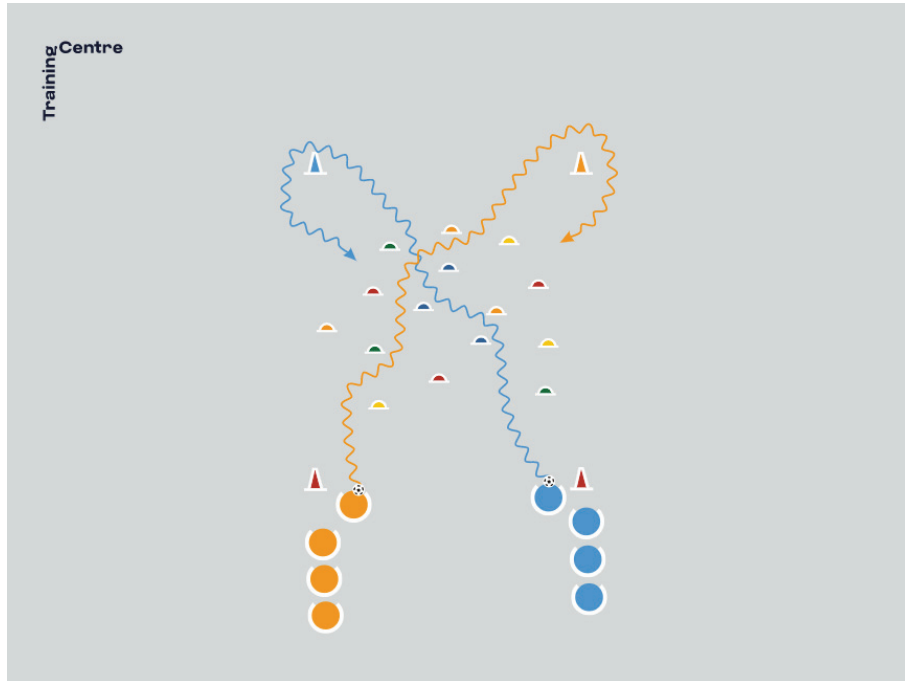


Dribble —●— with a purpose

WARM-UP: DRIBBLING RELAY COURSE



Organisation

- Split the group into teams of no more than five
- Set out an area with coloured cones as obstacles, and ask players to compete in a relay race in which they dribble through the cones to their team cone and back. Tell the players that they are going to go shopping for food and the cones represent all of their choices. In this round, they are looking at all of their options
- Players who touch a cone with the ball have to start again
- In the second round, each team have to collect their own colour cones – which, as you should explain to the players, represent healthy food – on their way back. The first team to collect all five of their cones (i.e. all the food that is right for them) are the winners

Ways to make the exercise easier

- Start with no ball and make it a race in which the players run or perform other physical movements

Ways to make the exercise harder

- The players have to dribble with their weaker foot only

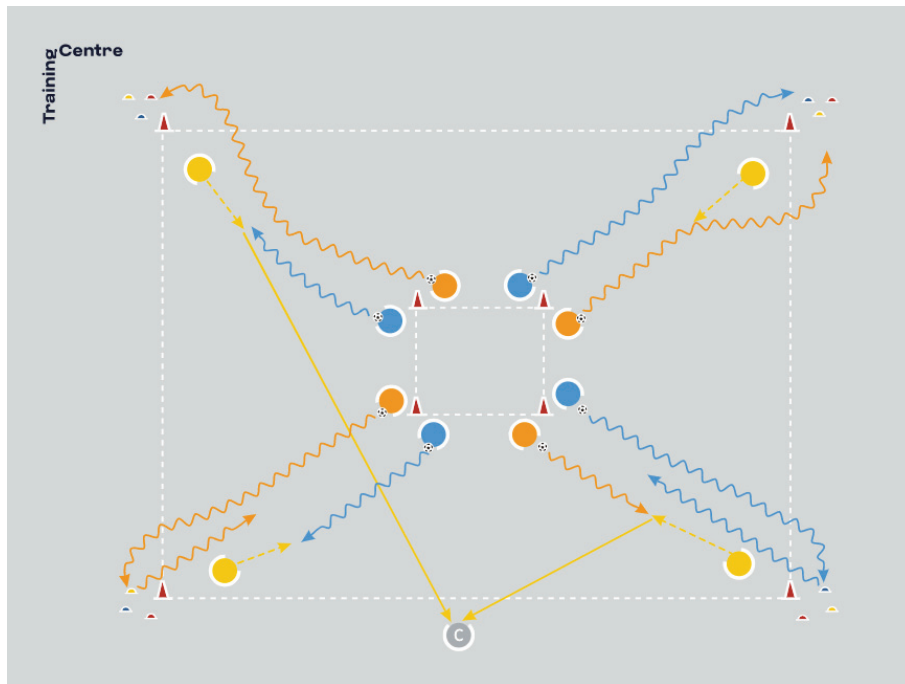
Great questions to ask the players

- Can you dribble using both feet?
- Can you dribble and then accelerate to the end cone?
- Can you keep the ball under close control at all times?

