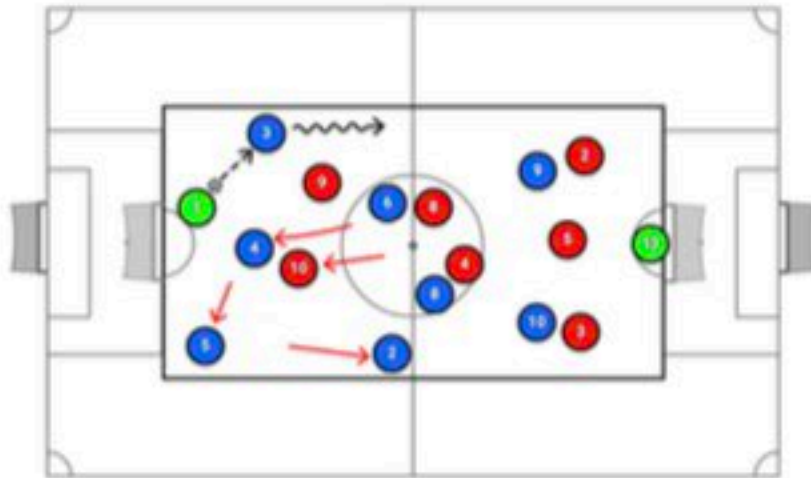


BUILDING FROM THE BACK – (BUILDING & PROGRESSING)

RF

Dribbling



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4 Corners

Dribbling technique
Passing & Receiving
Support play – receiving beyond/
between defenders

Decision making when/where/how
to dribble
Awareness of defenders
Scanning to look for dribble or pass

Powerful running
Strength
Agility
Balance

Communication
Coping with mistakes
Confidence in yourself and team-
mates to dribble

Session Set-Up

70/80 x 50 yd
length of pitch
SSG Format

Supply of
Footballs

2 Big Goals
Cones
Superdomes/
Flags/Poles for
Offsides

8 Blue Bibs
8 Red Bibs
2 Green for GKs

Session Detail

Dribbling Small-sided game. GK rolls ball out to no.3, no.3 can take a touch and dribble into space. If not he can pass to someone in a better position and receive like no.5, no.5 then onto no.2 so they can dribble and could make a 4v3.

Progressions

GK rolls out to no.4 who has dropped deep
GK rolls out to opposite side to no.2
GK throws/kicks to no.9/10

Key Questions

Do I have space to dribble into?
If I do not have the space to dribble, can I give the ball to a player who can?
When and where can I dribble to be most effective on the pitch?

Coaching Points

1. Create space – individual / team dispersal
2. Passing quality and support play
3. Movement to receive safe side of defender or beyond defender to dribble
4. Dribbling technique – close control , awareness, aggressive approach – attacking
5. Combinations in final third to dribble and to score