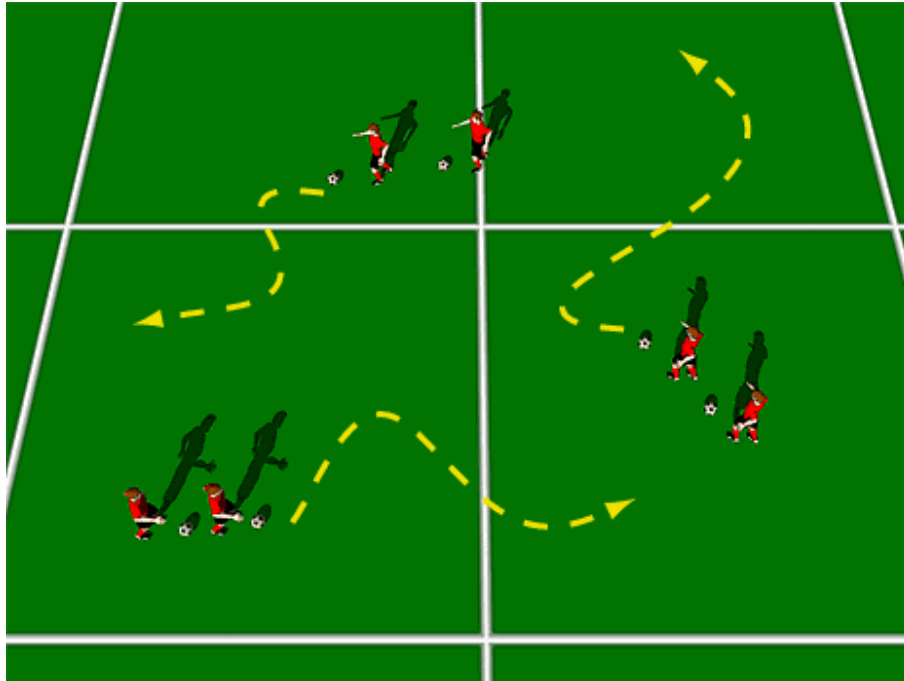


DRIBBLING



This practice is designed to improve the player's football skills / ability when dribbling and running with the ball.

Divide the group into pairs with each player having a ball. The group is positioned in a grid 20 m x 20 m. First player is the "truck" the second player the "trailer". On the coach's command the "trailer" must follow the "truck" as closely as possible around the grid. The "truck" must change speed and direction as much as possible. Players reverse roles when the coach shouts 'change'. Players must avoid colliding with other teams within the grid. This should help to improve a players football skills.

The coach should emphasize the following football skills points:

- Maintain control over the ball at all times.
- Use a change of speed and direction.
- Keep your head up and scan the field.