



Individual Dribbling Work

Category: Technical: Dribbling and RWB
Difficulty: Moderate

Reseller-Club: Premier Users' Club
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Change of Direction

This will focus on dribbling while changing direction. We will also look for a defined change of pace to accelerate away from the cone (like we would from an opposition).

Player will start at Cone 1 and dribble towards Cone 2 (With right foot)

Player will go at a good pace but not full pace until close enough to Cone two when player will use outside of left foot (furthest away from opposition to accelerate away from cone 2 and move towards Cone 3.

The player will then slow his pace again while dribbling with his left foot while looking to accelerate away from cone with outside of right foot when player gets close (Again like you would in terms of getting away from a defender).

The final part will see the player shape his run towards mini goal and aim a pass through here with right foot before accelerating beyond Cone 4 (This focuses on quick movement after passing the ball following a successful dribble).

Repeat going back the opposite way while using the appropriate foot to dribble and protect the ball from a potential defender.



Dribble/Release and Move

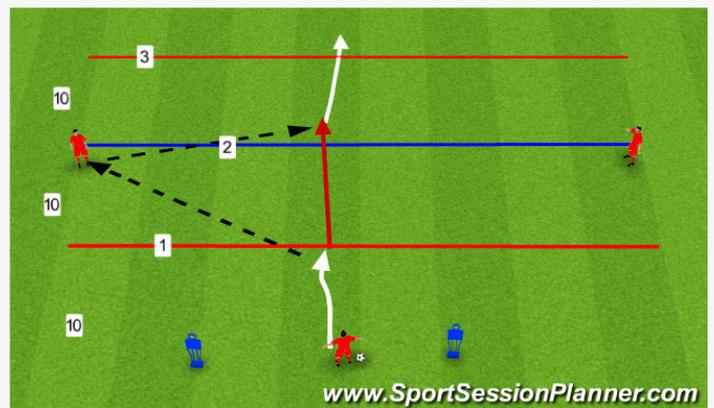
Player will dribble towards Line 1.

He will play a pass before crossing the line and immediately accelerate towards and beyond line 2 to receive the ball again and dribble out beyond line 3. (No Square passes)

This works on passing while dribbling at pace
Movement off the pass into space quickly

Break up into sets of 5 with change of dribbling foot/angles of pass etc

Receiving possession while running at pace.



Change of Pace

Same set up as last time

Player will dribble at 75% pace to Line 1 then accelerate to 100% Beyond Line 2

Can change angle of acceleration run too as this will create more game like scenarios

Can also look to end with a finish

Work to Rest 1:2

