

1v1 Dribbling: Skill/Technique

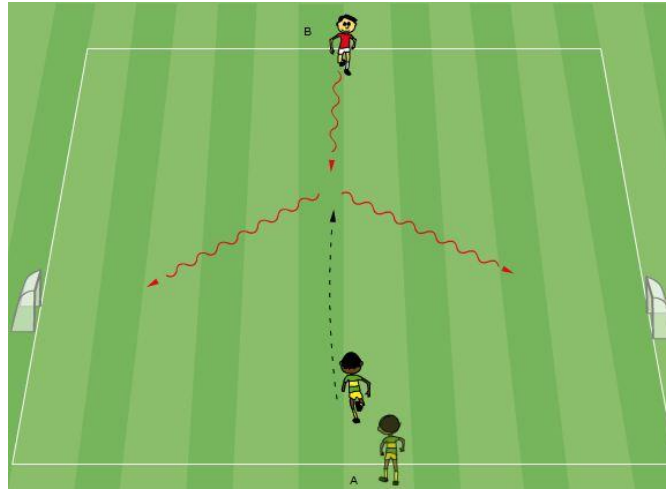
Skill Work:

1v1 Dribbling

15 minutes

Organization:

- Set-up areas 15x8m
- 2 goals
- 8 markers
- 4 to 6 players
- Supply of balls.



Coaching Points:

Attacker

1. Controlling touch from B out of feet
2. Be positive and direct when dribbling
3. Dribble at pace towards defender before executing Trick/ Turn.
4. Disguise.
5. Pace after executing Trick/ Turn.

Defender

1. Adapt to the run of the dribbler;
2. Be patient
3. Look to recover by position between attacker and the ball
4. Tackle as last option

Description:

A passes to B then plays 1V1.
B can score in either goal.

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