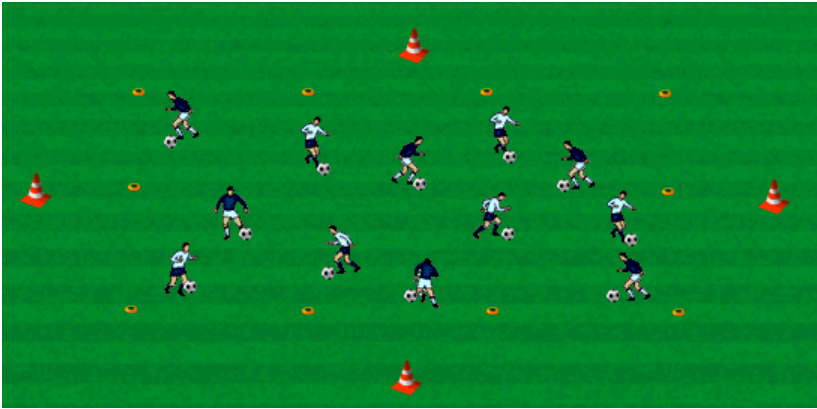






Dribbling Technique/ Teaching Games
Rob Herringer

Activity, Description, and Progression	Diagram	Coaching Points
<p>Warm-up- COLOR DRIBBLE</p> <p>Coach calls color and has players perform the following tasks:</p> <ul style="list-style-type: none"> - accelerate (4-5 yards) - cut/change direction and accelerate (4-5 yards) - magic (favorite move) - leave ball and get another - speed dribble around outside cones 		<ol style="list-style-type: none"> 1. Frequent ball contact, keeping the ball close 2. “Sell” your moves 3. Accelerate after moves (turbo) 4. Head up 5. Use both feet and different surfaces
<p>KNOCK-OUT</p> <ul style="list-style-type: none"> - All players with a ball - Players dribble in area, protecting their balls, but they also try to poke other players’ balls out of the grid - If ball is played out, players must pay a fee to get back in (20 step-ups, etc.) 		<ol style="list-style-type: none"> 1. Address shielding (lots of body between ball and opponent) 2. Cutting and accelerating (getting away) 3. Deception

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<p>DRIBBLING GATES (1 V 1)</p> <ul style="list-style-type: none">- Start with one team defending each of the cone gates (one per gate), and the other team trying to dribble through as many gates as possible in a 1 minute period (switch)- Can then have “fixed marking” where players may only defend one opponent (1 v 1)		<ol style="list-style-type: none">1. 1 v 1 dribbling2. Attacking the front foot3. Making moves early and selling them with deception4. Getting behind opponent and accelerating away5. Creativity <p>***This can become a fitness exercise if times for rounds are too long.</p>
<p>NUMBER DRIBBLE (1 v 1 – 2 v 2)</p> <ul style="list-style-type: none">- Players in pairs and are given a # between 1-6- Coach calls number and plays a ball out- 1 v 1 to endzones (must carry ball into endzone for point)- can build up to 2 v 2 or 3 v 3		<ol style="list-style-type: none">1. Same as above2. Stress getting behind the defender and cutting them off after beating them

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<p>GAME- 6 v 6</p> <p>Possible conditions:</p> <ul style="list-style-type: none">- Man-to-man marking- No square or forward passes- May use restraining lines (offside lines)		<ol style="list-style-type: none">1. Reinforce coaching points above2. Remember to lift restrictions/conditions and let them play
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