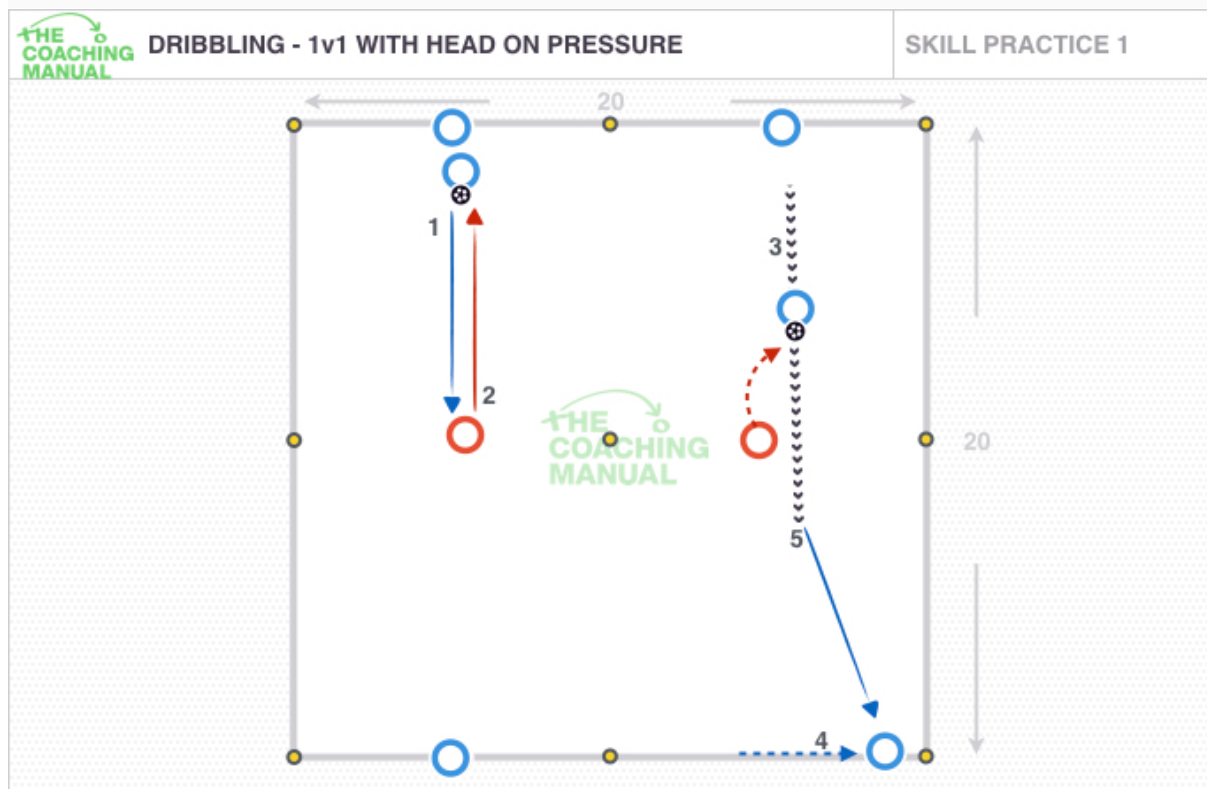


Set Up

- 15 mins
- 8 players
- 2 balls
- 8 bibs
- 9 cones
- 20x20 area



Set up

Players positioned at each end of the channel with a defender positioned in the middle. Player in possession does a 1-2 with defender then dribbles forward to perform 1v1 with head on pressure to beat the player and pass to the opposite end player. Defender can now move anywhere in the channel to pressure and regain the ball. Rotate roles of players.

Rotate roles of players.

Key Coaching Points

- Close control

Players should look to maintain good close control of the ball whilst recognising when to dribble and when to run with the ball depending on the space available or perform ball mastery skills where necessary.

- Use different surfaces of the feet

To work on their dribbling, players should look to use different surfaces of the feet including both the inside and outside of their feet.

- Head up

When dribbling players need to be aware of the ball, space, team mates and other players to find space.

Make it easier:

1. Increase area
2. Create 2v1 situation

Make it more challenging:

1. Receiving player moves left or right on the 1-2 and player in possession must get their head up and go the same way as the player for the pass