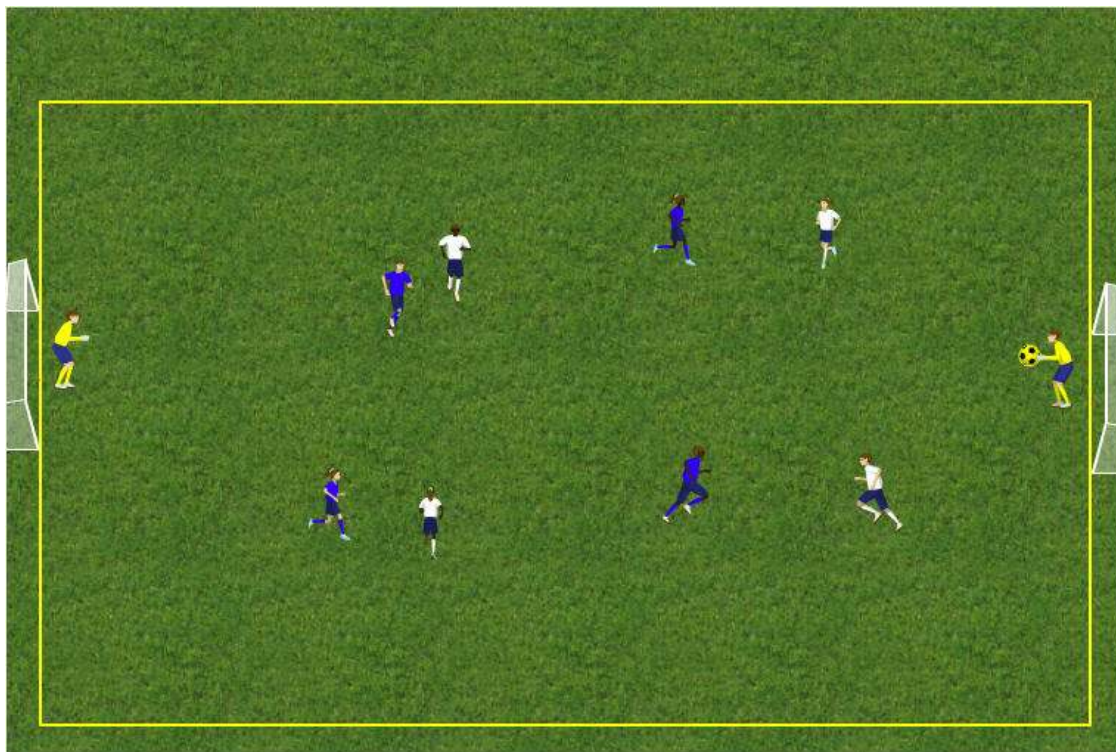


A GAME TO IMPROVE DRIBBLING

The following game has been designed using www.grassrootscoaching.com Coaches Chalkboard.



ORGANISATION

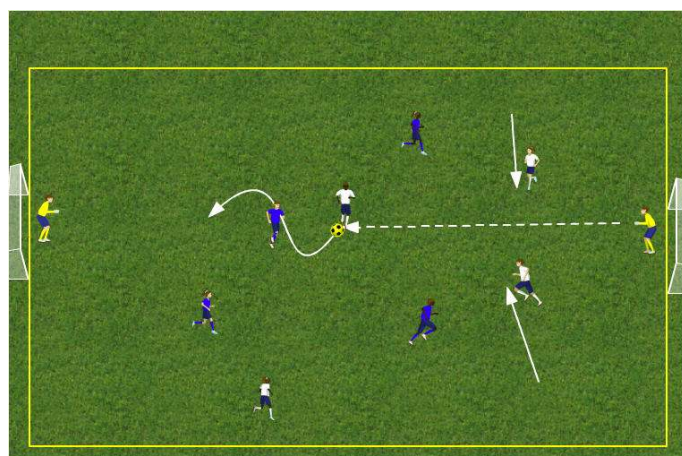
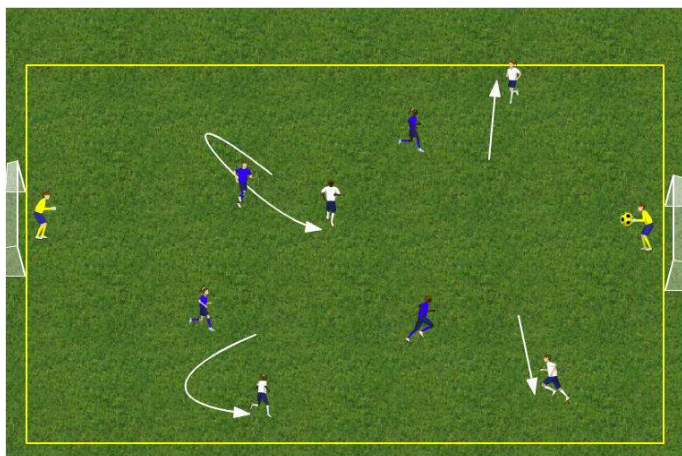
Mark out a pitch of 40 x 20, the size of the pitch can be adjusted to suit the age and ability of the players. Play 4 v 4 on the pitch, with 2 x goalkeepers. The objective for the players is to display a positive and realistic attitude to dribbling and to get an end result of a shot on goal

