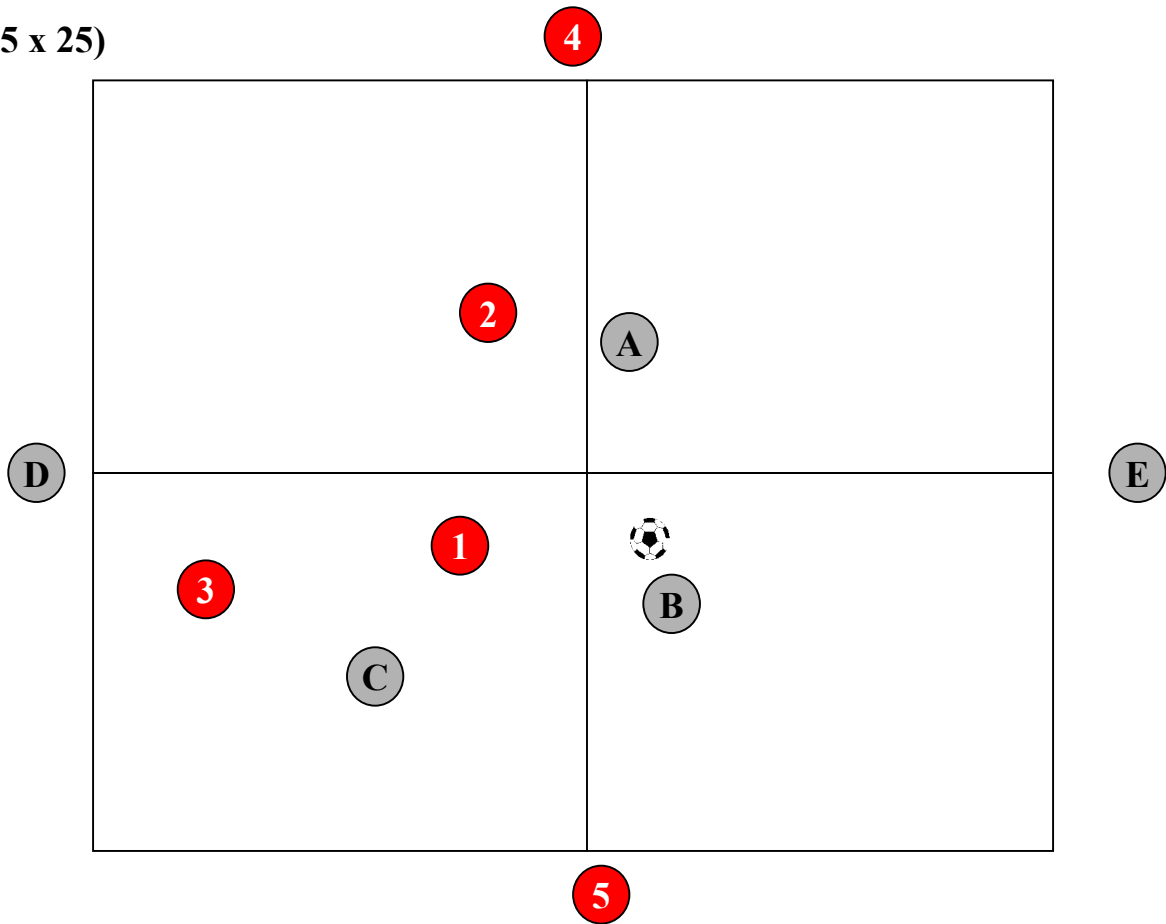


1. **Quick continuous attacking play** which is good for anaerobic fitness. Breaking one way passing to an outside player and switching positions, inside player out, outside player in then attack the other side of the zone.
2. **Coaching Points**
 - a) **Technical** ability on the ball in 1 v 1 situations.
 - b) **Quick Transition in attack** - As the transition between players happens for example (3) changes with (5), the numbers team must get the ball to (4) as quickly as possible.
 - c) **Observe** the movement of (2) and (1) in terms of their **support** positions as the directional change takes place, they must move in **anticipation** to find space to help the player on the ball as the switch occurs.
 - d) **Observe** also, as the change occurs, the **positions** of the **defending** team; has the decision been made quickly enough who presses the ball. Are the other defensive players supporting and covering and especially tracking runners off the ball. The **coach** must learn to look **away** from the ball and observe what may happen next before it happens.
