



“Making friends with the ball”

A set of 18 basic skills and exercises which will assist young players to better enjoy the game.

ENQUIRES : KEVIN BEST 0243 294808

9. CHANGING PACE - DRIBBLING

THE CHALLENGE:

Recommended repetitions :

The recommended number of attempts in succession (half with right foot, half with left foot)

Level 1 - Beginners, Level 2 - 10 times, Level 3 - 20 times, Level 4 - 30 times, Level 5 - 40 times.

Reasons for learning this skill

When dribbling a player should be looking for options to pass to a team mate or to shoot for goal or to dribble further. A player will regularly be harassed by an opponent who is trying to win possession of the ball. One of the best ways to lose an opponent even if he is faster is to put him/her into two minds about what you intend to do with the ball. One of the tactics that can be employed is to dribble hard then quickly stop the ball then to dribble hard again in the same direction whilst at all time protecting the ball from the opponent. A player should perform this change of pace early when he/she receives

the ball to put the defender in two minds from the outset. Leaving doubt in the opposition, a player will be a great asset in creating space for him/herself.

Organisation by coach or parent

N.B. To avoid injury, players should warm up and stretch properly, before starting any exercises.

Two players, one size 3 ball, 3 cones, one tape measure.

Task to practice - the challenge

Dribble the ball 6 metres, stop the ball, using the inside of the furthest foot, quickly dribble again (6m) in a straight line, using the inside of the other foot - repeat using each foot for a set number of times, (Also try stopping the ball using the inside of the furthest foot - step over the ball with the other foot and dribble it back, using the outside of the same foot.)

- slowing down whilst shielding the ball or even stopping then feinting to turn to go back then accelerating ahead away from that spot;
- protect the ball when under pressure by placing the body between the player and the ball and controlling with the furthest foot.

A COACH'S PERSPECTIVE

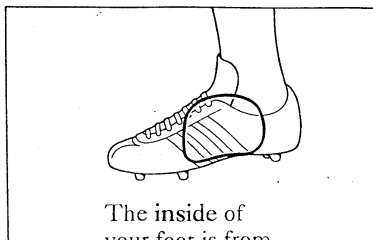
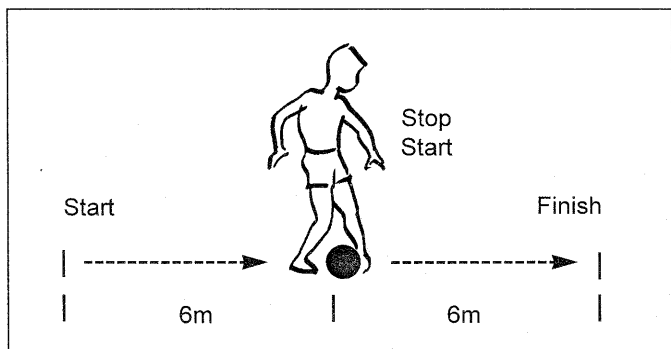
"Coaches must be satisfied with their own performance. It is only of limited value if the team wins but you have had a poor game."

Additional skills practice

- Stop, feint to go forward, turn.

Progressive training practice

Set up a grid where each player with a ball has a defender beside him/her. With the dribbler running at a steady pace coach him/her, to change pace with a feint or a change of gait to deceive the defender and thus give the dribbler more space to work in. It will be to the benefit of the dribbler if the defender is in doubt whether the dribbler is stopping, going forward or turning.



The inside of your foot is from your big toe back to your ankle.

Coaching hints - things to look for

- shorter running strides to ensure easy contact with the ball;
- keep the ball close to the feet;
- slow jogging to three-quarter pace movement;
- push the ball softly ahead;
- head up to remain aware of the changing circumstances in the game;
- deceive an opponent by a change of pace or/and direction;

