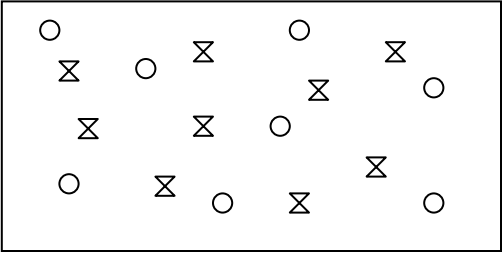
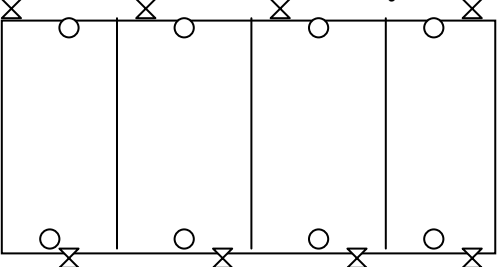
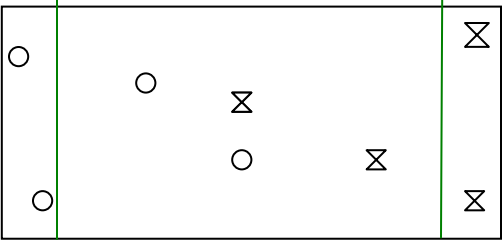
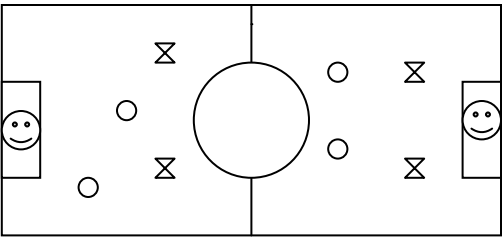


Dribbling 2v2 to Targets

<p>• Fundamentals (Warm up)</p> 	<p style="text-align: center;"><u>Organization</u></p> <ul style="list-style-type: none"> • Area should be age and field size appropriate. • Each player has a ball • Low key movement warm up. • Introduce Moves, Fakes and feints • Light Stretching exercises 	<p style="text-align: center;"><u>Coaching Points</u></p> <ul style="list-style-type: none"> • Relaxed movement with the ball, good body shape. • Close control, changing angles and direction of ball. • Players head up, being aware of the spaces around the grid area. • Good balance and coordination with the ball. • Exploiting gaps between players with zigzag movements. Changing pace, playing at speed.
<p style="text-align: center;">Match Related Activity</p> 	<p style="text-align: center;">One v One fast break repartition</p> <ul style="list-style-type: none"> • 20 x 10 yard channels. • In 4,s 2 servers/receivers 1,attacker 1,defender • Attacker dribbles across the area past the defender getting the ball to receiver • Receiver becomes attacker, attacks defender the opposite way 	<ul style="list-style-type: none"> • Control ball out of feet, head up to see defender. • Creating space to beat the defender • Selecting the appropriate skill to be used. • Changing the angle and pace of the ball. • Feinting and faking to move the defender • Change of pace to attack the back of the defender
<p style="text-align: center;">Match Related Activity</p>  <p style="text-align: center;">Coach with supply of balls</p>	<p style="text-align: center;">Two v Two to targets in end zones</p> <ul style="list-style-type: none"> • Area of field 30 x 20 yard • 2 v 2. plus 2 targets each end . • 8 players in practice • 2 zones 5 yards in from the end of the field 2 players as targets. • On receiving the ball the targets switch and attack the other end 	<ul style="list-style-type: none"> • Observe the players body position and balance • Observe the players ability to feint and fake. • Observe the players change of pace and angle of the ball. • Observe the players ability to exploit space in front and behind the defender. • Observe the ability to shield the ball
<p style="text-align: center;">Game Condition Activity</p> 	<ul style="list-style-type: none"> • Area of field 35 x 25 yard. • 4 v 4 • Two goals at each end goalkeepers optional. • Objective is to dribble to score • Taking players on in the final third 	<ul style="list-style-type: none"> • Observe the players comfort level on the ball and ability to look away from the ball. • Observe the players, recognizing when, and where to dribble. • Observe the players, ability to disguise their intentions to unbalance the defender. • Observe dribbling to keep possession