



Dribbling with ball skill

Category: Technical: Dribbling and RWB

Difficulty: Moderate

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Screen 1 (15 mins)

Session can be used as an active warm-up.

Red players have a ball - Attackers (5 Shown)

Blue Player (s) are defenders (2 Shown) + Manaquinn's

Game: Attackers dribble through any game and re-enter the field by dribbling through any other gate, players cannot dribble out or in at the same gate. If the Defender tackles that Attacker and keep possession the roles change. Set 3-5 minute games with team rotation

CPs: For Attackers:

Speed of play

Head up while dribbling

Comfort with the ball

Turns, change of pace

space awareness

Be aware players do not hide and look to attack defender to enhance skill moves

CPs : For Defenders:

For your session defenders can be in the same color to help quick restarts if ball is won.

1v1 Defending role

Working with a team mate

Working in groups creating defensive shape & balance

Set time so Defenders work towards clearing the field

