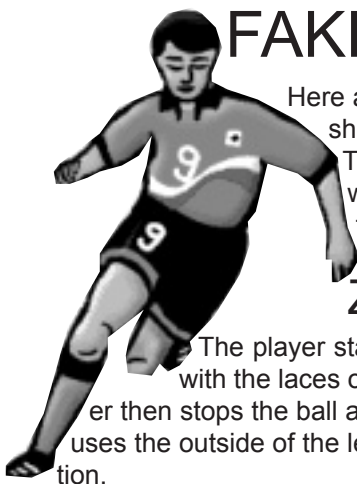


Here is look at ways to practice close control - dribbling - taking people on needs two additional attributes - pace and just as important confidence. You have to be in the right rame of mind - actually want to beat an opponent again and again to 'run rings round 'em' - pace is needed to get away from someone and you should work this to be explosive and decisive - practice sprint starts - to develop the ability to change pace and get away quickly.

# Dribbling

## COACH CRAIGERS CORNER

### FAKE-OUT SKILLS



Here are a few fake-out skills that every player should know, and all are individual drills. The drills should be repeated by swiching what foot does what. I have discribed them using the right foot as the dominate foot.

#### Zig-zag

The player stands behind the ball and pushes the ball with the laces of the right foot to the right side. The player then stops the ball and steps beside it with the right foot, and uses the outside of the left foot to push the ball in the other direction.

#### Slice

The player stands behind the ball and passes the right foot over the ball, slicing it in half, and steps beside the ball with the right foot. The player then uses the outside of the left foot to push the ball in the other direction.

#### Reverse

The player stands behind the ball and rolls the ball three times with the sole of the foot back and forth. On the third time the player pulls the ball behind them and turns around, keeping themselves facing the ball.

### HOSPITAL

All players with one ball ina defined space. Set up a second space for the hospital. Players must dribble around in the main space and try to tag other players while controlling the ball. If tagged, player must hold the part of the body that was touched by the ball. Afetr player is tagged for the third time, he must go to the hospital. While in the hospital space, the players practice more dribbling. After competition, they come back to the game and begin to play with a fresh start.

#### Coaching Points

Make sure players are controlling the ball while tagging others.

Encourage rapid changes of speed and direction. This will help them catch the other players by surprise.

Encourage players to attack while they have free hands, but when both hands are holding tagged body areas, they must employ defensive dribbling and go away from attackers.

Give players various dribbling moves, such as pull backs, step overs or quick feet.

#### Try These Variations

Can only dribble with one foot. Use one sock up, the other down to help players remember.

Can only use the inside of foot to dribble.

Can only use the outside of foot to dribble.

### KING OF THE CIRCLE

4 or more players are needed. A circle is marked off as a playing area, and every player is in the circle, with a ball. The players dribble around and try to kick the other's balls out of the circle, while keeping control of thier own ball. The last payer with their ball in the circle wins.



### TEAM DRIBBLING

This game can be played on various size fields and with various number of players. The main concept is to place many smaller 'cone goals' around the field of play to encourage ball control and field vision. Games can be up to 10, with points scored both for dribbling through small cone goals, and shooting at the big goal. Here is how the game should be played:

1. A regular even sided scrimmage. However, since the object of the game is to encourage and increase the amount of dribbling going on, six, small 'cone goals' have been set up around the field.
2. Each time a player dribbles through one of the goals, it counts as a point.
3. Goals scored on the big goals count as well.
4. To increase the amount of repetitions even further play with two or three balls.

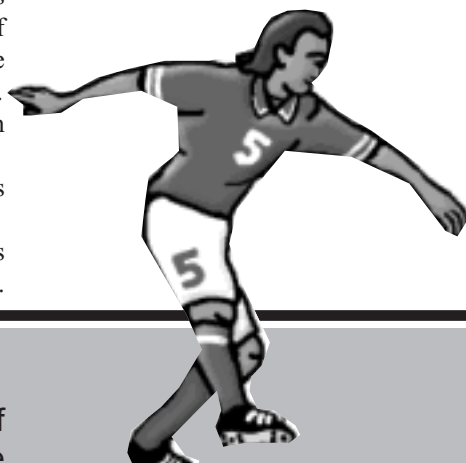
#### COACHING POINTS:

1. Here, players now have to make a decision when to dribble. At first they will dribble all of the time, even if it means going into pressure. So, helping them to see where the open field is helps their development.

2. Use the outside of the foot, or the laces for 'speed' dribbling.

3. Change of pace, change of direction to keep the defenders unbalanced.

This game is especially appropriate for U-8 through U-12 players.



### SHOE GRAB

I coach u-10 and a fun game if the weather is nice is to have the players take their right shoe off and put them in a pile. Have the players just dribble with their left foot to a set cone and come back to the pile. The player who puts their shoe

back on first wins.

This has improved them using their less dominant foot for ball control.



### RED LIGHT GREEN LIGHT

Each player has a ball except the player designated as the light. Lines from start to finish should be approximately 20-30 yards. Players start a line opposite the light. The player who is the light faces away from the group and calls out "green light". Players begin to dribble towards the light. When the light turns around and calls out "red light", players must freeze their bodies and the ball. If the light catches players still moving, or dribbling, he send them back tot he starting line. The first player to cross the line where the light is standing is the winner and becomes the new light.

#### Coaching Points

Encourage players to dribble under close control.

This drill promotes quick reactions and dynamic balance

### BUFFALO RUN

Any number of players can be used.

All players line up, with a ball, on one end line. The players try to dribble to the other end line without the coach, who stands in the middle, stealing thier ball. The players who do lose thier balls to the person in the middle must join that person. The game is over when only one person still has a ball.

