

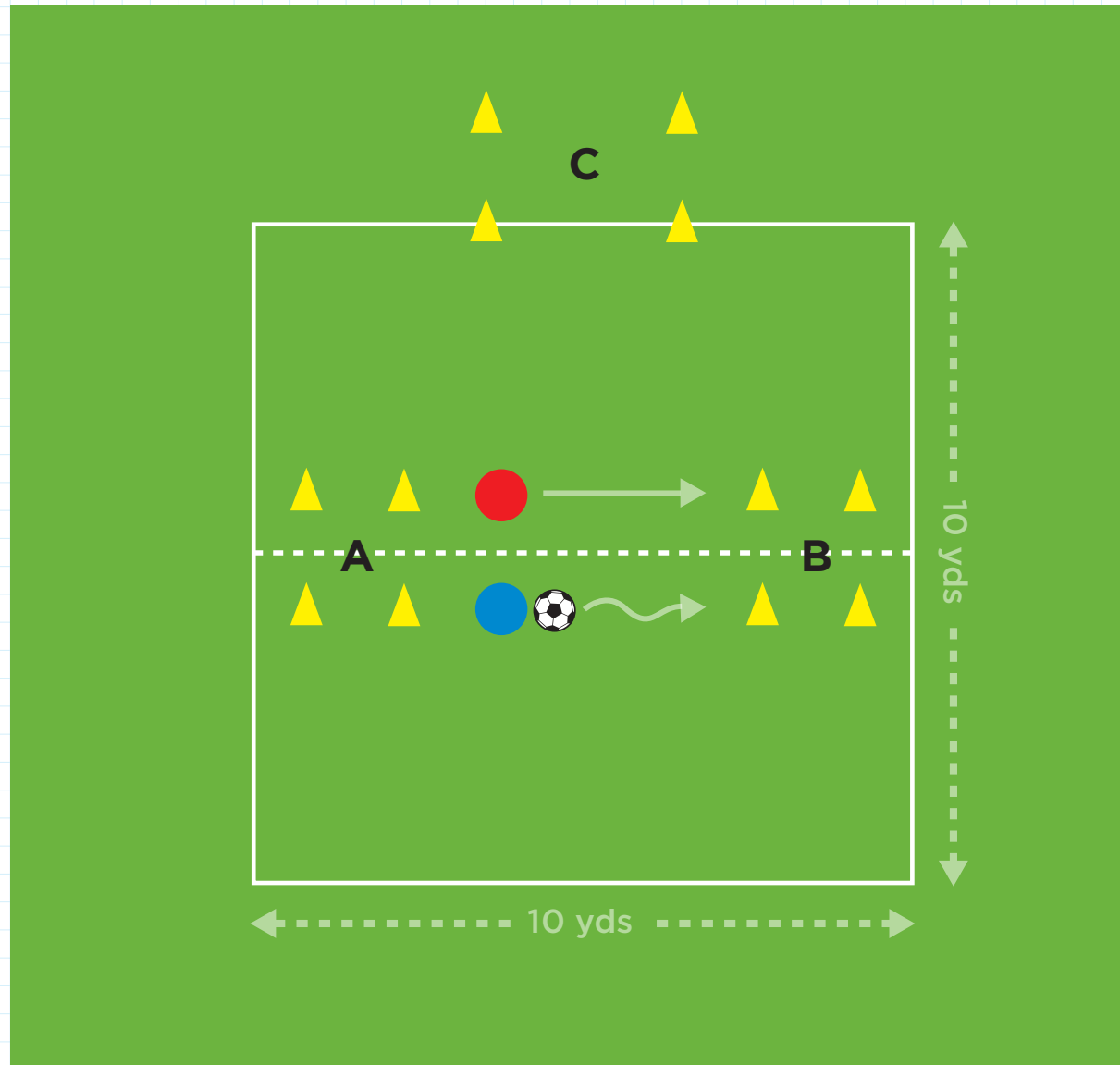
Dribbling & turning

Practice organisation

- Area 10x10yds, with two 1yd sq. boxes to either side of players.
- 1 box (area C), 3yds sq. behind Defender on edge of grid.
- 2 players, 1 ball.
- Start position: players facing one another separated by an imaginary line that player without ball cannot cross.
- Player with ball attempts to dribble ball to marked zones A or B, before partner without ball can get there.

Detail

- To be successful players must move ball & link this with body shape & movement.
- Quick changes of direction & pace are required to get away from partner.
- Being unopposed allows player with ball to practice under regulated pressure.
- Simple progression for this practice is:
 - Include a goal (in area C) & GK to get past & beyond to score.



Key coaching points

- Player with ball has advantage of planning moves to unbalance opponent & deceive with feints, changes of direction & pace.
- Emphasis on foot-speed & clean contacts on the ball to change direction