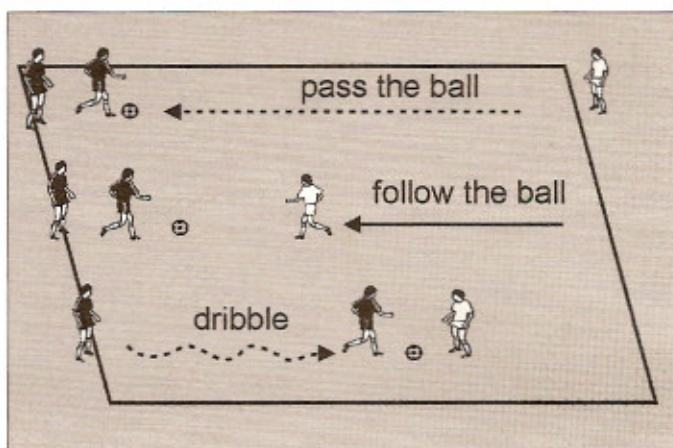


Session 6 ~ Dribbling

6.2 One V One Dribble



Organization:

Players break up into groups of four and form two person lines across from each other using a 30 x 40 yard grid. The defender passes to the dribbler and follows across the grid to take up a defensive position in front of the dribbler. The dribbler moves forward, cutting the ball from side to side all the way across the grid. The defender moves backwards maintain a 2 yd gap between them and the dribbler and may not tackle.

Progressions:

1. At the halfway line the defender commits their front foot, the dribbler cuts the ball across this foot and accelerates away.
2. Have the defender apply more pressure on opposite sides of the ball. The defender still may not tackle the dribbler.
3. The defenders are allowed to tackle in their half only. The defender shadows the dribbler without tackling until the halfway line, once the line is crossed they may tackle.

Coaching Points:

Use soft touches with the inside and outside of the leading foot.

Keep the ball close enough to touch at all times.

Keep looking up to check the defenders position.

Cut the ball directly across the defenders leading foot when you try to beat them.