 - e) This session improves quick decision making, tight control because the spaces are small to play in, and thinking in advance due to the switch in direction of the play. You can also work on the defending players.

(Wayne Harrison)

QUICK TRANSITION PLAY ENCOURAGING DRIBBLING AND TURNING

(25 x 25)



1. Attacking different ends of the zone . Helps transition and dribbling and turning on the ball (a goal is scored by passing the ball to a target and keeping possession).
2. Outside players change with inside players who pass to them. Attack the opposite target.
3. A player must be up to the half way line to score encouraging dribbling and running with the ball.
4. Players get a rest by passing into the target and transitioning positions. This maintains quick quality play because they don't get too tired (quality drops because of fatigue).
5. Small zone to work in so lots of goals and success is therefore reinforced by this.

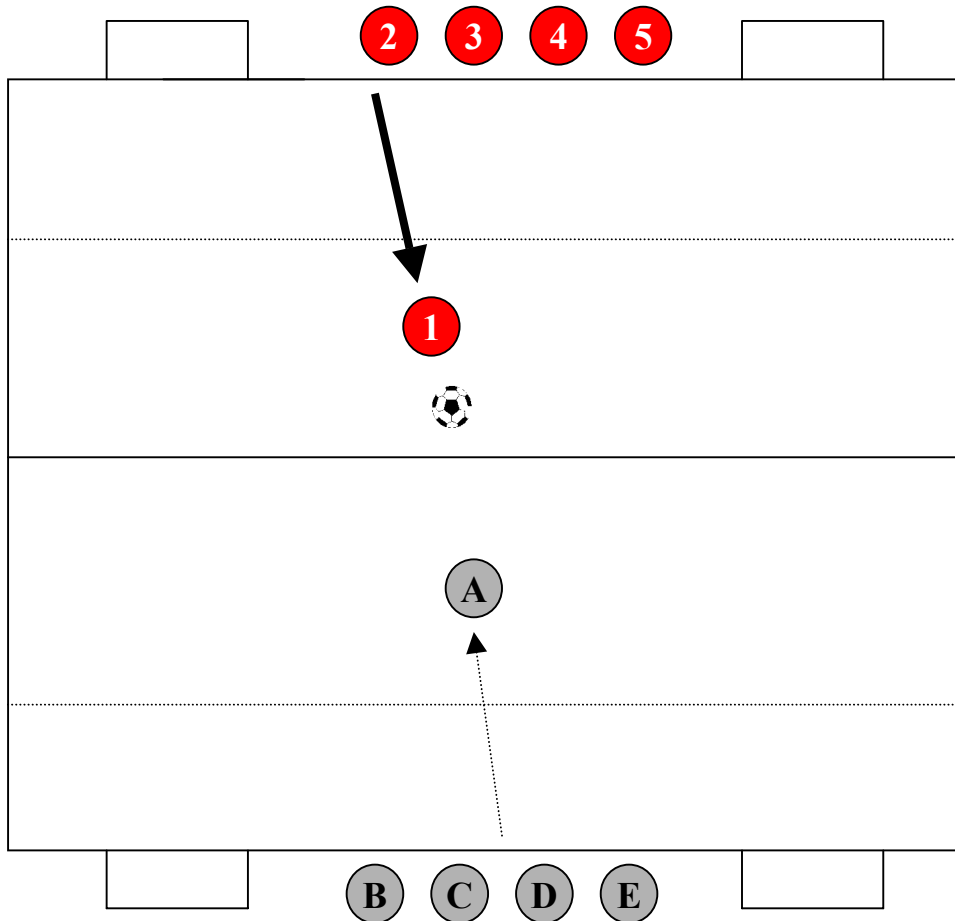
Coaching Points – a) Players must change direction as they gain possession of the ball because they are defending one end then suddenly attacking at right angles to where they were defending. Aids quick decision making.

