

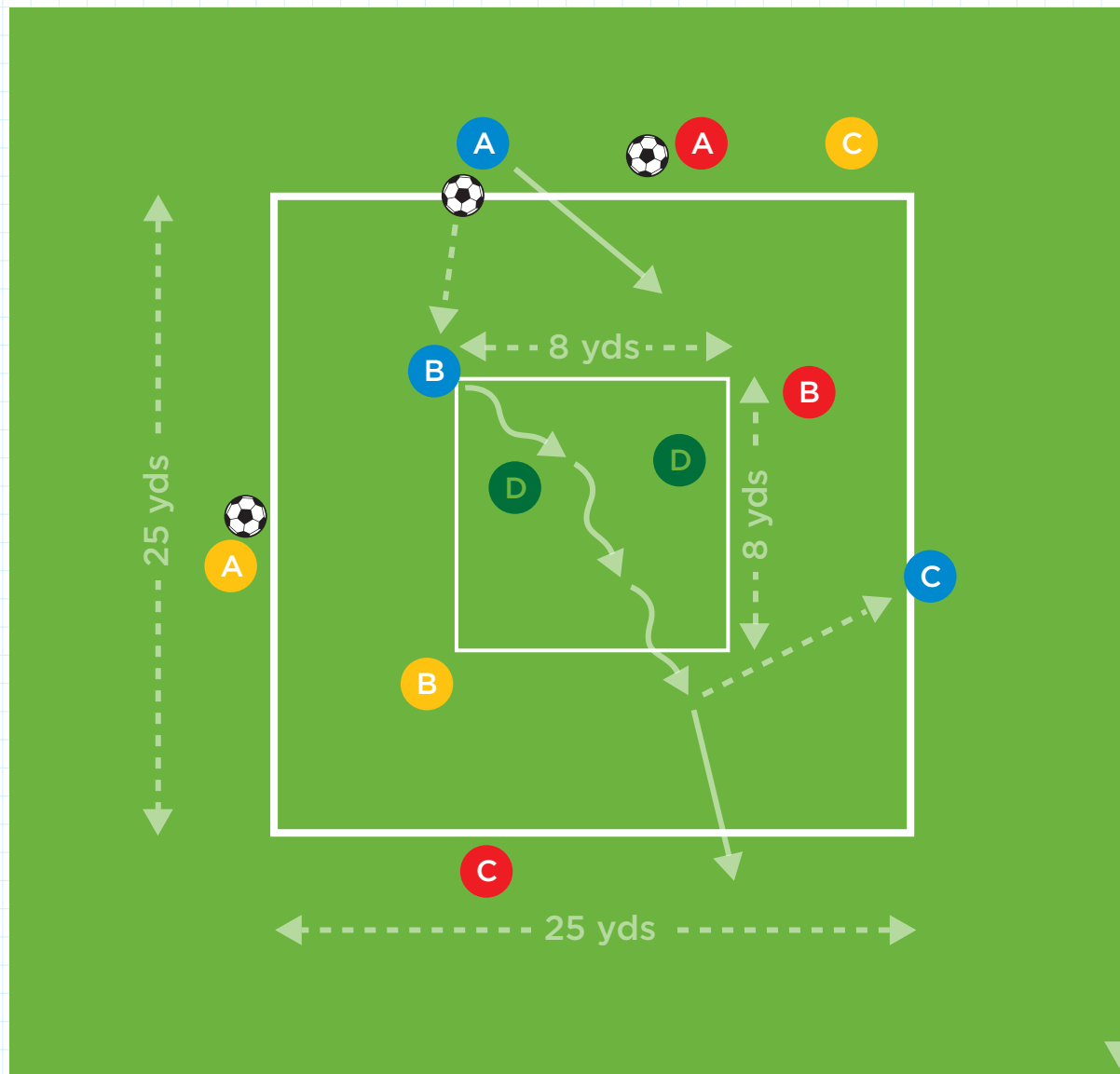
Dribbling & running with the ball 4

Practice organisation

- Area (outer square) 25x25yd square, with an inner square 8x8yds, as illustrated.
- 11 players, working in 3 groups of 3 Attackers, plus 2 Defenders in internal square. 1 ball per group.
- 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 or runs the ball across & out of the inner square & passes to C, who is outside the large square.
- B exits the playing area.
- A now moves into the square & receives a pass from C.
- A attempts to repeat the exercise.
- All groups work at the same time to outnumber D's.
- D's try to win ball & dribble or run out of larger square.
- Adopt a scoring system.
- Change D's regularly.

Detail

- Size of area(s) can be adjusted according to age & ability of players.
- The sequence:
 - Pass in & go in to receive.
 - Receive & dribble or run.
 - Pass out & go out of square.
- Ball in hands first, to establish pattern.
- Pairs can work equally well providing the players get sufficient rest.
- Simple progressions for this practice are:
 - Add opportunity for D's to pass out of or move from the square.
 - Allow players who receive on the outside to drive in & through the inner square.
 - If players see the space: allow for more random patterning of movement between the 3 players.



Key coaching points

- Emphasis on the need to recognise space(s), time & position of D's.
- Body position to receive.

- Changes in speed & direction.
- Awareness of other game events, use of inventive touches, number of touches, & disguise.