



Dribbling Part Six

Half size Field

Purpose- Encourage players to dribble and take on defenders.

Organization

Set up field 6v6 plus goalkeepers and team plays a normal scrimmage against each other with restricted conditions

The restriction on the players are that they are only allowed to pass the ball backwards. This forces the players to dribble the ball and take on players to attack the opposition goal.

Coaching Points

Communication between players is essential

Encourage players to take players on and use their dribbling skills and moves. This is something they should have to do as all players should be marked up

Coaching Points

Communication

Head up to see options on the field

Encourage players to dribble, use moves to unbalance defenders and encourage players to be aggressive