

Theme: Dribbling

Drill

Set Up: A course of 8 gates, 2 steps wide and 2 small target goals behind start line – see diagram opposite. Split Players into 2 groups.

Objective: Players in pairs dribble through any 7 gates before shooting into small target goals. Next pair go immediately a goal is scored.

Variation: Player calls out number of gate as they pass through i.e. 1 to 7. Develop into a team relay. Introduce 2 defenders to block random gates forcing dribbling player to change direction.

Technique: Use inside and outside of front of foot to change direction and when keeping the ball close / Use laces to move ball forward on straight runs / Head up / Arms up for balance / change of speed and direction.



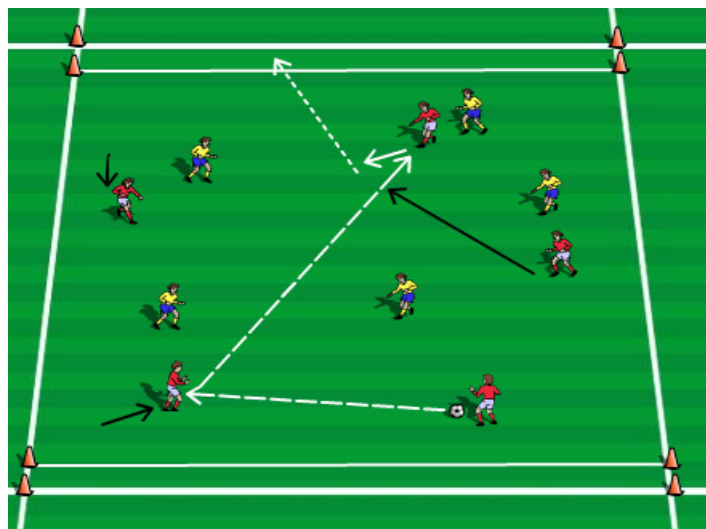
Development Activity

Set Up: Field 36 by 30 using line ball or end zone (1 step deep) as scoring zone. Equal teams however a floating player can be introduced.

Objective: Players are encouraged to be creative by driving and taking on opposing players. A goal is scored when a player penetrates the opposition and stops the ball on the end line or designated area.

Variation: Team that scores retain possession and attack opposite end

Technique: As Drill.



Group Play

Set Up: Field approx 36 by 30 is split into 3 zones - equal teams.

Objective: GK starts play creating a 2 v 1 or 3 v 2 build up. Players are encouraged to drive the space, execute 1 v 1's 1 – 2's to create goal scoring opportunities.

Variation: Dribble forward only! Passes can only be made sideways or back.

FREE PLAY TO FINISH!

