

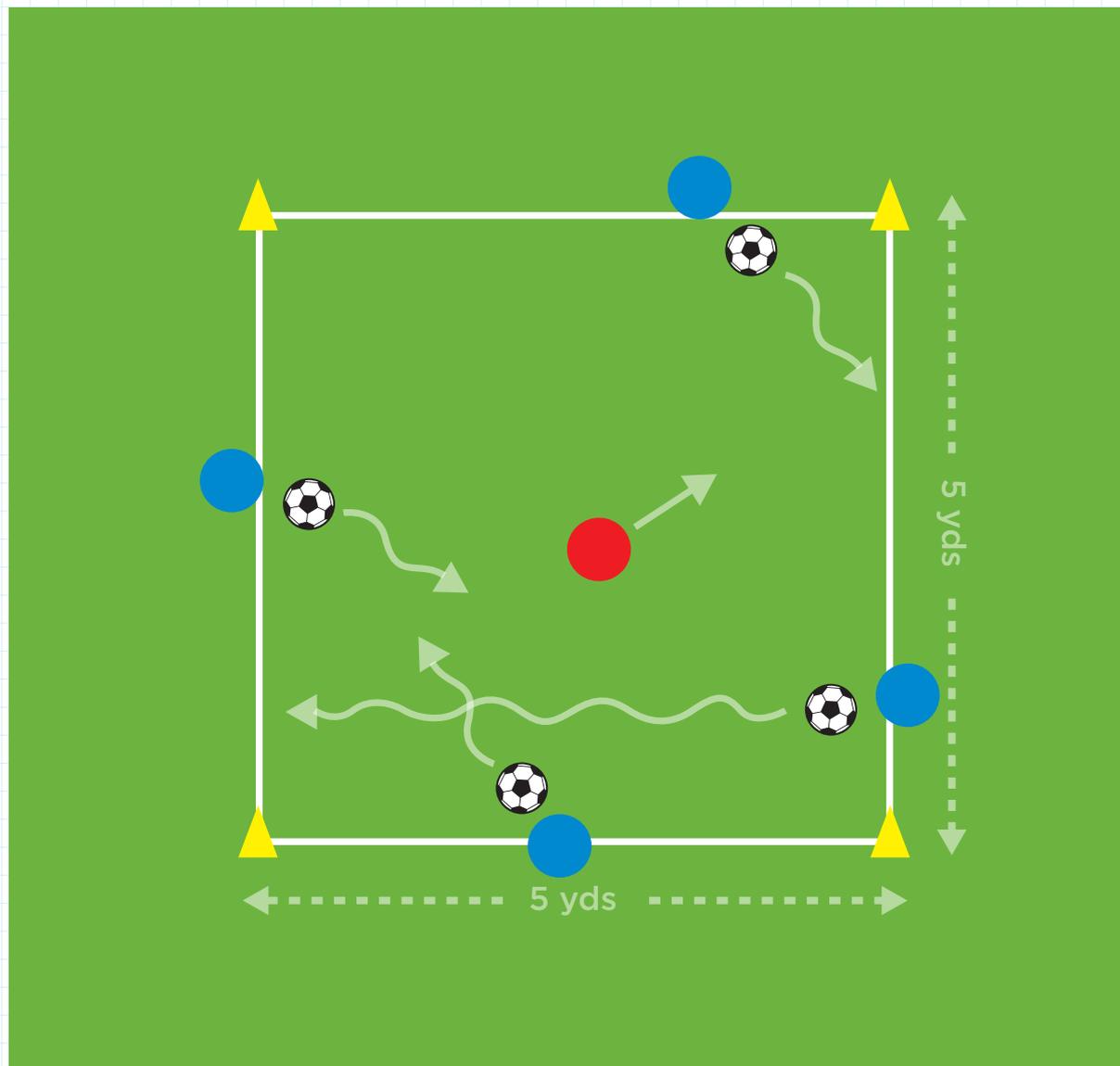
Dribbling & running with the ball 3

Practice organisation

- Area 5x5yd, set-out as illustrated.
- 5 players, 4 have a ball.
- Start position: Players with ball on outside of square, evenly-spaced.
- Players attempt to dribble across the square or to an adjacent side, avoiding being tagged by player in middle.
- Getting across gains 2 points, dribbling to adjacent side, gains 1.
- Being tagged 3 times by player in middle means player goes into middle

Detail

- Different strengths of the contact touch on ball according to availability of space.
- Ability to contact ball using both feet.
- Ability to reverse or change direction quickly if confronted by an opponent.
- Simple progressions for this practice are:
 - Condition the practice so that only one player is able to be on one side, at any one time.
 - This will increase need for movement & evaluation of positioning of team mates as well as central opponent.
 - Introduce a supporting player inside the inner square as a passing option (coach or older player) to combine with, whilst moving across square.
- Engage the player in the middle to practice shielding / screening the ball (player in the middle is trying to dispossess dribbling player)



Key coaching points

- Looking-up to assess situation & capitalise on opportunities that open-up.
- Making moves when player in middle is in a disadvantaged position.
- Assessing risk & making positive moves that involve an element of risk to score high-tariff points.