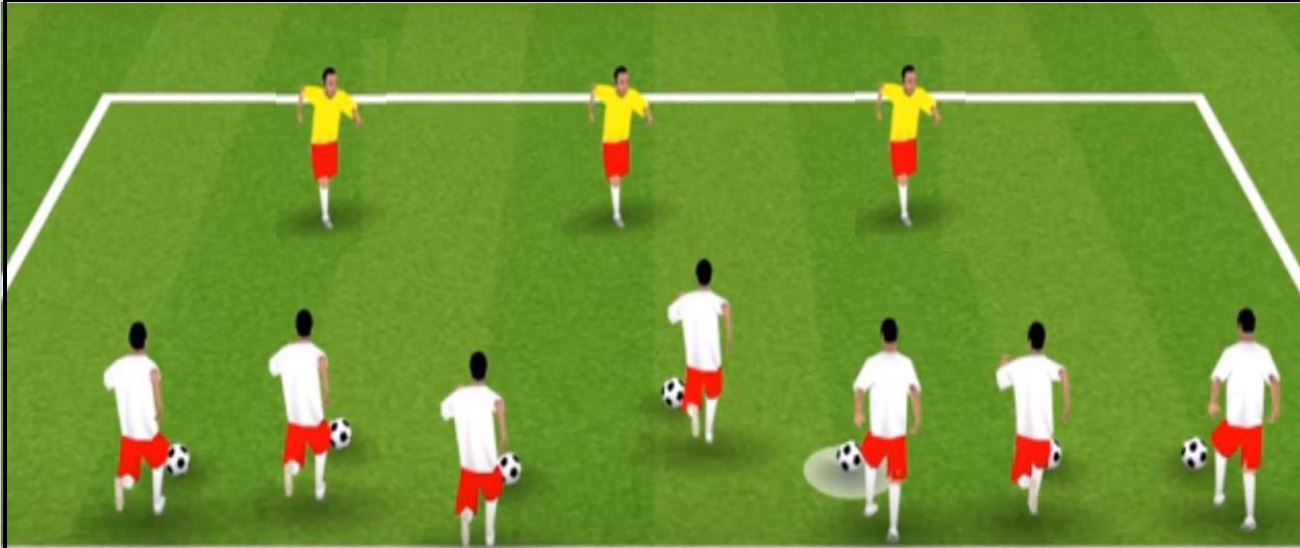


Session Plan 6 – Topics: Dribbling to Eliminate Defenders

BRITISH BULLDOG

[VIDEO LINK CLICK HERE](#)



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!

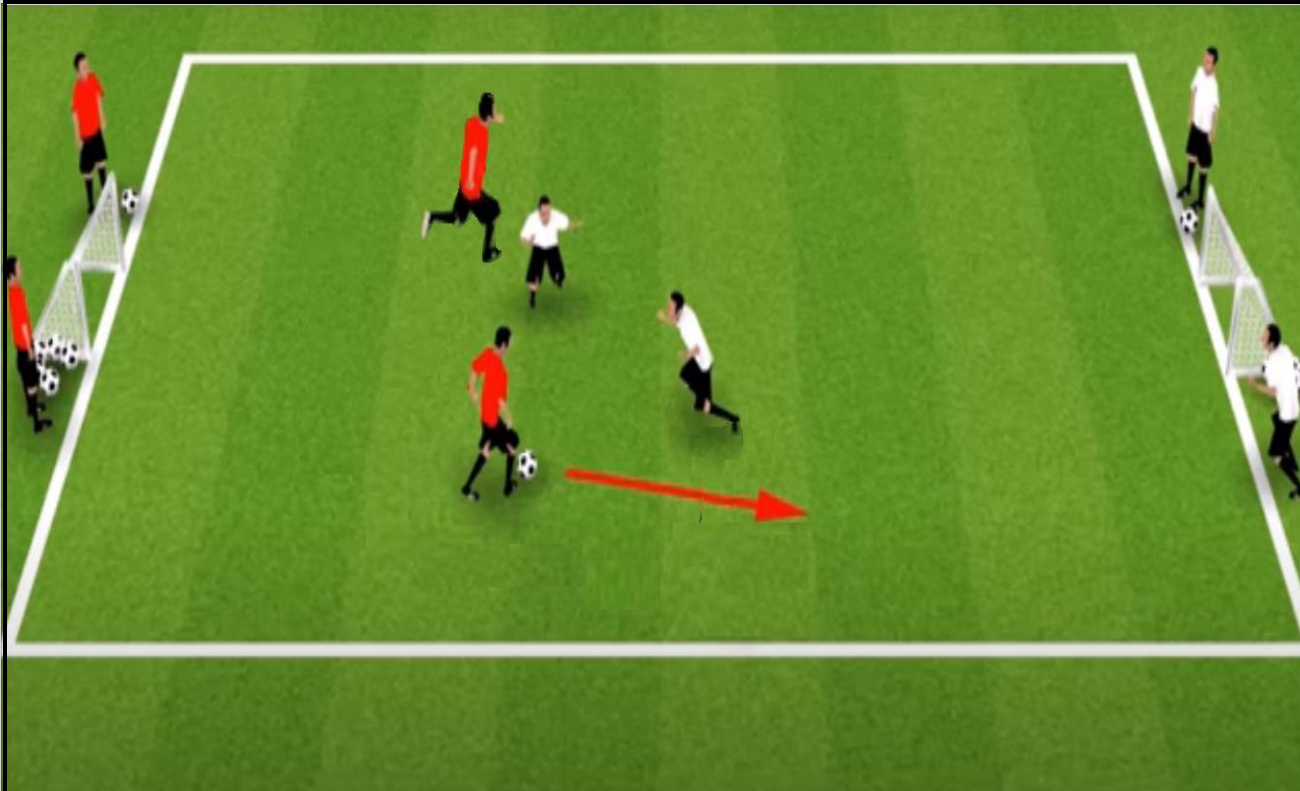
Intervention Key Questions:

- 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

[VIDEO LINK CLICK HERE](#)



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:

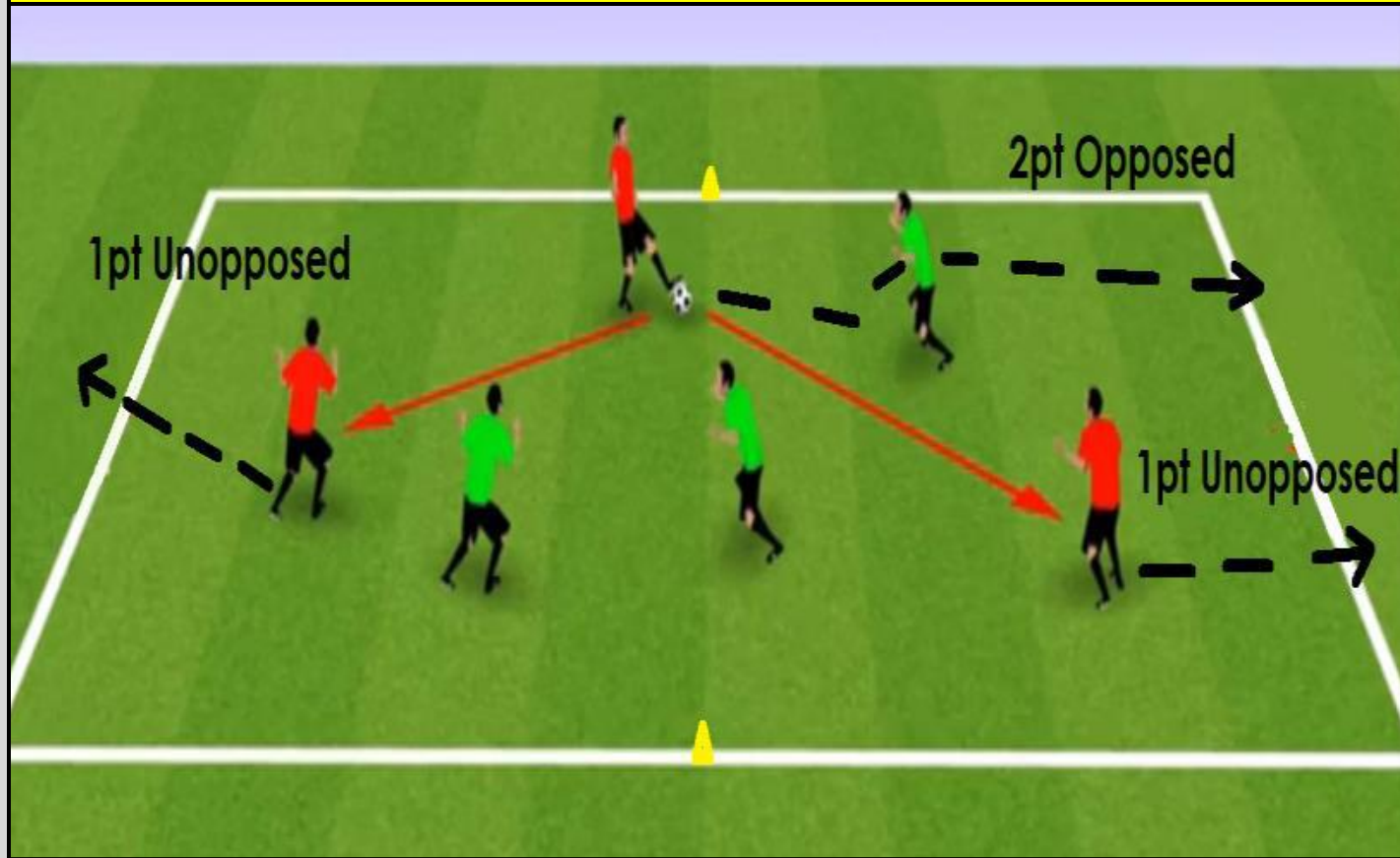
- i) Why is it important to dribble at the defender?
- ii) What distance away should I do my move / feint?
- iii) What angle should your touch be to go around the defender?
- iv) What moves could you use to eliminate the defender?

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

Session Plan 6 – Topics: Dribbling to Eliminate Defenders

Which Way?

[VIDEO LINK CLICK HERE](#)



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:

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

Intervention Key Questions:

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

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

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

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