Safety tips

- The players should keep their heads up when dribbling, so that they can see others around them

SKILL DEVELOPMENT: GO AND GET THE "DIAMONDS"!



Organisation

- Organise three teams of no more than five
- Two teams have to dribble and collect the cones, while the other team defend and try to win the balls as dribblers move around the area. Explain that the attacking teams are now at the pharmacy and they want to collect supplements (the cones)
- When a dribbler collects a cone, they should return it to the home area in the centre
- When a defender wins the ball, they should pass it to you and you should then return the ball to a dribbler after a count of three. Explain that fortunately, safety officers (the defenders) are in place to help the attackers avoid the risks of supplements
- Play for three minutes before rotating the teams. The defenders that allow the fewest cones to be collected are the winners

Ways to make the exercise easier

- Give the defending team fewer players

Ways to make the exercise harder

- Make the area bigger
- Increase the number of defenders

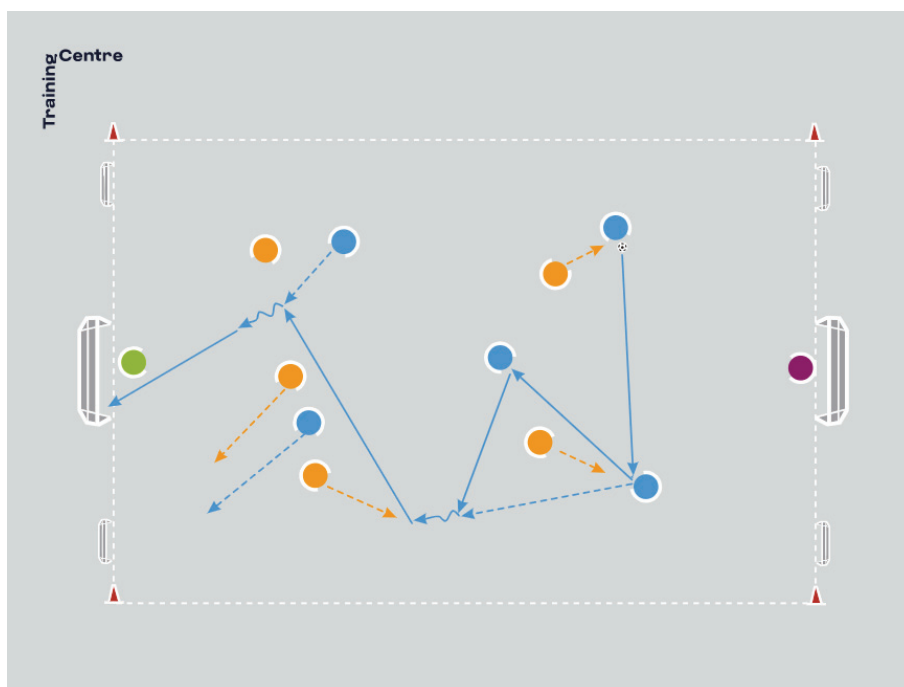
Great questions to ask the players

- Can you take the opportunity to collect cones when defenders are otherwise occupied?
- Can you show me how to hide the ball from the defender?

Safety tips

- The players should keep their heads up and be aware of others around them when dribbling

GAME APPLICATION: 5V5 WITH GOALKEEPERS, 2 GOALS + 4 SMALL CORNER GOALS



Organisation

- Create a pitch for 6v6 and set up central goals and two target goals at each end
- Players are awarded two goals for a goal scored in the central goal, and one goal for a goal scored in either of the target goals. Tell the players that they are collecting points to buy healthy food at the end of the game
- Play normal rules and let the players referee their own games
- Rotate the goalkeepers if others want to have a go in goal
- Play a three- or four-way tournament or use more than one pitch
- Rotate the teams/players regularly

Ways to make the exercise easier

- Allow each team to start with six outfield players and no goalkeeper

Ways to make the exercise harder

- Let the goalkeeper protect all three goals

Great questions to ask the players

- Can you recognise the best goal/target to attack?
- Can you move as a team to create space and score?
- When defending, how can you protect all three goals?

Safety tips

- If you use more than one pitch, create safe areas between pitches