

## Session Plan 16 – Topics: Dribbling to Eliminate Defenders

### BRITISH BULLDOG

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**Time:** 10mins

**Size:** 35x 15 yards

**Organization / Equipment:** Cones & Balls

**Explanation:** Players try to avoid having their ball kicked out by the bulldogs/taggers.

**Coaching Points:**

- i) Close dribbling under the knee
- ii) Dribble at defender to freeze them
- iii) Distance & timing of feint/move
- iv) Be deceptive and deliberate – have a move in mind! Use it!

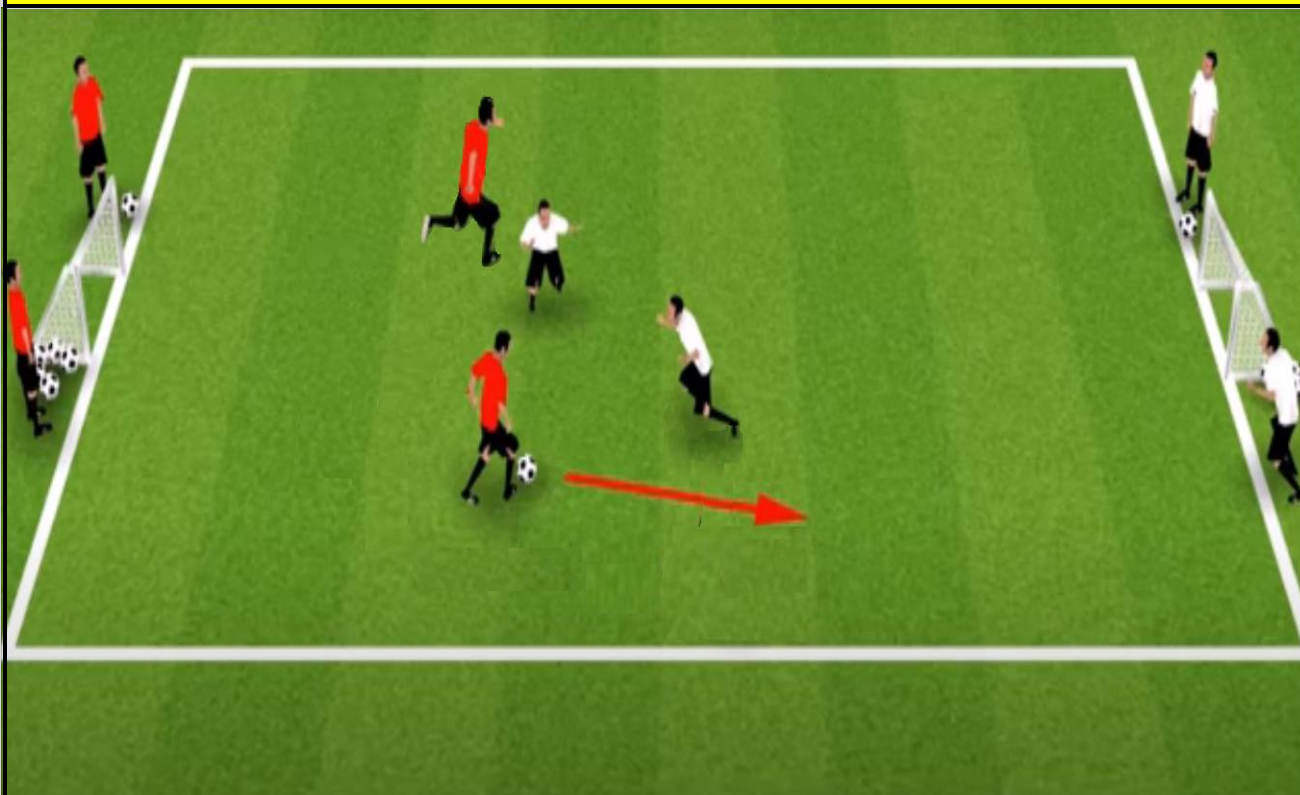
**Intervention Key Questions:**

- i) Why is it important to always have your eyes up when dribbling?
- ii) How far away should you do your move / feint?
- iii) How can I fool the defender? What moves could you do?

**Constraints to Modify or Challenge:** Width of playing area or the number of taggers.

### CONTINUOUS 2v2

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**Time:** 15mins

**Size:** 25x15 yards channels

**Organization / Equipment:** Cones, Balls, Pinnies & a Goals

**Explanation:** A continuous 2v2 towards a goal. Once a pair attack the goal they then defend switching roles each time. Award 2 points if a player can beat a defender to score. If you have a big squad, create two fields.

**Coaching Points:**

- i) Close dribbling
- ii) Split vision – see the ball and the space in front of you
- iii) Dribble at defender to freeze them
- iv) Distance & timing of feint/move
- v) Be deceptive and deliberate – have a move in mind! Use it!

