



THEME 02:

COUNTER ATTACKING

PRACTICE 02: DRIBBLING EXERCISES

AGE GROUP: 8+



Title	Date	Start Time	Duration	No. of Players	Area Size

HOW TO DRIBBLE IN TIGHT SPACES



ORGANISATION:

This Dribbling practice requires 6 to 12 players in a 25 by 25 yard area, each with a ball to dribble. Players are encouraged to be creative and try as many tricks and dribbles as they can. We can progress this by adding 2 areas where players must perform a different trick in each, with increased player traffic closer control is encouraged.

KEY COACHING POINTS:

- Close control in and out of player traffic
- Use both feet to become comfortable dribbling
- Increase speed when breaking away
- Recognise when to turn quickly in control
- Head up to combine to play 1-2 under pressure



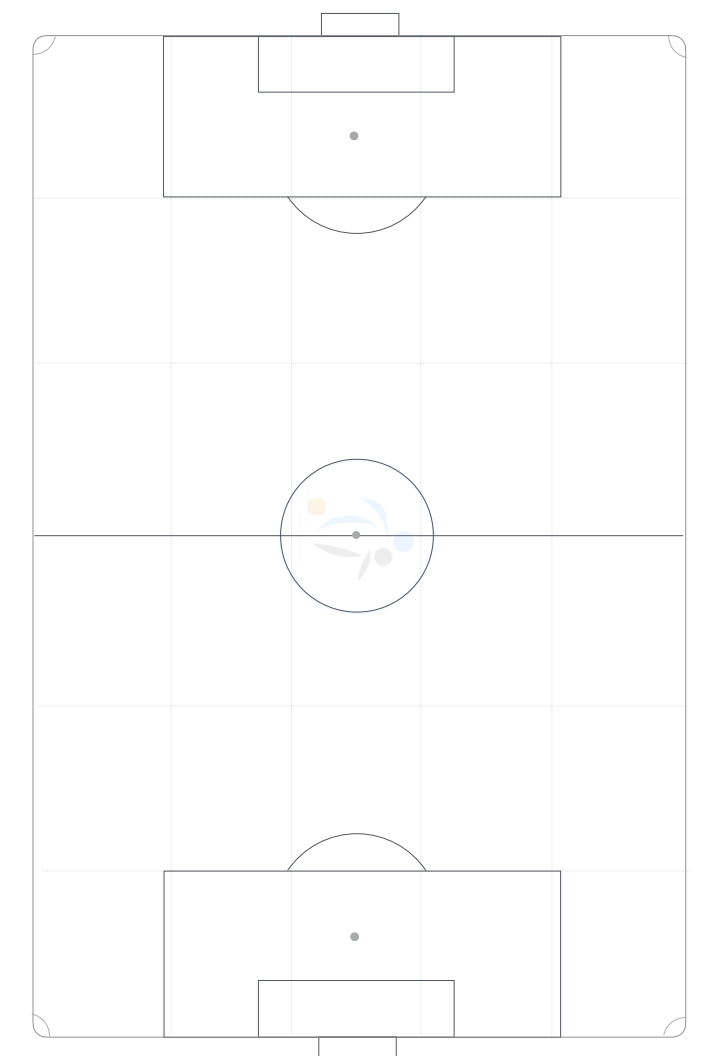
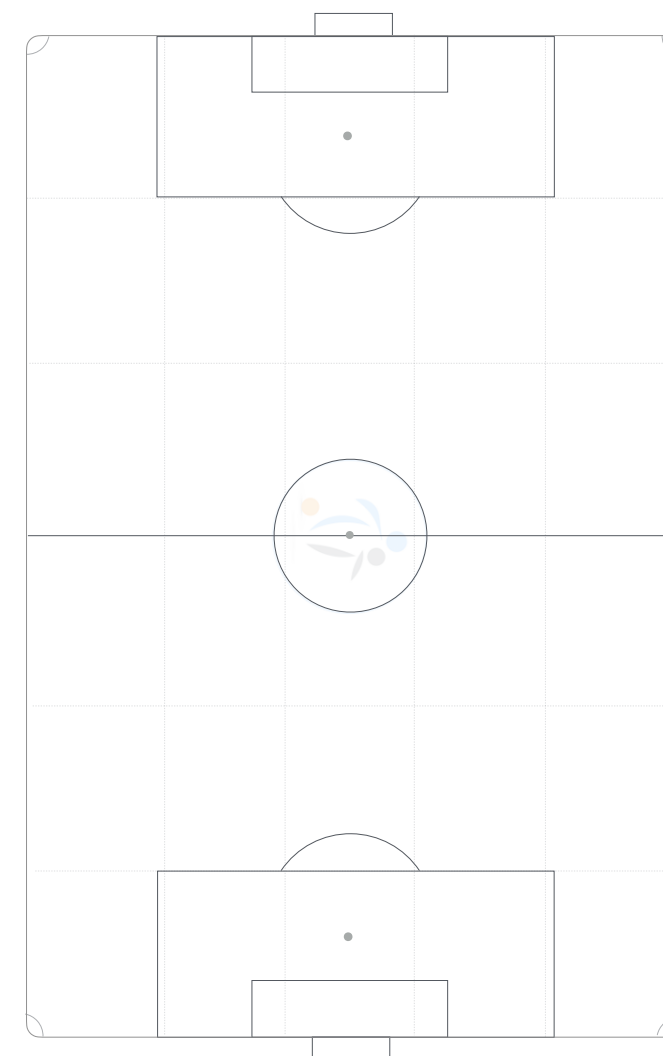
PROGRESSIONS:

