



DRIBBLE IN SQUARE

WARM UP: all players with a ball.

* Players dribble in open space, encourage creative movements, not just straight dribble.

- Inside - outside of foot. Left and right. Very often - many touches.

* Introduce dribbling moves.

1. QUICK FEET : knees bent, soft fast touches between feet, eyes up, perform on the move.

2. HESITATION : hop onto plant foot (foot nearest defender) , other foot lifted over top of ball, then placed back behind the ball.

3. CHOP BACK : step with plant foot (foot nearest defender) in advance of the ball, with other foot contact the ball with inside of foot, push ball behind plant foot, turn hips in direction of the ball, rapid change of speed and direction.

TECHNIQUE EXERCISES

1. LAMBADA : inside taps of foot - small taps - ball under body - knees bent.

2. ROLL BALL : toe of left foot roll forward to heel and release. Repeat with right foot.

3. TOP BALL TAP : use arms - pump arms for balance.

4. ROLL SIDE: roll outside to inside - left and right.

5. ROLL BACK: heel on ball - roll back to ball of foot - push to back of planted foot.

6. ROLL PUSH: roll outside to inside - push with outside of foot.

Coaching Points:

- Call out STOP and ask players to hold out arms. No one should be touching. This forces them to be conscious of space and not get too close.

- Decrease size of grid to increase degree of difficulty.

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