

Dribble or Pass

Category: Warm Up

Length: 00:15 Rec. Players: 12

Published: January 21, 2015 @ 16:39

Practice Theme/Topic

General Notes

An easy to organise Arrival Activity

Aims & Objectives

Passers try to retain possession of the ball in area for as long as they can
Dribblers try to regain possession from the opposing team or force a mistake

Organisation & Setup

Marker out area as shown in the diagram which can accommodate the number of players involved
Passers need one ball, whilst dribblers have ball each

Coaching Factors & Outcomes

Encourage passers to retain possession of their ball by creating space and using quick, accurate passing & support or dribbling skills
Encourage dribblers to maintain possession of their own ball whilst working with others to force mistakes to regain possession of the 'Passers' ball

Adaptation & Progression

Make appropriate use of the STEPS Principle. Examples might include;

- Changing the size & shape of the area
- Challenging players to use certain types of passes or a given number of touches when keeping possession
- Varying Overloads (ie Matched up or more dribblers than passers)

Technical

N/A

Physical

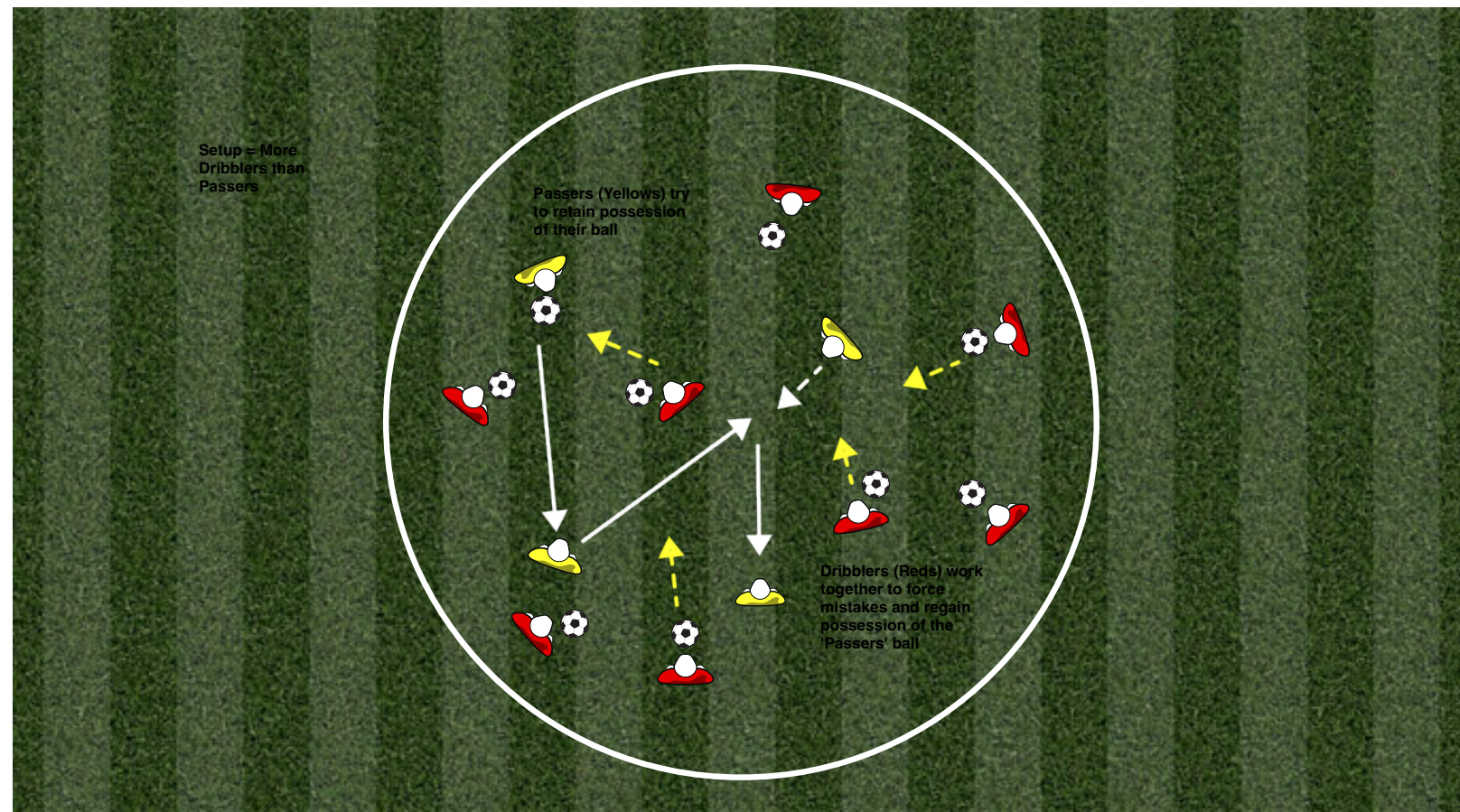
N/A

Psychological

N/A

Social

N/A



Coaching Point #1

Coaching Point #2

Coaching Point #3

Coaching Point #4

Practice: 01 Length: 00:15

Dribble or Pass

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Slide: 01/02



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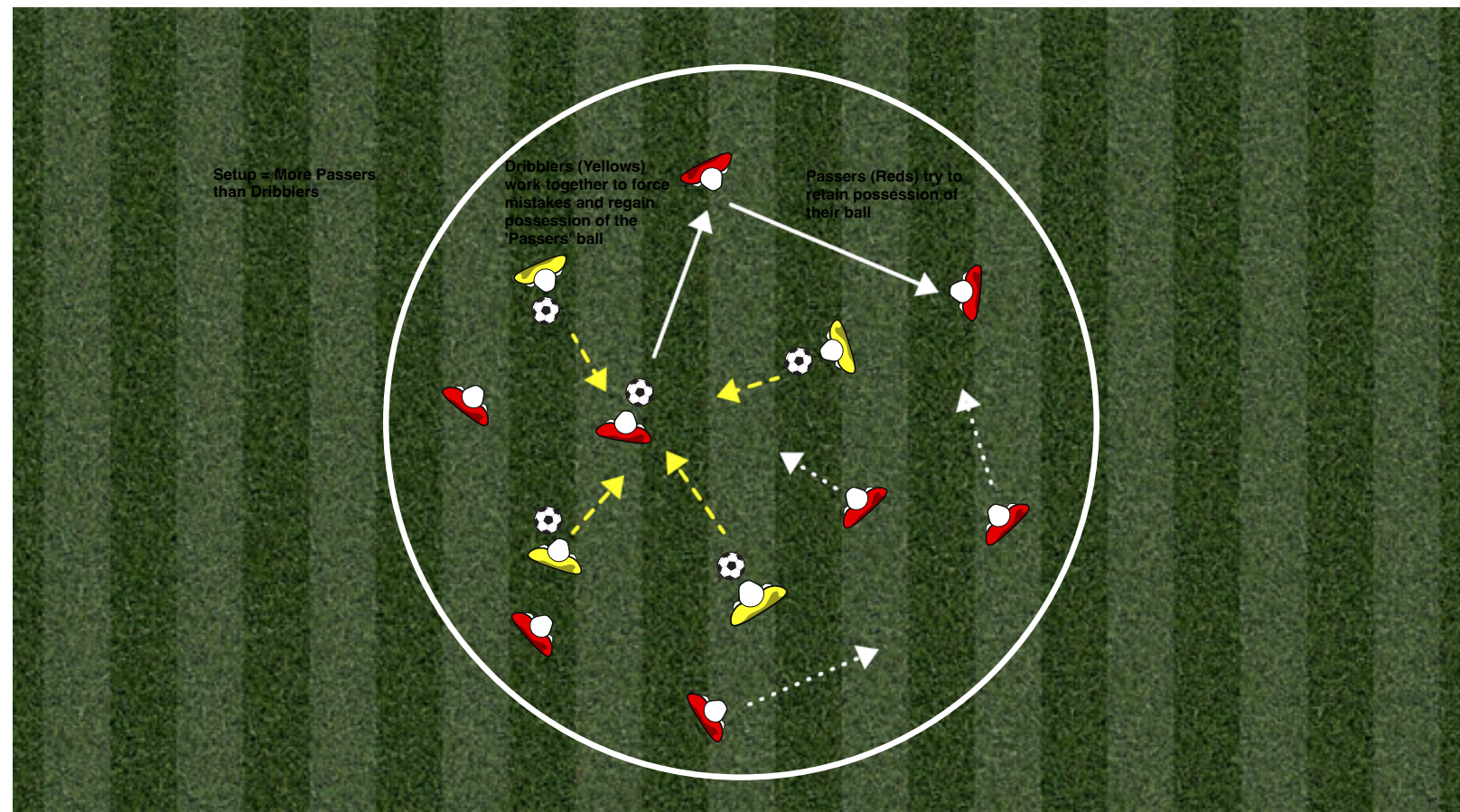
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Social

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Coaching Point #1

Coaching Point #2

Coaching Point #3

Coaching Point #4

Practice: 01 Length: 00:15

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Category: Warm Up

Slide: 02/02