**Intervention Key Questions:**

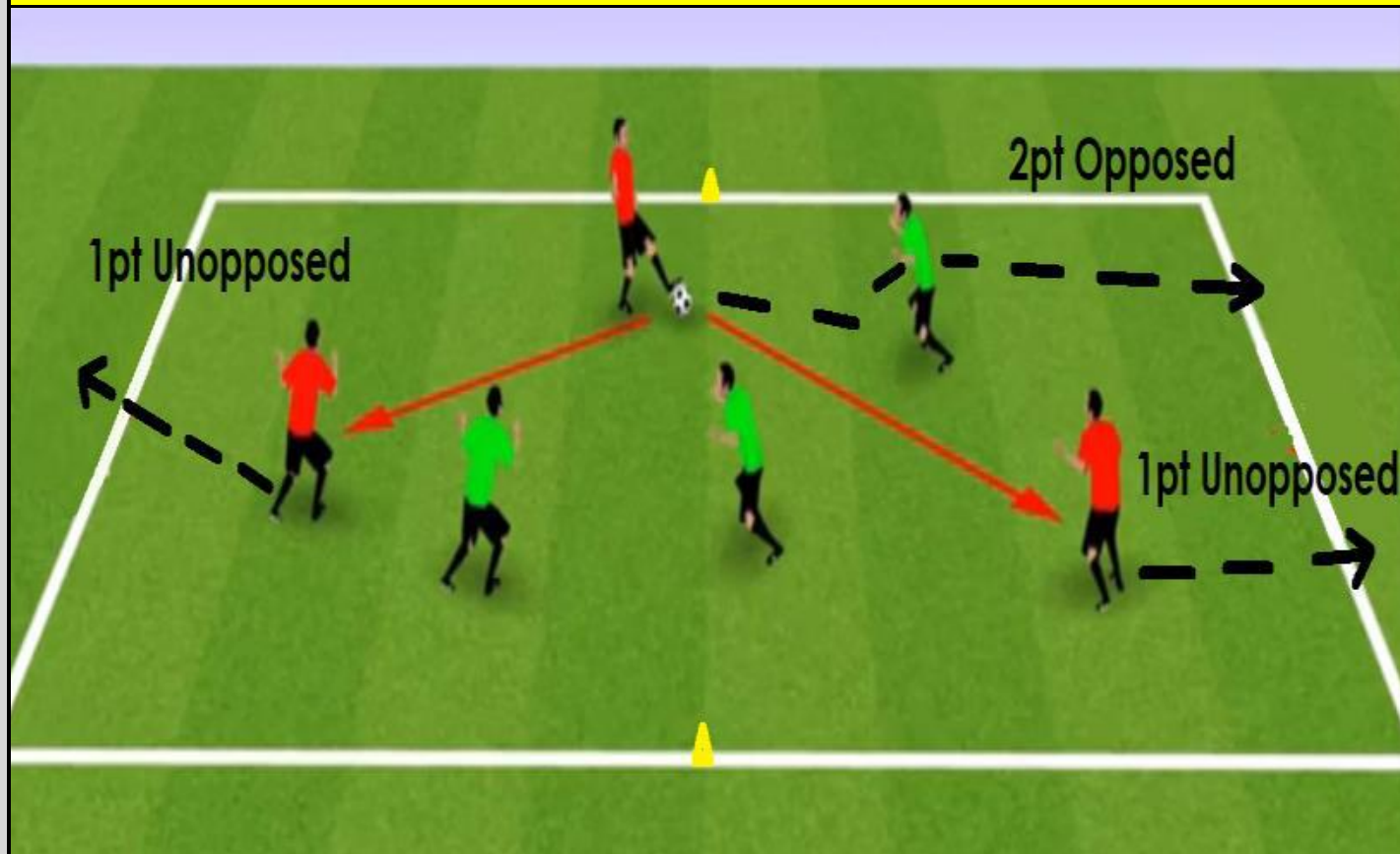
- i) Why is it important to dribble at the defender?
- ii) What distance away should I do my move / feint?
- iii) What angle should your touch be to go around the defender?
- iv) What moves could you use to eliminate the defender?

**Constraints to Modify or Challenge:** Size of playing area or # of defenders

## Session Plan 16 – Topics: Dribbling to Eliminate Defenders

### Which Way?

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**EVEN SIDED SMALL SIDED END GAME**  
**3v3 or 4v4**  
**(Regular FIFA Rules)**

**Time:** 20mins

**Size:** 15x20 yards

**Organization / Equipment:** Cones, Balls, Pinnies & Goals

**Explanation:** A 3v3 towards an endzone. The team must progress the ball over half and then can attack any end for a point. If they go past a defender with a dribbling feint they get two points.

**Coaching Points:**

- i) Close dribbling
- ii) Split vision – see the ball and the space in front of you
- iii) Dribble at defender to freeze them
- iv) Distance & timing of feint/move
- v) Be deceptive and deliberate – have a move in mind! Use it!

**Intervention Key Questions:**

- i) Why is it important to dribble at the defender?
- ii) What distance away should I do my move / feint?
- iii) What angle should your touch be to go around the defender?
- iv) What moves could you use to eliminate the defender?

**Constraints to Modify or Challenge:** Size / width of playing area or # of defenders

**Time:** 20mins

**Size:** May vary but ideally 15x20 yards or more

**Organization / Equipment:** Cones, Balls, Pinnies & two goals

**Explanation:** A regular even strength game to see if the players can implement the session topics in a realistic and representative performance context. Regular FIFA rules.

**Coaching Points:** -Previous coaching points

**Intervention Key Questions** - Previous questions

**Constraints to Modify or Challenge:** floater use or size of playing area