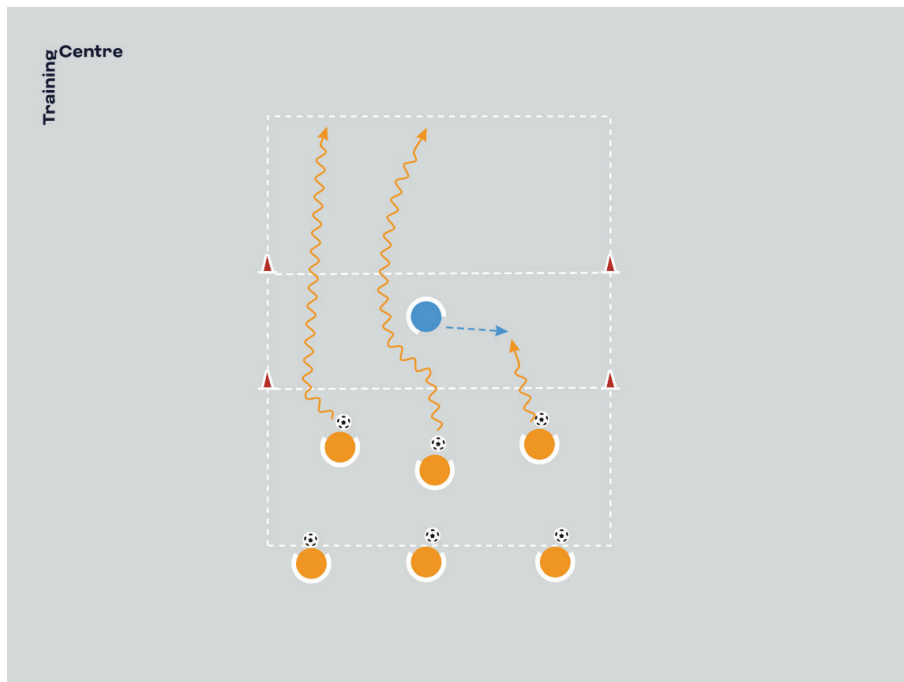


Dribbling —●— *with confidence*

WARM-UP: DRIBBLE CHAMPION



Organisation

- Try to group the players by size and ability
- The players can start on your whistle, or decide for themselves when the best time is to try to cross

Ways to make the exercise easier

- Make the catching space bigger
- More players run at the same time
- The players run without a ball
- Limit the type of movement the catcher can use (e.g. skipping, sidestep)
- Ask the players to dribble a ball at the same time

Ways to make the exercise harder

- More catchers in the middle
- Make the space smaller

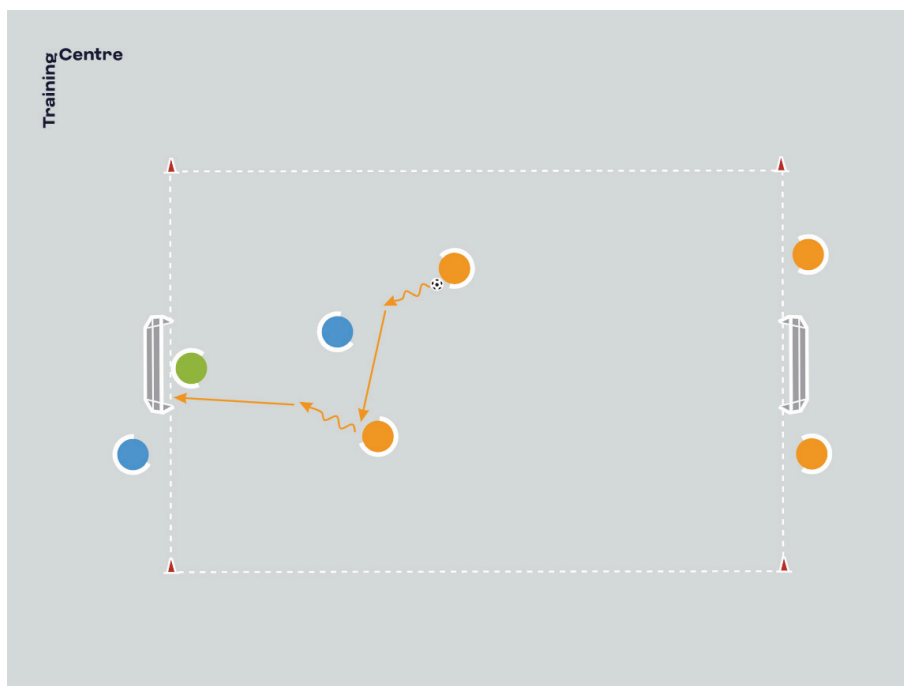
Great questions to ask the players

- How will you cross safely?
- Can you think about the best way to do it?