b) Attitude to attack quickly is important so they must be positive in mind and action.

c) Individual 1 v 1's and team passing and support play. Everything done at pace.

d) Quality of pass by inside player, quality of first touch by outside player to move into space quickly and set up a new attack. (Wayne Harrison)

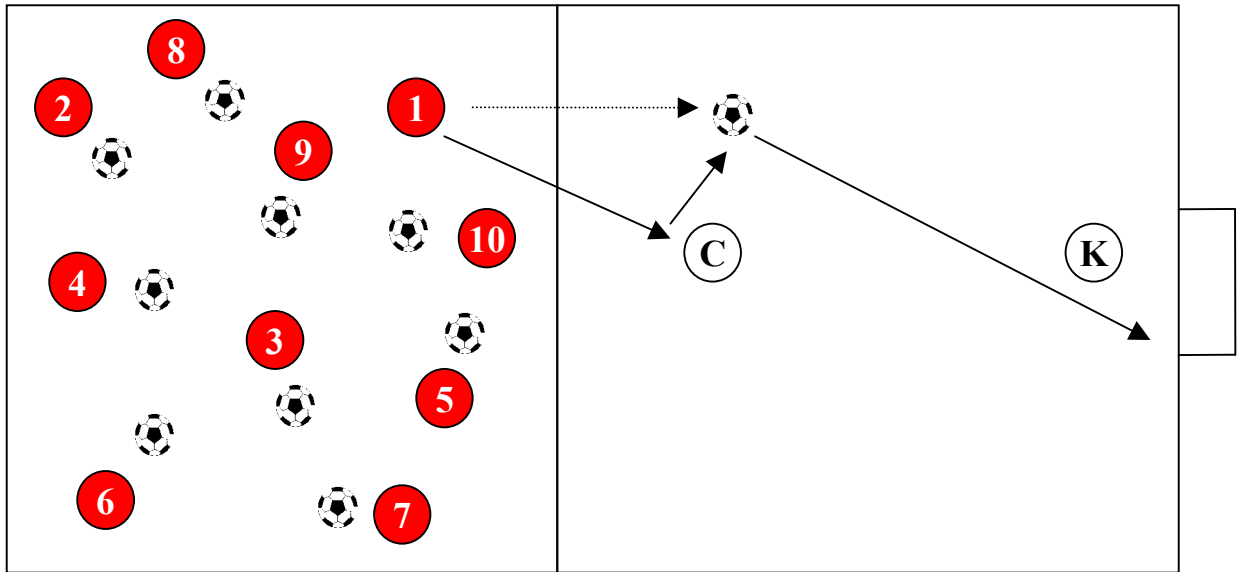
DRIBBLING 1 v 1's / 2 v 1's And 2 v 2's



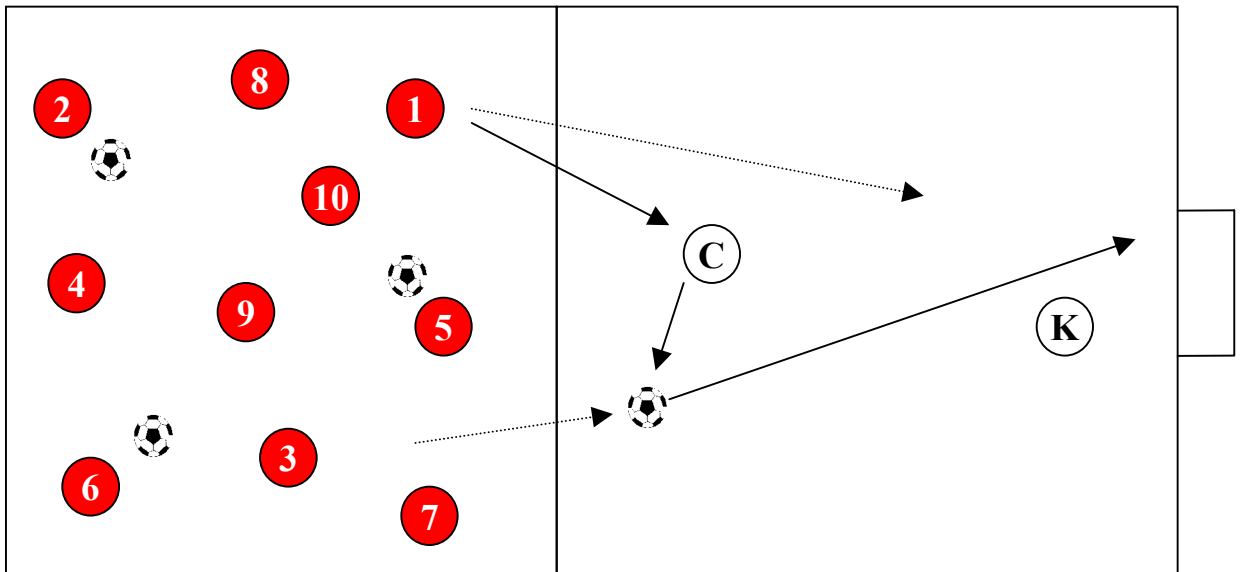
1. Two goals for each team to attack , players have to attack 1 v 1 to score. As soon as the attack is over, the attacker becomes the defender and the other team attacks.
2. If a defender wins the ball they can attack and score but they must defend again.
3. To score the player must be over the shooting line (5 yards out).
4. **Develop** – 2 v 1 situation, the attacker who doesn't finish the move becomes the new defender. The new defender must position outside the shooting zone .
5. New attackers must begin with a pass and overlap.
6. **Develop** – 2 v 2 situation, The team who take a shot become the defenders. Same rules as above. If the ball goes out of bounds a new team starts.

DRIBBLING, TURNING COMBINATION PLAYS AND FINISHING

(35 x 20)

