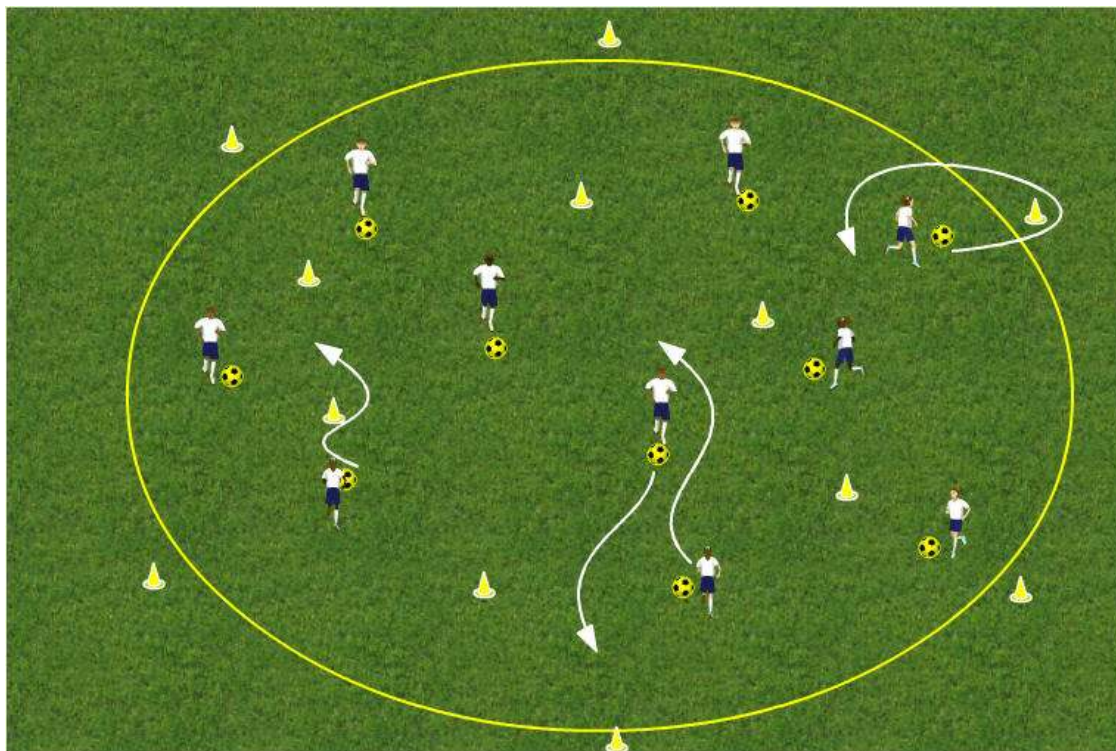


## A PRACTICE TO IMPROVE THE TECHNIQUE OF DRIBBLING

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



### ORGANISATION

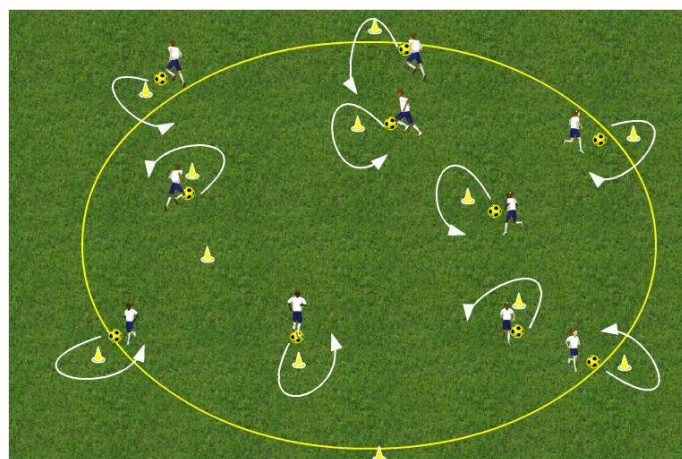
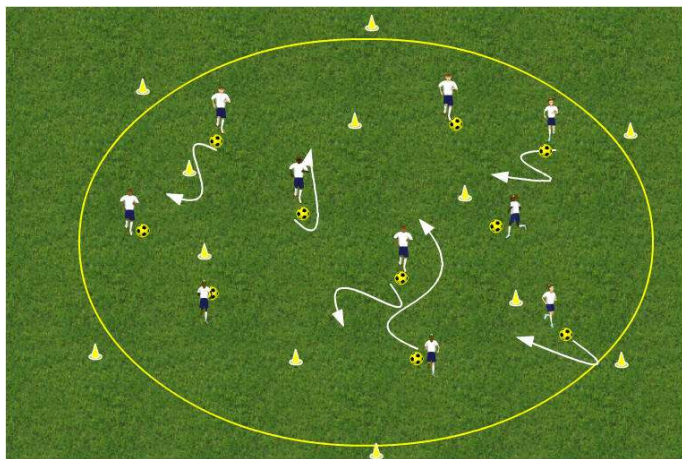
Position a number of players with footballs in an area suitable for age and ability. Within the area and on the outside of the area place a random number of cones. Players should be encouraged to dribble with their heads up, use their little and big toes to dribble, to change direction and pace, to use their imagination, to experiment and have fun and to use the other players and cones as passive opponents to beat.

### KEY TECHNICAL ASPECTS

Dribble with the head up \*Use other players as opponents to beat \*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** – Players should keep their heads up and use the big and little toe to manipulate the ball. Encourage the players to use different dribbling tricks and techniques, such as the Mathews, the Giggs, The Beardsley and step overs.

**Progression # 2** – The players can also use the outside and inside cones to practice turning techniques, such as the drag back, the Cruyff, the big and little toe hook. Turning and dribbling are all linked as a technique practice; as players will at times, need to create space for themselves in which to dribble. Once they have turned with the ball, they should then dribble back into the area



## PROGRESSIONS

Make the area smaller, forcing players to manipulate the ball and avoid other players \*Add two or three passive defenders who jog round to provide targets to dribble round

[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.