

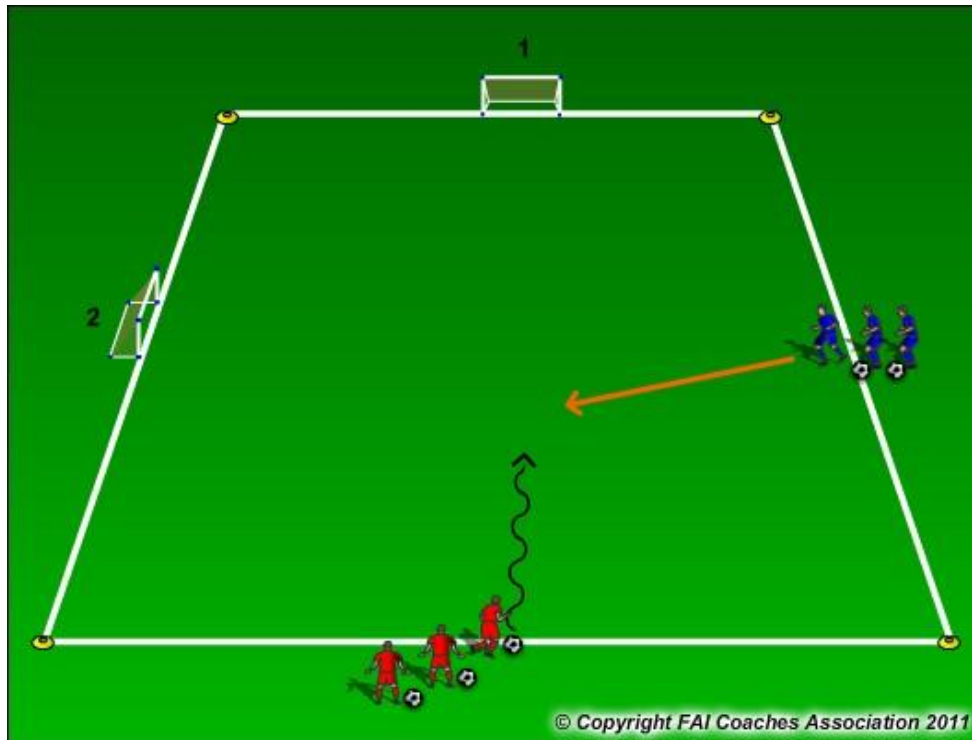


**THEME**

1 v 1 Dribbling with transition to defending

**DESCRIPTION OF PRACTICE (TECHNIQUE / SKILL)**

A Practice designed to improve players 1 v 1 dribbling and transition to defending



**ORGANISATION**

- Area 20 x 20 metres
- Two small goals
- Players divided into two groups, all players have a ball
- Red players try to score in Goal 1, Blue players try to score in Goal 2
- In example above red player tries to score in Goal 1 (blue player defends), after they score or the ball goes outside area they must defend against the next blue player that is trying to score in Goal 2

**KEY FACTORS**

- Move quickly to attack the defender
- Try to beat the defender with skills, tricks or speed
- End Product - Good quality finish
- React quickly to defend against next player

**NOTES**

Look for 100% effort in defending, players tend to switch off after they take their turn dribbling.