

Description

Dribbling Techniques - 1 v 1 Protecting The Ball

SAQ

Organization

15 x 15 Yard square

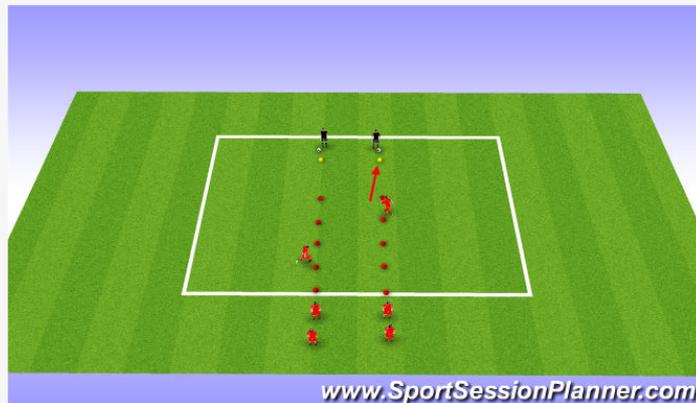
Set up two groups, 5 cones, 1 yard apart

Players perform a variety of dynamic movements through the cones:

- Quick Feet
- High Knees
- Two Feet
- Side Strides

Once completed the player is served a ball by the coach (or additional player) to perform various skill based techniques:

- Pass
- Half Volley
- Full Volley
- Thigh Volley
- Chest Volley
- Header



Dribbling Techniques - Protect the Ball

Organization

5 x 5 Yard squares

2 Players in each square with 1 ball

Play 1v1 in the square, player with the ball after 20 seconds wins

Encourage lots of movement with the ball

Competencies

- Stay low
- Arm out
- Side on
- Keep ball on the outside of front foot



Protect the Ball

Organization

15 x 15 Yard square

Two Teams, one at each end

4 Goals, one in each corner

Attacking player must try to score in either of the other teams goals by dribbling the ball through the cones

If the defender wins the ball then they can score by dribbling the ball through either of the attackers two goals

Player receives a pass with their back to the defender

Objective is to protect the ball and try to get turned to face the opponents goal

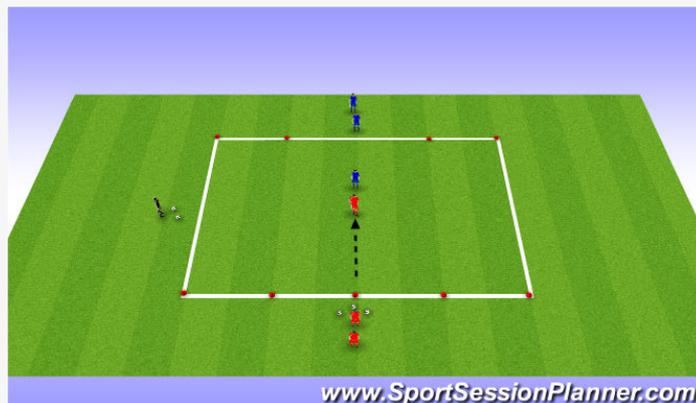
Rotate teams so each player gets the opportunity to attack with the ball

Add scores to make it competitive

Progression

Attacking team can add a player to create 2v1

Defending team can add a player to create 2v2



Small Sided Game

Organization

4 v 4 or 5 v 5 dependent on numbers

Condition

Players assign themselves to an opponent and they are responsible for that player only.

Encourage players to play 1 v 1 and protect the ball where necessary

Progression

Lift condition

Challenge players to identify when to protect, when to dribble, when to pass

