

Session Summary

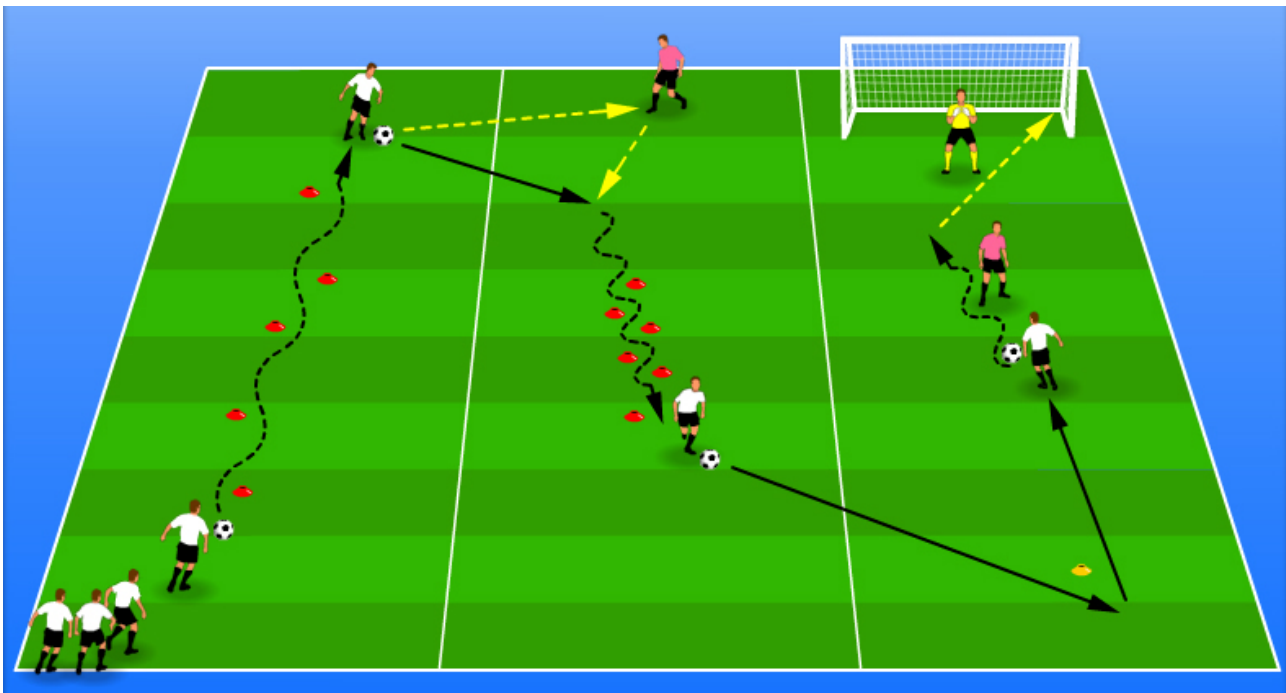
Session:	DRIBBLING CIRCUIT		
Date:	-	Coach:	Ian Knapp (ianknappuk@googlemail.com)
Duration:	15 - 30 mins	Equipment:	Balls, bibs, cones, 1 x goal
#Players:	10	Age Group:	U7 - U17

Introduction

This dribbling circuit can be adapted for older / younger / more / less able players. It involves tight dribbling round cones or poles, passing and receiving in and out of a dribble, accelerating away after dribbling, beating a player and shooting. Plenty to adapt to make it easier or harder and lots of variety for players. With the right number of players and size of area, all players should be on the go almost constantly, with no waiting around for their turn.

Setup

- A square area split roughly into 3 equal size sections. Size dependent on player age / ability.
- Cones set up as per the diagram below (but can be adapted to however you want them placed)
- A bounce player in zone 2.
- A goal, protected by a goalkeeper (and if you want, a defender) in zone 3.
- One ball per dribbling player plus a few spare balls with the coach.



Rules

- First player starts in zone 1, dribbles through the first part of the circuit (widely spaced cones) and plays a one-two with the bounce player in zone 2.
- As that player plays the one-two, the next player should go. We want 2 or 3 players always on the circuit. You'll get a feel for how frequently to send new players in, based on whether they catch up with each other / whether the GK has time to recover to face the next shot. May need to vary timings for stronger / weaker dribblers.
- Player then dribbles through the second set of tighter cones in zone 2, before accelerating out of the final cone at pace, toward the yellow cone (see above).
- At the yellow cone, they do a turn (encourage variation and creativity here), before dribbling towards goal and shooting from a reasonable distance (encourage variety of finishing techniques here).
- If the players can handle it, a defender can be in zone 3, which the players must dribble past to get their shot away.
- At the end of the circuit, whether they score or not, each player collects their football and returns to the start of the circuit to go again.
- Players can be timed and a combination of goals scored, time and time penalties for missing cones can make up a scoring system. Need several coaches to monitor this if you want to do it effectively though.
- Rotate defender / bounce player / goalkeeper to give everyone a chance.

5 Key Coaching Points / Challenges

- Keep the ball close to your feet when dribbling, but when running with the ball into space, knock it out of your feet and accelerate away.
- Practice using different surfaces of your foot when dribbling - inside, outside, sole to "roll" the ball, left foot, right foot. Once they can dribble reasonably well, challenge your players to not always take the easy option here.
- Be positive and confident - try and trick or a skill if you want to and if you feel it's the right time. Encourage discussion of when is the right time to use different skills (decision making).
- Keep your eyes on the ball (and opponent's feet if they are close) but glance up when you can to make sure you know what's around you.
- Use misdirection (fakes, feints and shifts in your body weight / pace) to get the defender off balance and then accelerate away to go past them.

Key Coaching Points (FA's 4 Corners)

Technical

- Keep the ball **close to your feet** when dribbling / knock it **out of your feet** and accelerate away when running with the ball.
- **Eyes on the ball** but also glance up occasionally to see what's around you.
- Practise with the **inside, outside** of the foot and with rolling the foot over the ball, using the sole.
- Use both the **left and right foot**
- Shift your body weight to throw the defender **off balance**, use fakes to create space for yourself.
- **Tricks, turns** and **skills** can add great variety to your dribbling and be effective in tight spaces

Psychological

- **Decision making** - when to dribble and when to run with the ball. Ask the players - why and when do we try these 2 things?
- **Awareness** of what's around you? Where is the bounce player / the defender / the cones or poles / the space?
- **Confidence** - try things without fear of failure. Be positive and back yourself to take players on.
- **Determination** - if things don't go right, try to understand why and have the confidence to have another try.

Physical

- Low centre of **gravity**
- **Strength** and technique to **hold off defenders** and shield the ball when dribbling when required. Use an arm to shield yourself from the defender.
- Change of **pace** and **direction** to beat a player
- **Agility, speed** of footwork & **balance** - general work on these will aid a player's ability to dribble effectively.
- **Fitness** - dribbling is hard work!

Social

- **Encouraging** others and being positive!
- Have **fun**!