ADDITIONAL INFORMATION

PLAYER QUESTIONS:

ADDITIONAL INFORMATION:

COACH PLANS



Detail any individuals, pairs, trios and units to work on in the group and specify what detail you will be developing within each session element.

Player initials	Technical	Tactical	Social	Psychological

Player Pairs initials	Objectives

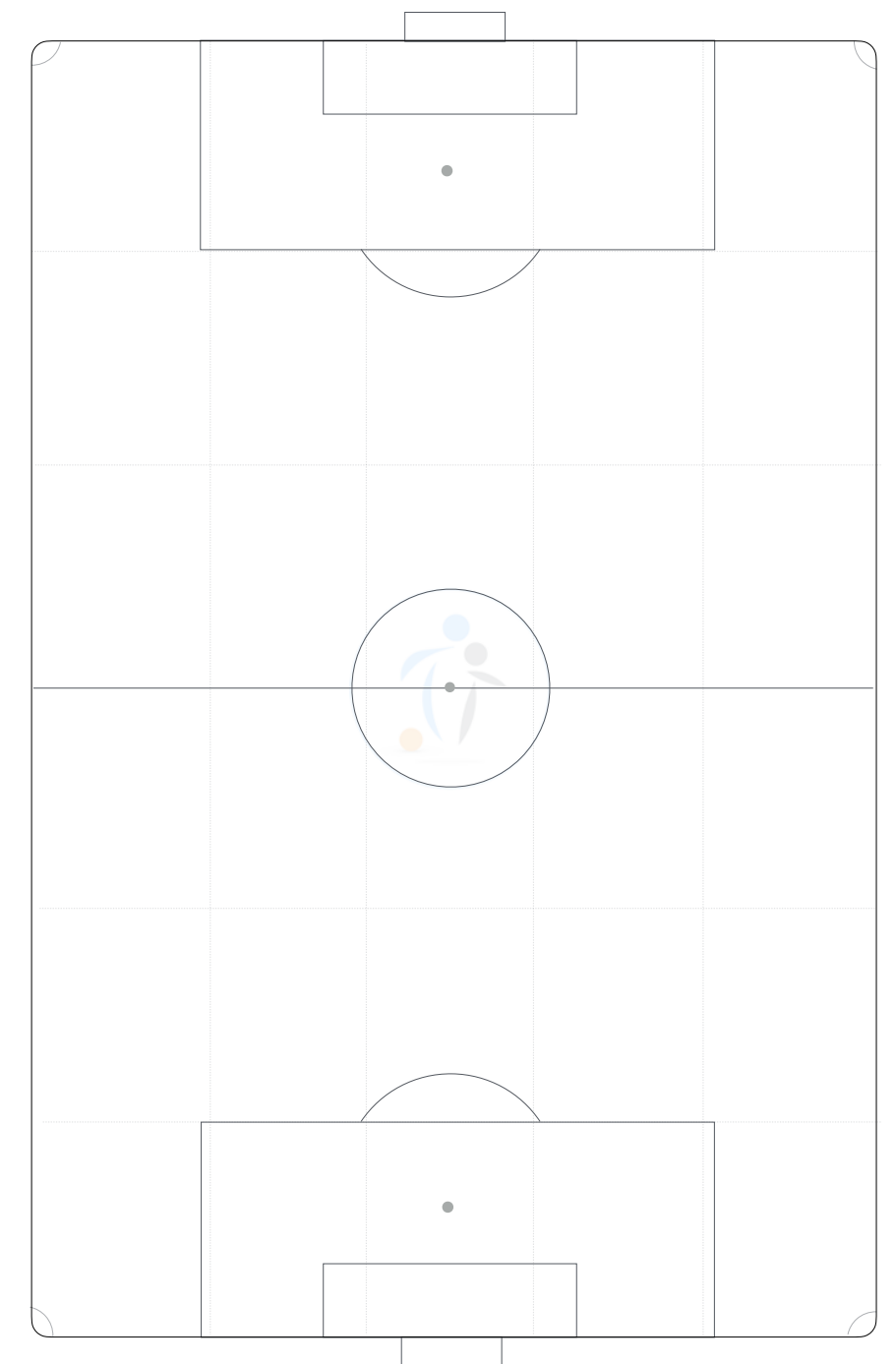
Player Trios initials	Objectives

Player Units initials	Objectives

Post Session Outcomes

What went well?	What did we learn?

Absentees: initials



LINK TO THE BIG GAME

How will we apply this session to a game situation?

