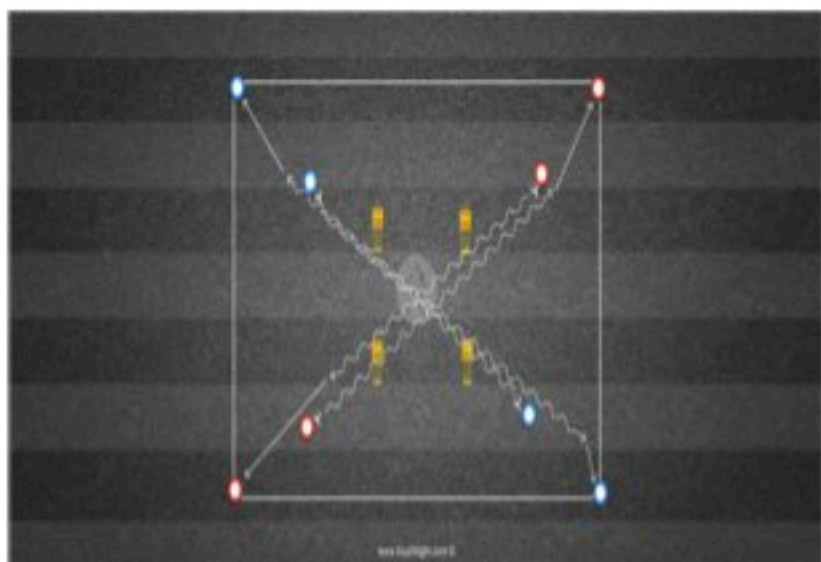
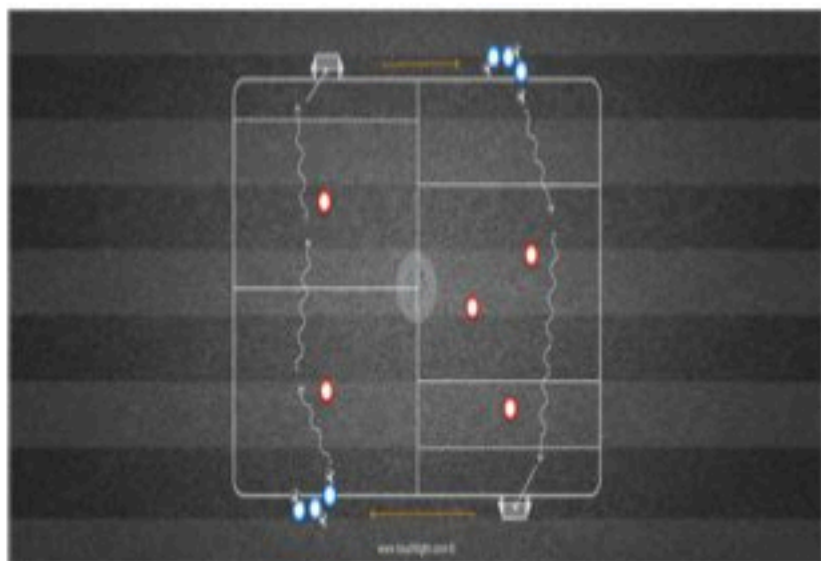


## Dribbling, RWTB &amp; Turning

1



2



## Session Set-Up

20 x 20 grid	Supply of footballs	4 Mannequins	Bibs
40 x 30 grid		2 goals	5 red 5 blue

## Session Detail

**1TP**; players perform a dribbling move to get past the mannequin and then pass to the free player on the outside. Practice is continuous and coach adds in the dribbling techniques.

**2SD**; firstly players dribble 1v1 and must score into the scoring zone. Then players are faced 1v2 then back to 1v1 and then must score into the scoring zone to score.

Competition Motivation	Goals count as double in zone 1 and in zone 2 they count as 4 - practice 2
Individual Challenge	Try to perform the dribbling technique just close enough to get past the mannequin and/or defender
Unit/Team Challenge	If defender win the ball they swap roles Try to dribble at pace to evade the defender and score for your team
Key Questions	Do I have a plan in my head to trick the defender with a technique?
Progressions	Swap roles - roles for all Use of non-dominant foot for practice 1

## 4 Corners | Coaching Points

1. Dribbling/RWTB technique	1. Decide where, when, how and why to dribble or to RWTB
2. Small or big touches	
3. Execute correct technique	
1. Speed after execution of correct dribbling technique	1. Communication throughout lesson/session