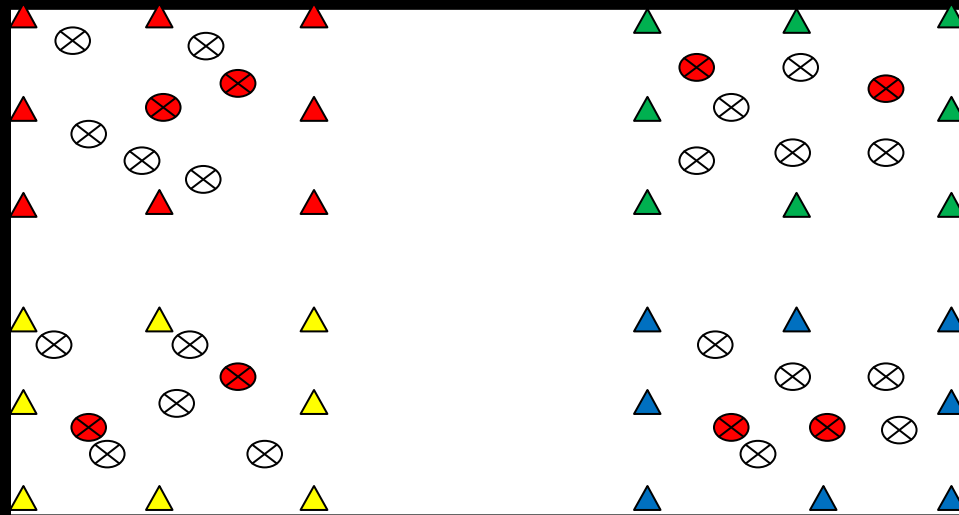


Viterbo School of Excellence – Sample Coaching session – Dribbling “Knockout”

Format: Each player has a ball and two players are selected to be defenders. While keeping control of their own ball the defenders try to knock the other balls out of the square.



Coaching Points:

- Keep the ball close using small touches
- Look for spaces to dribble into
- Change speed to get away from defenders

Q. How can I see the defender coming?

A. By looking up while dribbling

Q. How can I get away from the defenders?

A. By changing direction and changing speed

Progressions;

The same game can be played only this time the defenders do not have a ball, making it more difficult for the dribbling players.

The coach can decide what the players do once they are knocked out. They can simply wait for the game to finish or perform an exercise before returning to the game. For example dribbling around the whole playing area then joining back in.