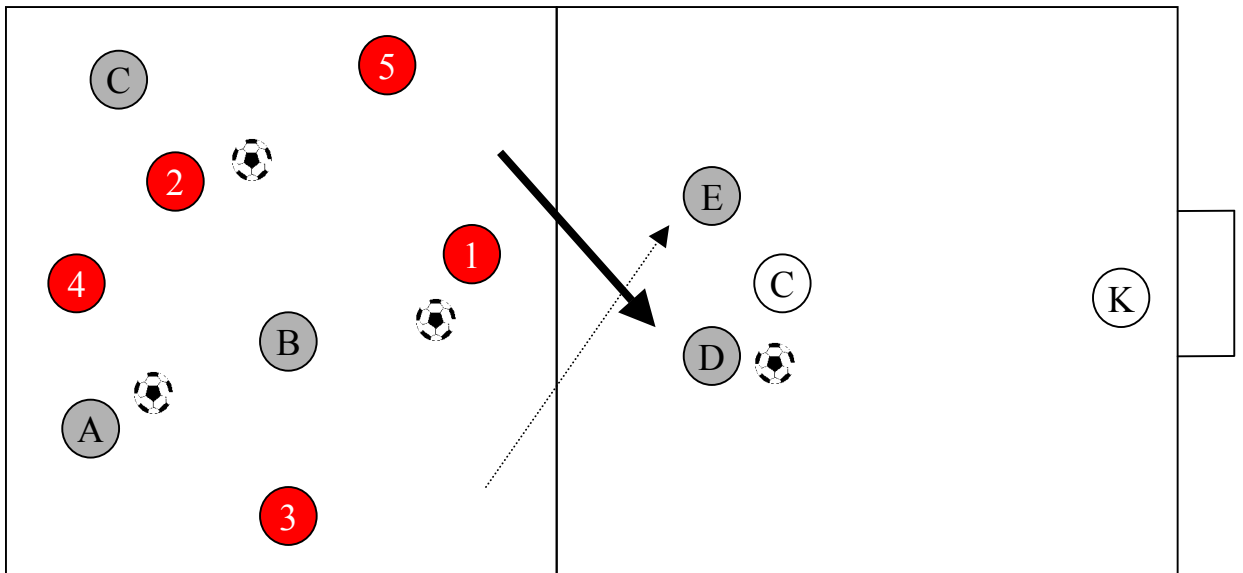


1. Players can go by **number** , play a 1 – 2 with the coach and shoot or dribble around the passive defending coach. Get dribbling and control in one grid plus a shot at goal in the other.
2. **Develop** – Have a player in the coaches position who must come short to the ball to receive and turn and shoot, the passer then takes their place. Coach can be a passive defender.
3. **Defending and Attacking** – One player starts as a defender another with a ball must beat them and score then they become the defender for the next one.

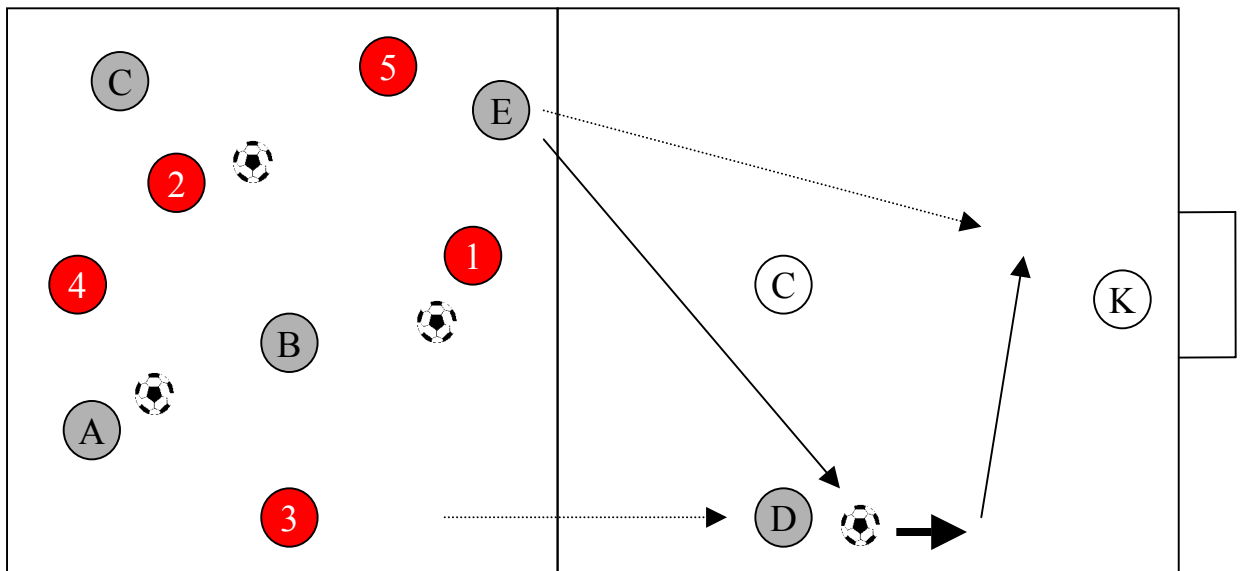


1. **Combination Play** (in 2's) - Use the awareness session passing and moving then a player on the ball makes a decision to pass to the coach who lays it off for a supporting player without a ball to shoot (or cross if pushed too wide). follow in for Rebounds. If two players with a ball each go then the one who is last to go must turn back and join the group.
2. **Develop** – The coach is a passive defender; in the above example (1) plays a 1 – 2 around the coach with (7) to shoot on goal. (Wayne Harrison)

