

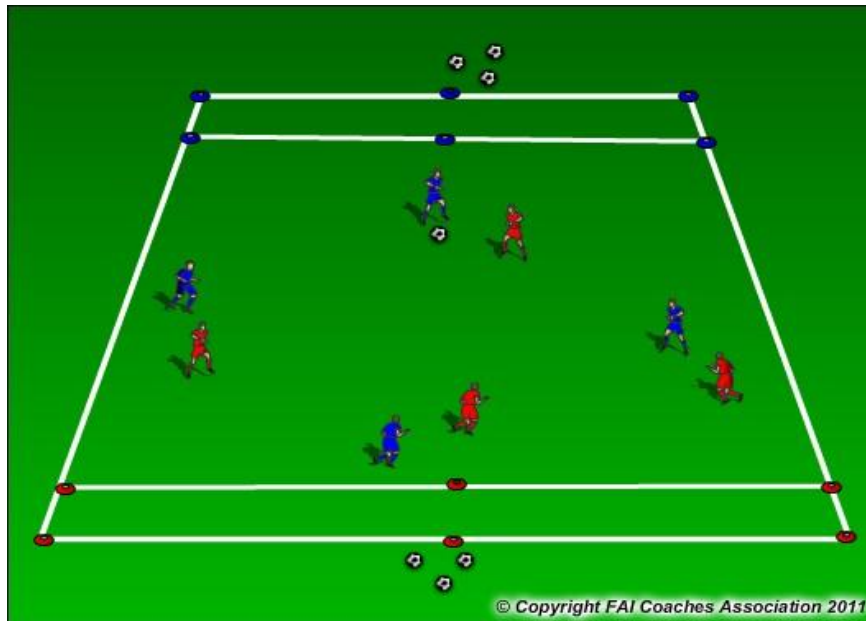


THEME

Dribbling - Small Sided End Zone Game

DESCRIPTION OF PRACTICE (TECHNIQUE / SKILL)

Small Sided Game (4 v 4) practicing dribbling and changes of direction



ORGANISATION

- Area: 25 x 30 metres
- No offside
- When the ball leaves play, encourage the players to dribble the ball back into play. If that's not an option i.e defender close to you then a pass may be required.
- The team in possession scores by dribbling the ball into the end zone of the other team. The attacking player must stop the ball inside the end zone to get the goal.

KEY FACTORS

- Let the game flow freely
- Emphasize the diamond shape to create 1 v 1 situations
- Encourage creative play
- Give players time to solve problems, ask questions
- Close control, head up, use both feet
- Changes of direction, don't sacrifice technique for speed
- Be patient

NOTES

- Rotate players in different positions
- Let the players play without pressure or fear of failure