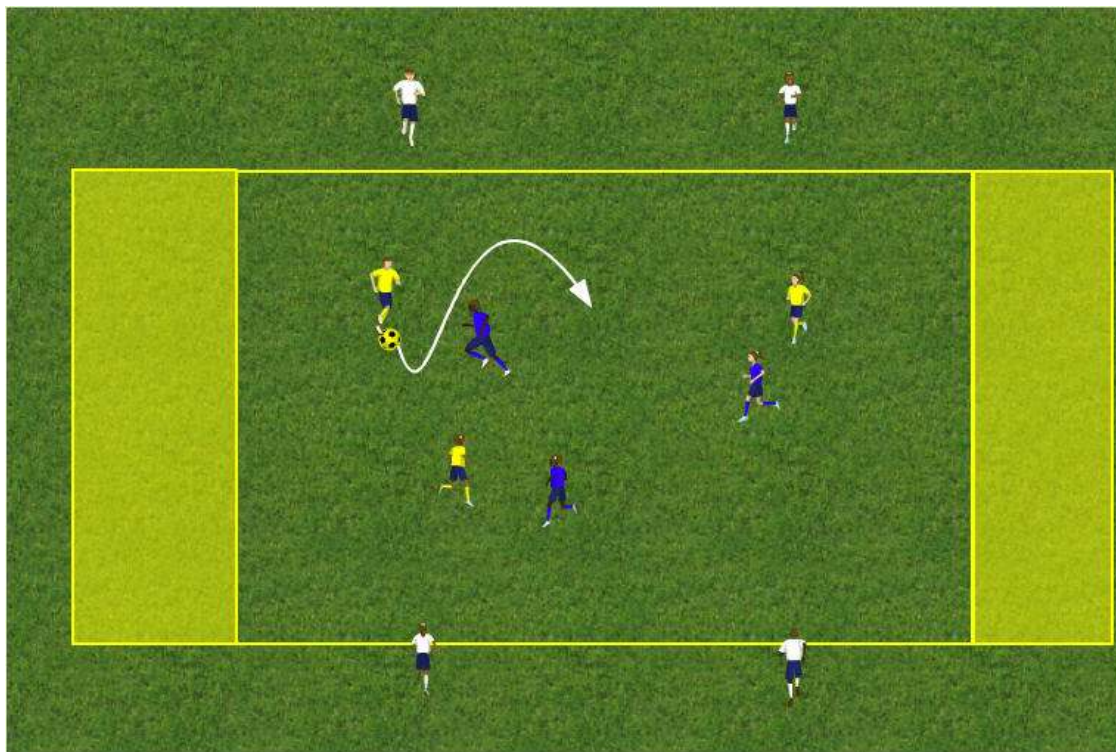


## A PRACTICE TO IMPROVE THE SKILL OF DRIBBLING

The following practice has been designed using [www.grassrootscoaching.com](http://www.grassrootscoaching.com) Coaches Chalkboard.



### ORGANISATION

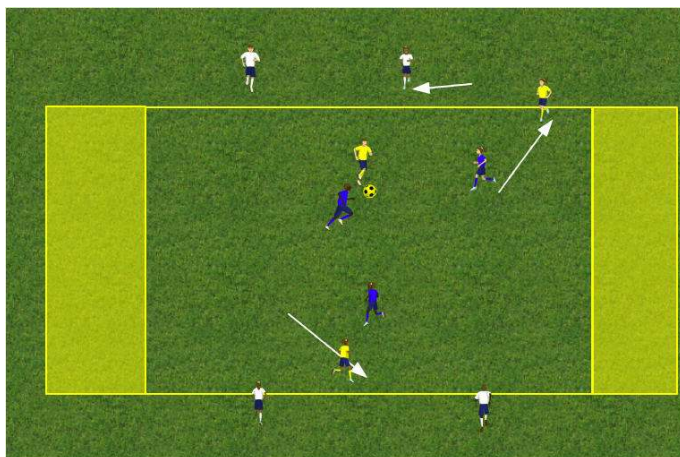
Mark out an area of 20 x 20, with two end zones of 20 x 5 yards. The area can be adjusted to suit the age and ability of the players. Play 3 v 3 in the middle area with four floating players – in white on the outside.