Safety tips

- Create a safe zone between each pitch
- The players should keep their heads up while running, so they can see other runners

SKILL DEVELOPMENT: 2V1, 2 GOALS + 1 GOALKEEPER



Organisation

- Try to group players by size and ability
- Have extra players on each pitch, so the players can take turns and also rest in between attempts
- The players take turns attacking from each end
- Rotate the players regularly, so they play against different opponents

Ways to make the exercise easier

- Make the pitch wider

Ways to make the exercise harder

- Make a narrow pitch, so the players have to dribble 1v1

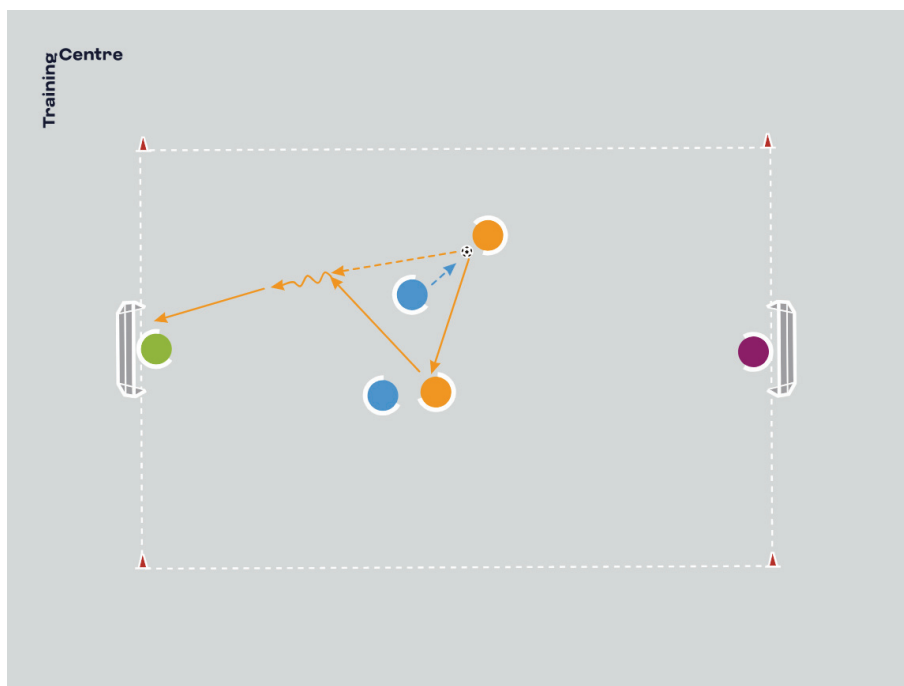
Great questions to ask the players

- Can you think of a great player who dribbles the ball well?
- Can you pretend to be him/her and copy what he/she does?

Safety tips

- Create a safe zone between each pitch
- Provide rest opportunities for players

GAME APPLICATION: 3V3, 2 GOALS, 2 GOALKEEPERS



Organisation

- Try to group the players by size and ability
- Have extra players on each pitch, so the players can take turns and also rest in between attempts
- The players take turns attacking from each end
- Rotate the players regularly, so they play against different opponents

Ways to make the exercise easier

- Each team starts with a ball

Ways to make the exercise harder

- Each player in a team has to touch the ball before the team can score
- Players have to dribble past at least 1 player before they can score

Great questions to ask the players

- What did you enjoy most, scoring or saving goals?
- Can you all score a goal in the same match?
- Can you all take a turn in goal in each match?

Safety tips

- Create a safe zone between each pitch
- Provide rest opportunities for players