KEY TECHNICAL ASPECTS

Get the head up to assess options *Create space as a team *When and where to dribble
 *Create space as an individual *Control to be able to turn to be able to dribble if possible
 *Positive attitude to dribbling * Recognise where the space is to attack *Use dribbling tricks and turns to unbalance defenders *Change of pace and direction *Players off the ball to create space for the player on the ball and to give them passing options * Use other players to bounce the ball off and create space *Decision making of the right options, to pass or to dribble *End result of a shot or a goal scoring opportunity

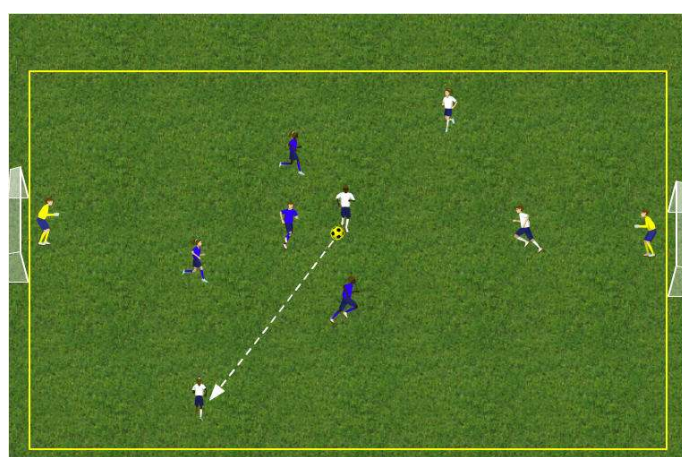
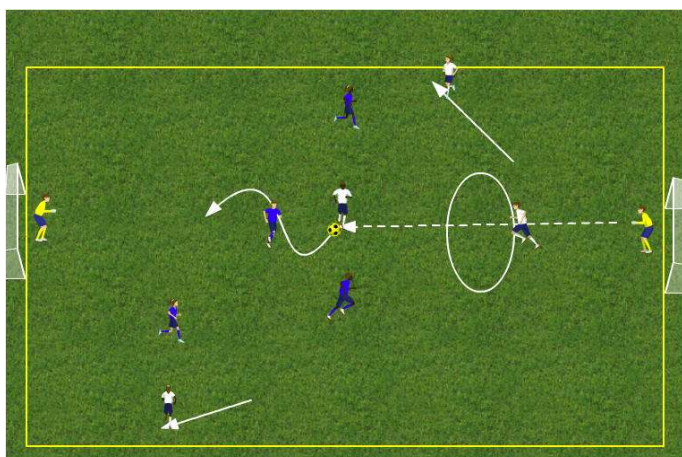
Progression # 1 – The team in possession should look to make the pitch as wide and as big as possible and to create space either to receive the ball or to create space for another player to receive the ball. The ball should look to be delivered to an attacking area as quickly as possible, either from the Gk or a defender

Progression # 2 – Players should look to receive the ball on the half turn or use a turning skill so that they are in a position to dribble. They should look to get their head up to be able to make the decision on whether to dribble / pass or shoot. 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 - Team mates should look to provide clever movement to create space for the player on the ball to dribble or to give the player on the ball better passing options. One of the players should also adopt a good defensive position in case the ball is lost and there is a counter attack

Progression # 4 – The player on the ball should also recognise the right time to dribble and the right time to pass to a team mate who is in a better position



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