

Dribbling and Running with the ball

Age group 8-11 years

Practice Organisation:

Area 5x5 yd, set out as illustrated

5 players, 4 have a ball

Start position: Players with the ball on the outside of the square, evenly spaced and one player without a ball in the middle

Players attempt to dribble across the square to an adjacent side, avoiding being tagged by the player in the middle

Getting across gains 2 points, dribbling to an adjacent side gains you 1 point and if a player is tagged three times, they become the tagger in the middle

Detail:

Different strengths of the contact touch on the ball according to the availability of space

Ability to contact ball with both feet

Ability to reverse or change direction quickly if confronted by an opponent

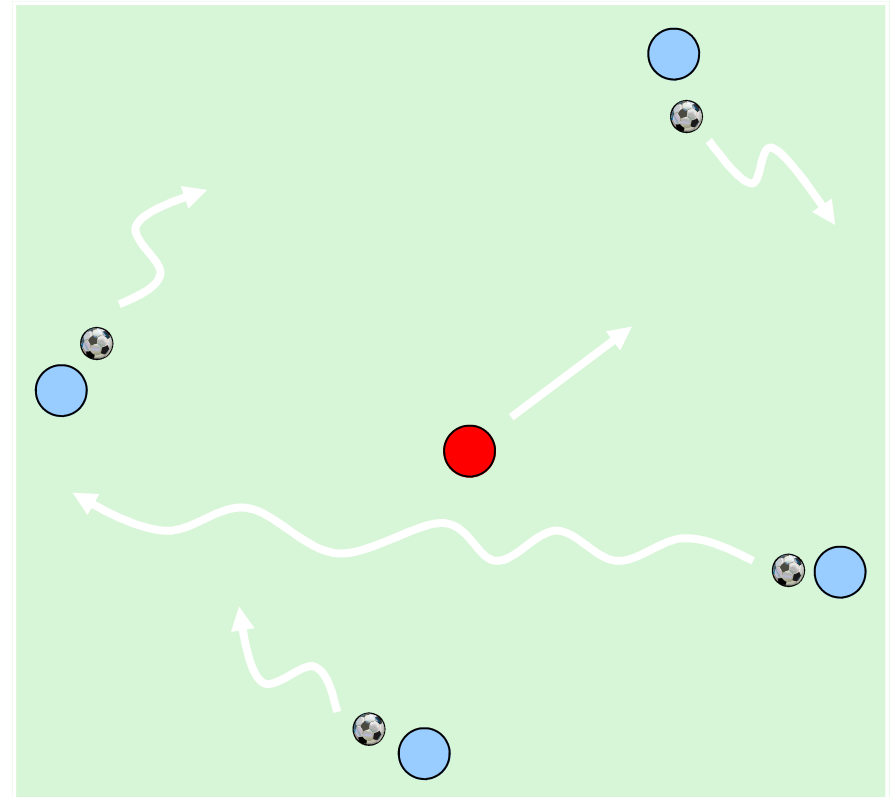
Simple progressions for this practice could include:

Condition the practice so that only one player is able to be on one side, at any one time

This will increase the need for movement and evaluation of positioning of teammates as well as the central opponent

Introduce a supporting player inside the square as a passing option to combine with, whilst moving across the square

Engage the player in the middle to practice shielding/screening the ball (player in the middle trying to dispossess the dribbling player)



Key coaching points

Looking up to assess the situation and capitalise on opportunities that open up

Making moves when the player in the middle is in a disadvantaged position

Assessing risk and making positive moves that involve an element of risk to score high tariffs



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Practice Organisation:

Area 25x25yd (outer square), set out as illustrated with a 8x8yd inner square
11 players, working in 3 groups of 3 Attackers plus 2 Defenders in the inner area
Practice starts with 2 players from each group work outside the large square, with 3rd player in area between the 2 squares

2D's occupy the inner square

In each group: A passes to B, who is inside the square

B dribbles the ball across and out of the inner square, B passes to C, who is outside the large square

B exits the area

A now moves into the square and receives a pass from C

A then repeats the sequence

All groups work at the same time to outnumber D's

D's try to win ball and dribble or run ball out of the area

Adopt a scoring system

Make sure D's are rotated on a regular basis

Detail:

Size of area (s) can be adjusted according to age and ability of the players

The sequence:

Pass in and go in to receive

Receive and dribble or run

Pass out and go out of the square

Ball in hands first to establish the pattern

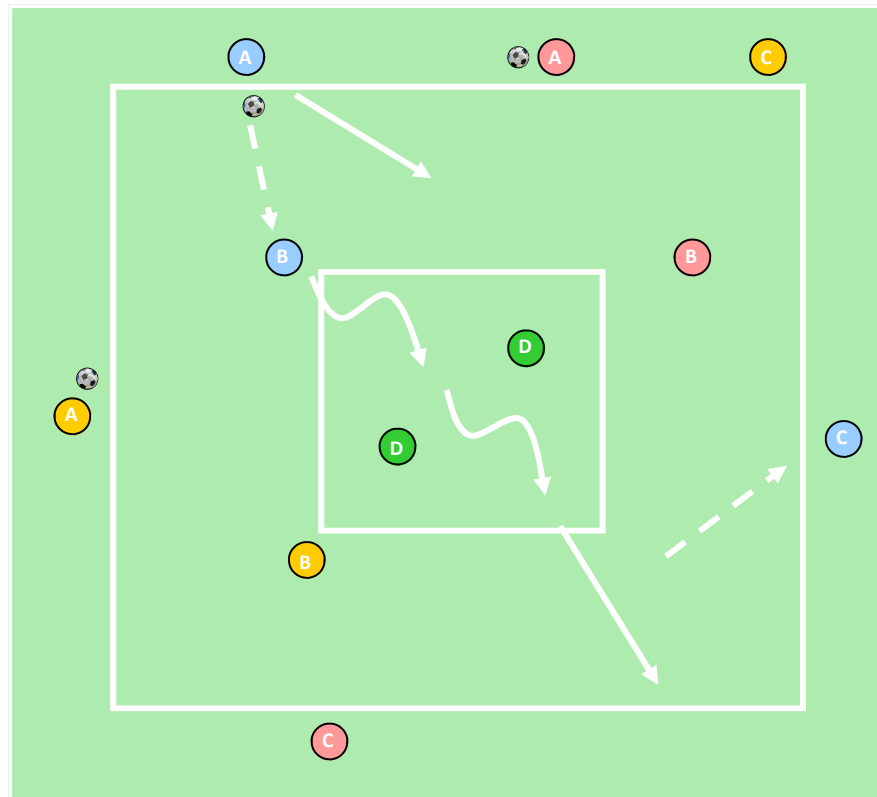
Pairs can work equally well providing the players get sufficient rest

Simple progressions to this practice are:-

Add opportunity for D's to pass out or move from the square

Allow players who receive on the outside to drive in and through the inner square

If players see the space allow for more patterning of movement between the 3 players



Key coaching points

Emphasis on the need to recognise space (s), time and position of D's

Body position to receive

Changes in speed and direction

Awareness of other game events, use of inventive touches, number of touches and disguise

