

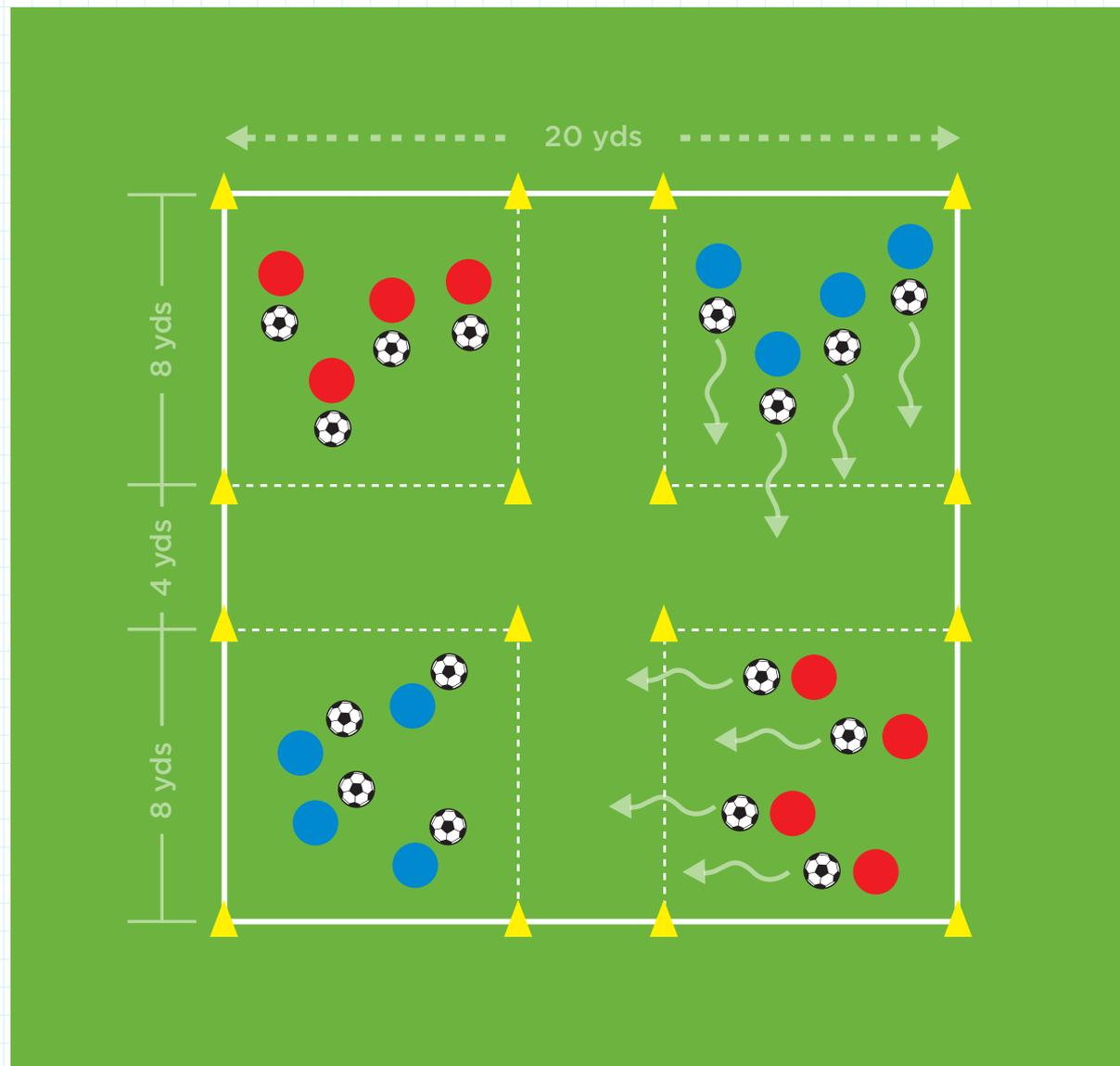
Dribbling & ball mastery

Practice organisation

- Area 20x20yds, with 4 corner grids, measuring 8x8yds, as illustrated.
- 16 players, ball each.
- Players work in 4 groups of 4, with one group starting in each of corner grids.
- Each group has a designated task for players to perform (e.g. 4 scissors moves; 4 turns with inside of foot; 4 turns with outside of foot, 4 kick-ups etc).
- Coach designates a player who when he/she has completed task, triggers all groups to dribble to next corner grid.
- Movement of groups around practice area (e.g. clockwise, diagonally etc) is determined by coach.

Detail

- Area to relate to ability of players.
- This activity will develop players' ability to move quickly with the ball under control & assess & respond to practice demands.
- Precision is needed to master moves without being too distracted.
- Simple progressions for this practice are:
 - Mix-up movement of groups (e.g. 2 groups swap diagonally whilst others rotate clockwise/anti-clockwise).
 - Introduce passing players in each corner who pass & move within dribbling traffic.
 - Place a dribbling defender between each corner who tries to tag transferring players.



Key coaching points

- Coach is looking for competition between groups to be first to dribble to each corner grid.
- Work clockwise & anti-clockwise.
- As a ball familiarisation activity: a variety of moves lifts & balances can be called-for.
- Players need to concentrate on skills, but also be aware of need to react & move-on, triggered by designated player.