

# TECHNICAL: DRIBBLING

## Model Training for Individual Possession



<u>WARM-UP</u>	<b>ORGANIZATION</b>	<b>KEY COACHING POINTS</b>
<u>INDIVIDUAL ACTIVITY</u>	<p style="text-align: center;"><b>ONE V. ONE</b></p> <ul style="list-style-type: none"> <li>❖ Circle of Fire               <ul style="list-style-type: none"> <li>- Area: approximately 15 yards in diameter</li> <li>- Four or five goals</li> </ul> </li> <li>❖ Player in pairs ball between pair               <ul style="list-style-type: none"> <li>- Group of 12 or more (Work/rest ratio 1/3)</li> <li>- Player score by dribbling through goal from Inside of circle to outside (1 point)</li> <li>- Loss of possession if attacking player dribbles into other pair, or if attacking player knocks down cone, or if defender wins ball from attacker</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>❖ Turning away from opponent</li> <li>❖ Change of direction &amp; pace</li> <li>❖ Body shape</li> <li>❖ Exposing the ball</li> <li>❖ Transferring ball from one foot another</li> </ul>
<u>SMALL GROUP ACTIVITY</u>	<p style="text-align: center;"><b>TWO V. TWO</b></p> <ul style="list-style-type: none"> <li>❖ Cone Game               <ul style="list-style-type: none"> <li>- Area: 3 cones or triangles</li> <li>- Approx. 5 to 7 yards apart in triangle shape</li> </ul> </li> <li>❖ Player in pairs ball play against another pair               <ul style="list-style-type: none"> <li>- Group of 16 (Work/rest ratio 1/3 or 1/2)</li> <li>- Teams try to score by dribbling and knock down cone/triangle</li> <li>- 1 point of score; 1 or 2 points to win game</li> <li>- Keep track of time so game doesn't last longer than 2 to 3 minutes (monitor fitness)</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>❖ Turning away from opponent</li> <li>❖ Change of direction &amp; pace</li> <li>❖ Body shape</li> <li>❖ Exposing the ball</li> <li>❖ Transferring ball from one foot to the other</li> <li>❖ Support of teammate</li> <li>❖ Combining with teammate</li> </ul>
<u>LARGE GROUP ACTIVITY</u>	<p style="text-align: center;"><b>3 V 3 OR 4 V 4</b></p> <ul style="list-style-type: none"> <li>❖ Zone Game               <ul style="list-style-type: none"> <li>- Area: 25/30 x 35/40</li> <li>- Two zones at each end</li> </ul> </li> <li>❖ Add goals at end to finish</li> </ul>	<ul style="list-style-type: none"> <li>❖ Technical application &amp; corrections</li> <li>❖ Tactical application</li> </ul>