

## **Dribbling and Tackling**

### **Warm Up Dribbling**

A group of player's in a confined area dribbling a ball and trying to avoid one another giving players different moves. Also include some stretching exercises.

### **Fundamental Dribbling**

Show correct technique on how to dribble the ball with inside and outside of both feet. Please address that the ball needs to be kept in the frame of the body. Also address a change of pace and direction when dribbling. Keep the ball moving. Also address getting the head up when player is more composed on the ball. Look for balance from the players.

### **Fundamental Tackling**

Show correct technique in block tackling (i.e. - toe up, ankle locked, knee locked and crouch position). Eye on the ball the shifting of weight from standing foot to tackling foot. Address getting ready to tackle, when to tackle and tactical application. Begin with players having one hand on their partner's shoulder for safety, timing and technique.

### **Match Related**

Use one goal 1v1, so you add pressure. Have defender play to attacker to start. Look at first touch of offensive player when receiving ball. Coach needs to address: how many touches the players have before getting a shot off, what kind of space have they used, did the player use kind of disguise? What kind of stance/position does the defender assume?

### **Match Conditions**

Use two goals, no restrictions. In a full game you are looking at the player on the ball to see how they shield the ball with their body, how fast they can dribble under control and with vision.

### **Summary**

Most players like to dribble, but they have problems protecting the ball. A good dribbler knows when to release the ball. Tackling needs to be covered in training on a more regular basis. A good tackler is a big asset to a team and sends a message to his own team as well.

