

1v1 Dribbling: Skill/Technique

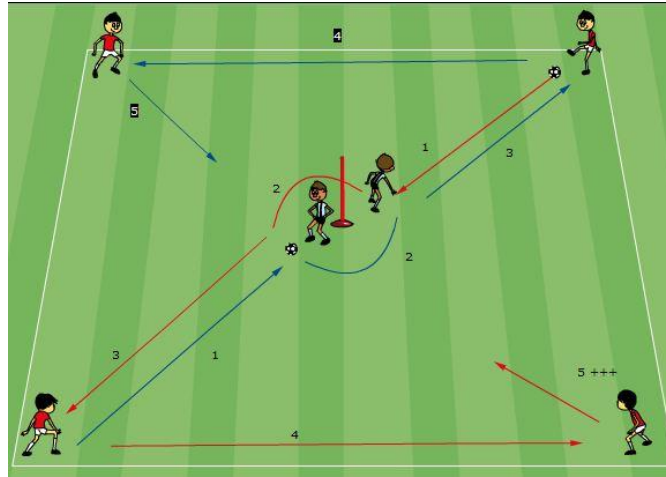
Skill Work:

1v1 Dribbling

15 minutes

Organization:

- Set-up areas 10 x 10m
- 4 players in passing position
- 2 players in dribbling position, unopposed
- 1 mannequin
- 4 cones
- 2 balls.



Coaching Points:

Attacker

1. Execute fakes before turning;
2. After turn keep ball on foot that would be furthest away from the defender if chasing you
3. Accelerate away to leave chasing player.

Description:

1. Two players in opposing corner start with the ball.
2. Pass to the middle player who turns and plays the ball to teammate in the opposed corner diagonally.
3. The ball is played across and the same scenario starts again.
4. When the ball has gone back to the first passer for the same central player, change central and outside players.

Progression

1. Use only one ball and apply progressive defending pressure.

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