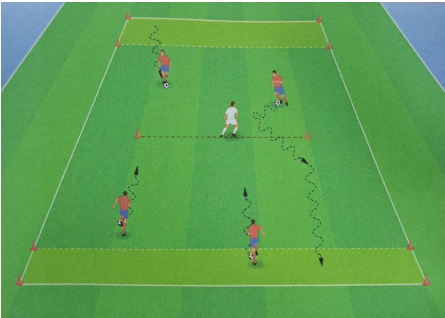




**Dribbling To Beat An Opponent**

Warm up: Guardians	Set up	Explanation	Coaching points
	<ul style="list-style-type: none"> <li>• 2 "end zones" are marked at either end of a 10 x 20 yard area</li> <li>• At the mid point, there is a cone gate/goal area about 6 yards wide</li> <li>• 2 or 3 players are placed with a ball each, in each end zone.</li> <li>• One player is placed between the central gate/goal without a ball</li> </ul>	<ul style="list-style-type: none"> <li>• The players with a ball will score a point for traveling from one end zone to the other, through the central gate/goal.</li> <li>• The player inside the gate/goal is the "Guardian", who must try to stop the other players from dribbling through.</li> <li>• The "Guardian" will get a point for touching a ball with their foot, or sending the attacker back to the end zone they just left.</li> <li>• After 60 seconds, switch the "Guardians".</li> </ul> <p><b>Progressions:</b></p> <ul style="list-style-type: none"> <li>• Adding more "Guardians" and closing the size of the goal/gate will increase the difficulty.</li> <li>• If a "Guardian" touches a ball, they switch places with the player they dispossessed - players with a ball at the end win the game.</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Attackers</b>, use changes of direction and dribbling techniques to beat the defenders</li> <li>• Make good decisions "When is a good time to attack and when is a good time to hold my space?"</li> <li>• Use speed and skill to beat the defender.</li> <li>• <b>Defenders</b>, try to face the attacker side on and use your front foot to poke the ball away from the attackers feet.</li> <li>• Be active - move your feet!</li> </ul>
<p><b>Opposed practice: 1v1 tournament</b></p> 	<ul style="list-style-type: none"> <li>• Two 3 yard wide cone "goals" are placed about 12 yards apart</li> <li>• Multiple sets of "goals" are placed across the width of the field.</li> <li>• Players are situated in a "goal", opposite an Opponent, with one ball per field.</li> </ul>	<ul style="list-style-type: none"> <li>• One player starts with the ball and passes across to their opponent to start the game.</li> <li>• Once the pass has been made, the receiving player attempts to dribble past the defender and a 1v1 ensues.</li> <li>• Players score by dribbling the ball under control between the cones that mark the opponents "goal".</li> <li>• Once a goal is scored, the scorer retreats back to their "goal" and the opponent dribbles into the field to begin the next attack.</li> <li>• Play short rounds of 60-90 seconds, and then have players find a new opponent/goal to defend.</li> </ul>	<ul style="list-style-type: none"> <li>• The attackers, try to beat the defender quickly while Maintaining control of the ball</li> <li>• Use speed, strength and skill to beat the defender.</li> <li>• "Can you use a feint or a skill to beat the defender"</li> <li>• Defenders - close the space between you and the attacker Quickly, but with control (fast up the field, slow into the ball)</li> <li>• Position your feet so that you are side on to the attacker, get low to the ground, and move your feet.</li> <li>• Try to delay the attacker, but engage/tackle when you see an opportunity!</li> </ul>
<p><b>Small Sided Game: End Zone Soccer</b></p> 	<ul style="list-style-type: none"> <li>• A 30 x 20 field is marked with a 3 yard "End Zone" at each end of the field.</li> <li>• Adjust the space of the field to make the exercise more (smaller field) or less (larger field) challenging.</li> </ul>	<ul style="list-style-type: none"> <li>• 2 teams play regular soccer but rather than scoring through goals, must enter the "end zone" with the ball under control.</li> <li>• Teams can score by dribbling into the "end zone", or by passing to a teammate who has made a run into the "end zone"</li> <li>• Teams are split into 4 v 4 - additional players can make a third team and rotate through 3 minute games, or can be subbed in at any time.</li> <li>• The game can also be used as a 3v3, 3v4 or with neutral players if numbers dictate.</li> </ul>	<ul style="list-style-type: none"> <li>• Decision making is key - do I pass or do I dribble?</li> <li>• If you get into a 1v1 situation, try to beat the defender quickly to get to the "end zone"</li> <li>• When you win the ball, try to attack quickly before defenders can get back into position</li> </ul>