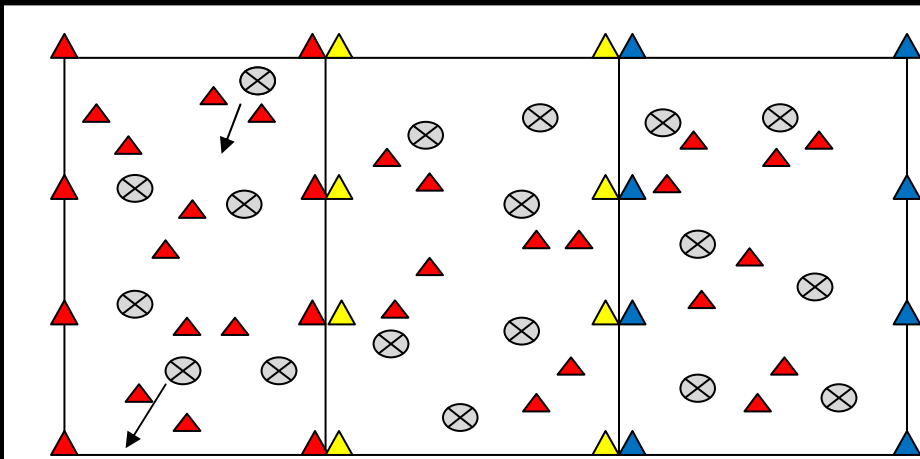


Viterbo School of Excellence – Sample Coaching session – Dribbling session 2 “Gates”

Learning Outcome: Players to develop and practice dribbling techniques, and develop the habit of

Format: Each player has a ball and dribbles around the square through as many gates as possible in a set time.



Coaching Points:

1. Correct technique: inside / outside of the foot
2. Small touches to keep the ball close
3. Looking up to find spaces and to avoid each other
4. Travel slowly at first but do not walk

Q. What part of the foot should we use to dribble?

A. Inside and Outside of the foot (big toe / little toe)

Q. What should we be looking for?

A. Spaces and other players

Q. How can we avoid bumping into each other?

Progressions:

The players are in pairs numbered 1 and 2. The practice starts with the #1 players dribbling through the gates while the #2 players try to follow their path. The #1 player can try to get away from their partner. After a certain amount of time the players switch roles.

