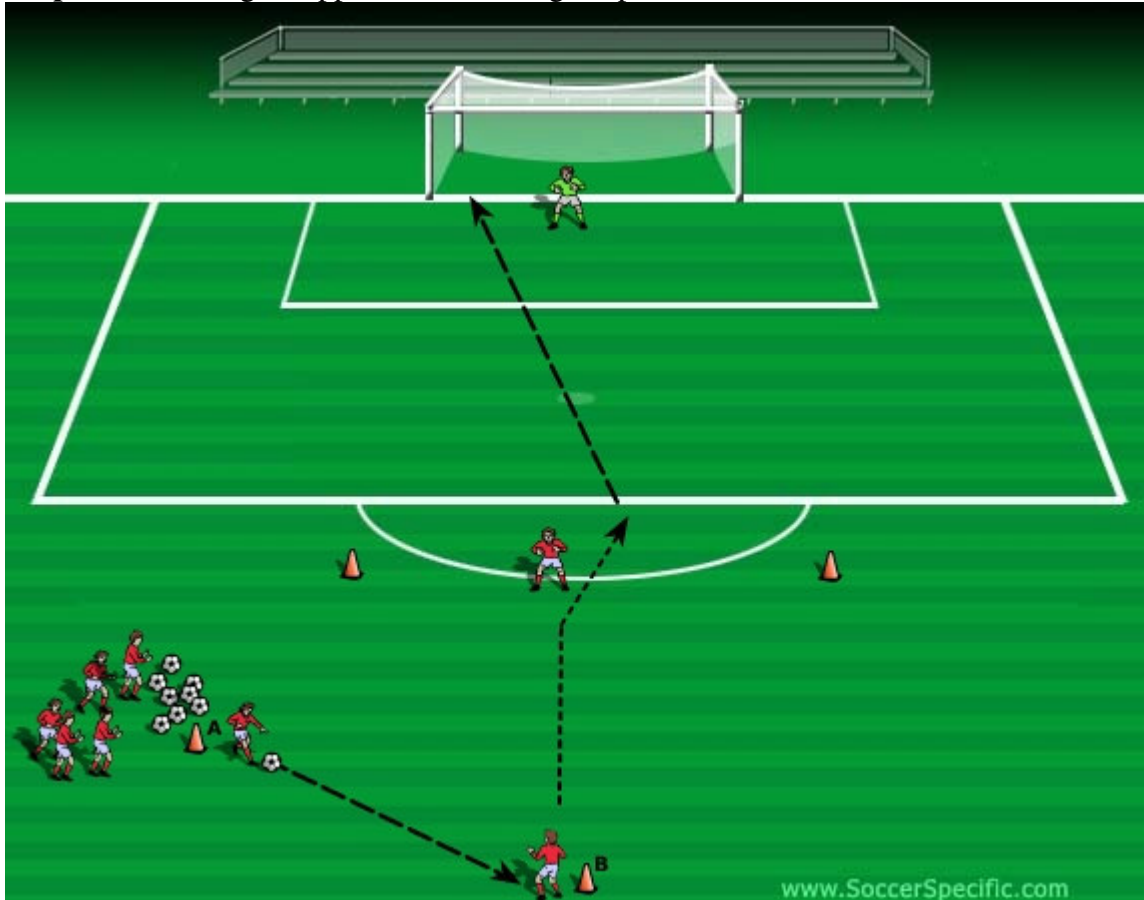


Speed Dribbling

Emphasis: Beating an opponent - dribbling for penetration. Individual transition from attack to defense.



Set-up:

Cones are placed approximately 35 yards from goal as shown. Two cones are placed 15 yards apart approximately 22 yards from goal. A goalkeeper is positioned in goal. One player is positioned 22 yards from goal and acts as a defender: one player is positioned at cone (B). All other players are positioned at cone (A). A supply of balls is placed at cone (A).

Objective:

The first player in line (A) passes the ball to the player at cone (B). This player must run at the defender creating a 1v1 situation. Player must attempt to beat the defender and get a shot on goal. The shooter becomes the next defender: (A) moves to cone (B) to become the next attacker and the defender joins the back of the line. The attacker must transition to become the next defender as quickly as possible. Play is continuous for a designated period of time.

Progression:

1. The pass from cone (A) is played as soon as the attacker strikes the shot – player must transition quickly to become the next defender.
2. Recovering defender must touch one of the cones outside the box prior to defending against the attacker. This will encourage the attackers to shoot early and not dribble too close to the goalkeeper.

Coaching Points:

- Accelerate towards the defender.
- Don't allow the defender to get ready – go at pace.
- Stay focused on the transition – don't admire your shot.