



Technical Training - Dribbling

Category: Technical: Ball Control
Difficulty: Moderate

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Description

IAS Clinic: 2/27/18. Objective: Improve Dribbling Ability in 1v1 Situations. Play-Practice-Play Philosophy.

Play

Continuous Free Play

4v4 SSG, adjust with numbers

Organization:

- See Diagram. 4v4 + GKs.

Coaching Notes:

- Encourage players to keep the ball and take on defenders 1v1.
- Find and create openings.



Practice

1v1 to Cones

Practice activity to improve ball control and 1v1 ability.

Organization:

- See Diagram.

- Set up single cones randomly around playing area.

- Each group of partners need one ball.

How to Play:

- 1v1 to a cone.

- To score, must dribble past opponent to a cone. Possession switches after each "goal."

Coaching Notes:

- Create open space by dribbling.
- Use different attacking moves.



Play

Final Game

SSG with a focus on creating 1v1 & 2v1 situations.

Organization:

- See Diagram.

- Numerical advantage for the attacking team to allow for more openings to dribble.

Coaching Notes:

- Focus is dribbling, so keep encouraging players to keep the ball.

