

Coaching Clinic - Dribbling & 1 vs 1 Attacking

Key Technical Content:

- * Take small / medium touches while moving forward with the ball
- * Keep soccer ball under close control while performing dribble
- * Head-up while dribbling to plan next move and spot opportunities
- * Execute a change of speed and direction when necessary and while remaining in control of the situation
- * For turning and feints, slow down to perform the move, execute the technique and then accelerate away

UNOPPOSED

- * Split playing area in half using tall cones. Players are divided between the two grids, moving around with the ball close to their feet and performing ball mastery techniques (pendulums, toe taps, sideways rolls etc.) as instructed by the coach.
 - + On command of 'switch', players have to move to opposite grid with their soccer ball and without knocking over cones.
 - + Now with 'switch' command, players have to leave their soccer ball and find a different one in the opposite grid.

COMPETITIVE ELEMENT - Last player to find a ball in the opposite grid has to perform two pink fluffy stars etc.

- * With the same playing area set-up, and with two players facing each cone (one on either side) a few metres back, introduce the various turns to the players. Players will dribble to their cone, slow down and perform turn before it, and accelerate back to line.
 - + For each turn, call-in group to demonstrate and also have one of their peers demonstrate to reinforce learning
 - + Cover the following turns: (1) Inside Hook, (2) Outside Hook, (3) Drag-back, (4) Cruyff
- * Can also use the same playing area set-up for practising feints and stepovers - players dribble the ball to their cone, feint to the left before pushing off to the right of the cone and then accelerating to other side (this will avoid collisions between players)
 - + For each feint, call-in group to demonstrate and also have one of their peers demonstrate to reinforce learning
 - + Cover the following feints: (1) Stepover (left-right), (2) Stepover (right-left), (3) Double stopover (right-left-right)
- * 'Through The Gate' - remove central tall cones and use them to set-up gates in the playing area. In a certain time limit, players have to dribble through as many gates as possible, remembering to keep the ball close and head-up to avoid collisions.

INCREASE DIFFICULTY - By reducing the size of the gates or by having players mainly use their weaker foot to dribble

COMPETITIVE ELEMENT - Players have to count how many gates they dribble through, lose points for leaving grid etc.

OPPOSED

- * Add gatekeepers to 'Through The Gate' drill, who block various gates, encouraging players to turn and look for a free gate
- * In groups, with two players at opposite ends in each group and one soccer ball, player dribbles to other side, lays the ball off for their teammate and then immediately tracks their run back as a recovering, passive defender. Players take the roles in turn

PROGRESS - Move from having passive defenders to defenders who can attempt to win the ball while tracking back

- * Introduce 1vs1 attacking situations to increase pressure when dribbling and executing various moves to get past an opponent:
 - + Split group in half standing behind each side of goal - 1 group are attackers, 1 group are defenders - number each player (make sure attacker and defender numbers correspond). Call out a number, and they will contest 1vs1 scenario in centre
 - + Or, same premise as above, but use two goals with players coming from opposite ends to contest 1vs1 in the centre

PROGRESS - Move from having passive defenders to defenders who can step-in and attempt to win the ball

PROGRESS - Move from 1vs1 to 2vs2, 3vs3 etc. bringing in elements of passing and teammates moving into space

GAME-RELATED

- * 'End-Zone' Game. Open up the field to have two teams protecting one end zone each. To score, a team must work together to get the ball to the opposite end, finishing with one of their players successfully dribbling into, and stopping the ball in, the end zone. The defending team are not allowed to sit in the end zone, nor are the attacking team members allowed to goal-hang.
 - + Refer back to the key technical content, and make sure that players are performing confidently in 1vs1 scenarios
- * 'Two-Goals' Game. Each team has two goals to protect in either corner of their area. To score, a team must work together to get the ball through one of these two goals: the score will ONLY count if the player dribbles (not shoots) the ball through the goal
 - + Refer back to the key technical content, and make sure that players are performing confidently in 1vs1 scenarios

FUN GAMES

- * These can be introduced throughout the session to help maintain player focus and reinforce their understanding of dribbling.
- * 'Traffic Lights' Game. In the unopposed phase, if coach shouts 'Red Light' players must stop with foot on top of ball, 'Yellow Light' players must dribble around area taking small touches, 'Green Light' players must accelerate with ball kept close to feet.

PROGRESS - Coach holds up coloured cones for each Traffic Light stage - encourages players to keep their head-up

- * 'Musical Cones' Game. In the unopposed phase, coach sings a song and, while they do so, players must dribble around area. When coach stops singing, players must find and stop their ball (using feet) next to a vacant tall cone. Only one player per cone. The last player to find a cone is out, has to put the cone on their head saying 'I am silly cone boy / girl' and join coach in singing.
- * 'Treasure' Game. All soccer balls are placed in the centre, with several outside teams. One player from each team runs into the centre, performs drag-back turn and dribbles one ball back; then next player goes. The winning team has the most soccer balls

PROGRESS - Now players can 'steal' balls from other teams. Cannot defend your own stash; only take one ball at a time

- * 'Sticky Glue Man' Game. Two players are Glue Men and attempt to tag players moving around the area with their soccer ball. If tagged, that player must pick up their ball, hold it over their head, open their legs, and shout 'Help!'. To be freed, another player must pass their ball (using the inside of their foot) through the captured player's legs. Players must move with the ball kept close