COMBINATION PLAYS, DECISION MAKING, WHEN TO ATTACK



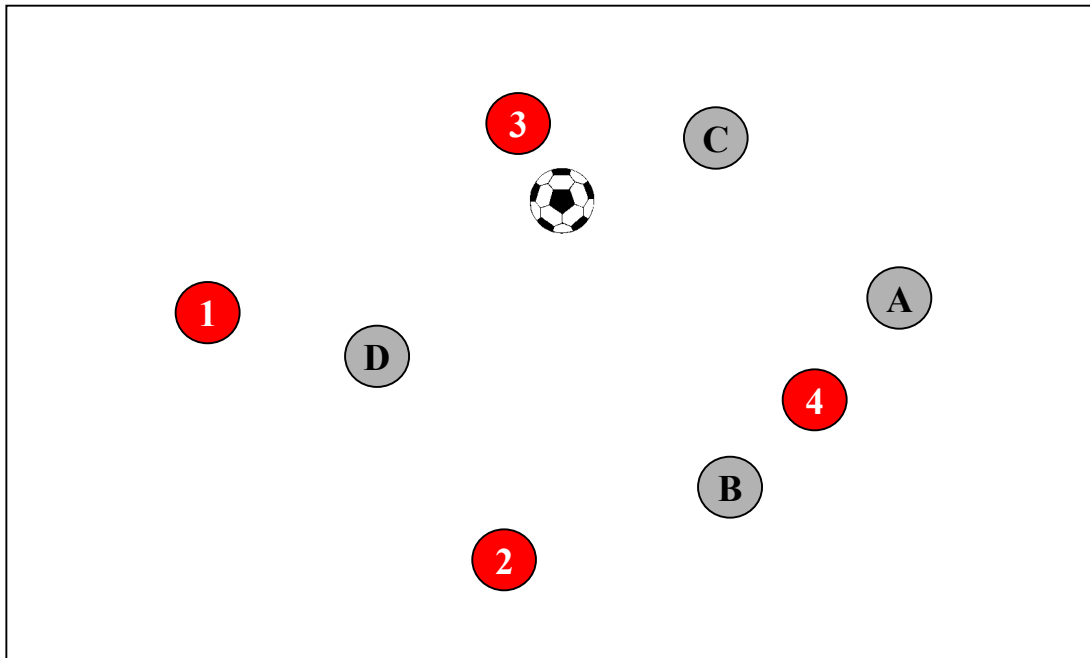
1. Two Teams - Passing to own teammates but attacking the goal alternately (allows the ball shot at goal and the player to get back to the group before the same group goes again). Attacking in one's (1 – 2 with coach or dribbling around the coach to shoot).
2. Combination play - In two's (a player without a ball from the same team must support and make a 1 – 2, an overlap run, crossover or diagonal run to receive and shoot or act as a decoy). Coach acts as passive opposition. (D) makes a diagonal run, (E) makes a diagonally opposite run, (D) can shoot and use (E) as a decoy or pass to (E) to shoot and follow in for rebounds.
3. Develop – Passing to opposite colors and only an opposite color can support in two's (improves peripheral vision and awareness, identifying when the break is on and who it's with).
CROSSING AND FINISHING



Play a ball wide to supporting player to receive a cross.

(Wayne Harrison)

DRIBBLING GAME 40 x 20



1. No goals are used, to score, a player must dribble the ball under control over the goal line. Looking to encourage 1 v 1's, work on improving ball control with quick movement. Decision making to improve when and where to dribble.
2. **Coaching Points :**
 - a) A Positive Attitude to Dribble.
 - b) Creating Space – To receive.
 - c) Decision – When and where to Dribble.
 - d) Technique – How to Dribble using learned techniques.
 - e) Support Positions – Of team mates.
 - f) End Product – Beat the player.