The objective of the game is for the team in possession to dribble the ball into the end zone. This is an invasion game, so the play should go in one direction only, with the attacking team trying to score in one end zone at a time. The team in possession can use the floating players to bounce the ball off and create space for them selves to dribble. If the team manage to dribble the ball into the end zone, they keep possession and attempt to dribble into the opposite end zone

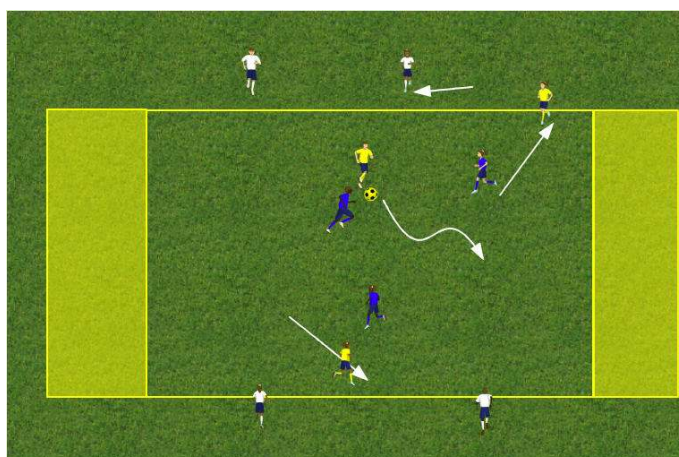
### KEY TECHNICAL ASPECTS

Dribble with the head up \*Decision making, whether to dribble or to pass \*Team mates to create space for the player on the ball, either to isolate 1 v 1 or to receive a pass in a position to dribble \*Use floating players to create space to dribble \*Use the big and little toe to manipulate the ball \*Use a change of direction \*Use a change of pace \*Develop different turning techniques \*Encourage dribbling techniques, such as the hook turn, the Cruyff, the drag back, the Giggs, Beardsley double touch, Scissors, Step over etc

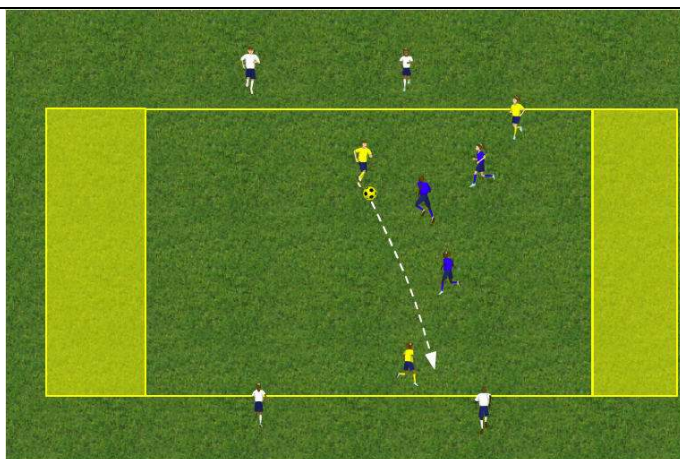
**Progression # 1** – It is important that the team mates of the player on the ball, work hard to create space, either for the player on the ball to exploit or to receive a pass themselves. The floating players can move up and down the line to support the player on the ball



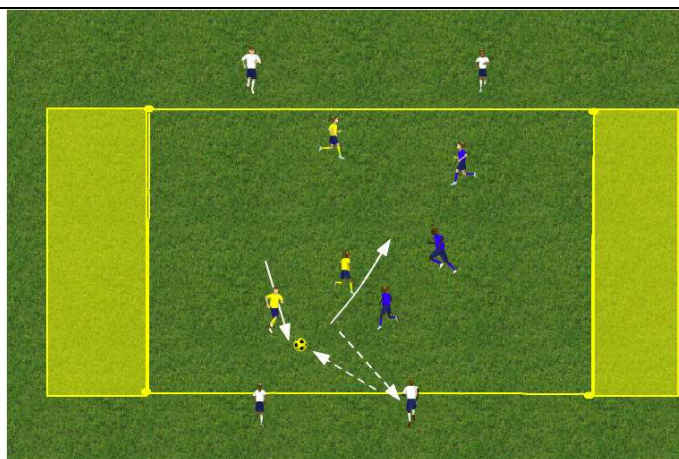
**Progression # 2** – The player on the ball should get their head up and be able to recognise when there is an opportunity to dribble and to recognise where the space is to exploit and dribble. The dribble should involve a trick to unbalance the defender, with a change of pace and direction into the space created. There should also be a positive attitude to achieving an end result.



**Progression # 3** - There will be times, when the player on the ball will need to recognise the correct decision is not to dribble, but to pass to a team mate who is a better position to dribble



**Progression # 4** – The player on the ball can also use the floating players to create space for themselves to dribble or to create space for a team mate to receive the ball and dribble



## PROGRESSIONS

Reduce the number of floating players to two, one on each flank \* If the team in possession dribble into the end zone, possession changes hands, this will encourage both teams to have to reorganise quickly \*Progress to a game

[www.grassrootscoaching.com](http://www.grassrootscoaching.com) is a website dedicated to helping Football Coaches of all levels around the world to improve and advance their coaching skills. For more information and access to our library of 100's of 4D fully interactive coaching drills please visit the website.