

DESCRIPTION

Set up cones with a small 1 yard gate either side, set them up adjacent to each other in two different colors as shown. Make sure there's more gates than players. Each player has a ball and is asked to dribble to a cone and then make a turn towards one color gate, the next time they'll go to the opposite color. You can show more advanced turns to older players but we suggest a roll/fake, Ronaldo chop, shoulder drop and drag and a pull/push. Introduce each turn individually and let them practice.

WARM UP

Once they're comfortable with the turns above you can show them how to combine two moves. Reiterated why they're doing this: a fake/skill/move is used to deceive a defender and send them the wrong way to open up space in the direction you intend to go. A combo move is designed to confuse and unbalance a defender. We're going to send in a chaser who must dribble a ball and try to hit the other players balls. Remind them about keeping spaced and if you're worried about them getting too close you can do. The chasing yourself. Give the chaser sixty seconds to hit as many players as they can and then switch.

TECHNICAL

Now we'll set up an obstacle course / relay race. Make this as hard as you think your players can handle and add in some turns, tight dribbles and obstacles to they have to use the moves you've shown them.

TACTICAL

This will be a small sided game. Divide your players in to two teams. Set up lanes for each player and a goal at one end. One team are attacking, they share a ball and must try to score in the goal, they can only pass backwards, any forward movement must be done by dribbling. The opposition each have a ball and must try to stop the attacking team from scoring. They'll do this by hitting the opposition players with their ball (below the knee), if an attacker gets hit they're out of that round. Each defender can shoot their ball only once during each round. If the defenders stop the attackers from scoring they get a point. If the attackers score they get a point. Play five rounds then switch roles.

GAME

COACHING POINTS

**FIRST COACHING POINT - MECHANICS**  
The dribbler should dribble the ball outside of their hip slightly, using the closest foot, toe pointed down and slightly inverted.

**SECOND COACHING POINT - TURNING**  
Usually it's easiest for the dribbler to turn the ball with the foot they're dribbling with. It's also vital that a player turns their hips with the ball

**FIRST COACHING POINT - FINDING SPACE**  
Encourage the dribblers to plan their movement so when under pressure they can make a move that helps them get to space

**SECOND COACHING POINT - DECEIT**  
The dribbler can fool the chaser with a couple moves, if they keep composed and ensure they perform a quality move/fake

**FIRST COACHING POINT - PATIENCE**  
The dribbler who can perform under pressure will succeed. Encourage players to go fast but as a speed where they can maintain control.

**COACHING SUMMARY**  
This part should be fun, high energy and enjoyable. Work with the team on their ability to move the ball quickly to dangerous areas

DIAGRAM

