



Dribbling To Shield & Turn

Category: Technical: Dribbling and RWB
Difficulty: Moderate

Continental FC, Philadelphia, United States of America
Individual-Adult Member

Description

Dribbling & shielding techniques to protect the ball, retain possession and escape pressure.

Shielding & Ball Protection (10 mins)

SetUp

12x12 Area, groups of 3

Organization

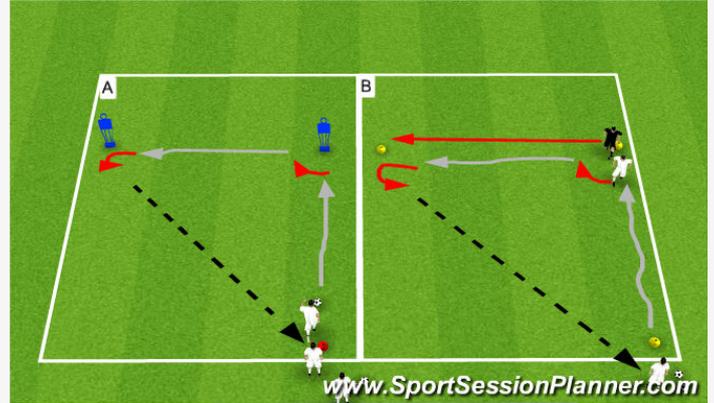
Player starts with a ball and dribbles towards the first cone/dummy, executes a turn, then accelerates to the next cone/dummy, executes a different turn before passing back to the start.

Progressions

- Add a no tackle defender (as shown in B)
- Full tackle defender

Coaching Points

- *Turn 1 is a spin move, twist off. Various for turn 2
- Protect the ball using your body
- Using furthest foot from the defender
- Embrace contact



1v1 Shielding/Turning (15 mins)

SetUp

15x20 Area

Organization

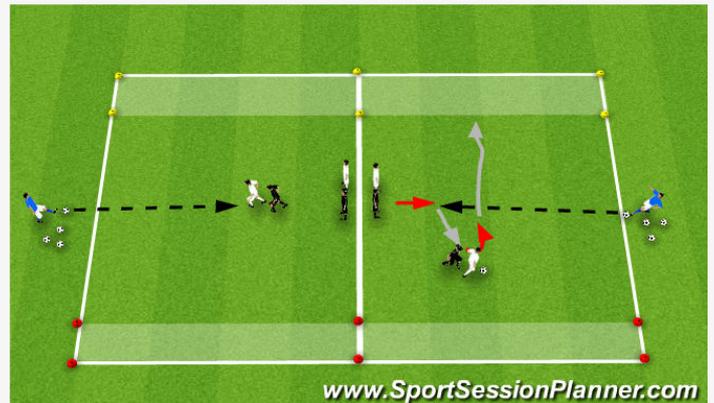
1v1 Shielding/Turning. Server plays a ball in from outside, attacker (white) checks to the ball, defender follows close. Attacker must dribble to one of the two end zones. If the defender wins the ball they counter to the opposite endzone.

Progressions

- Add various types of service; in the air, to the side
- Double turn before scoring

Coaching Points

- Check to the ball
- Receive using furthest foot from the defender
- Protect the ball using your body
- Embrace contact
- Accelerate away



1v1+2 Targets (15 mins)

SetUp

15x20 Area

Organization

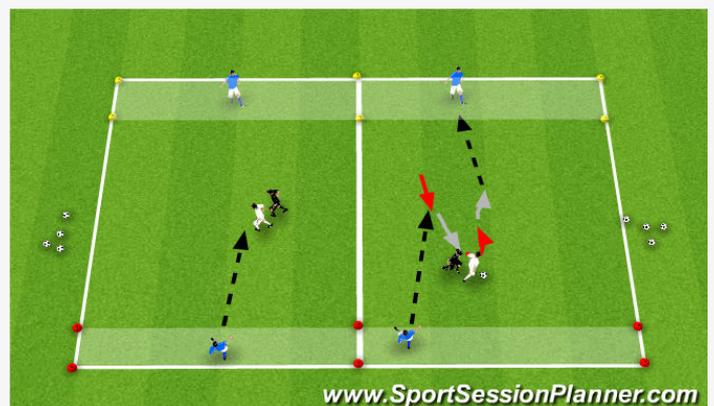
1v1 Shielding/Turning. Server/target plays a ball in from outside, attacker (white) checks to the ball, defender follows close. Attacker must dribble/pass to the other target player to score. If the defender wins the ball they counter to the opposite target player for a point.

Progressions

- Rotate outside players

Coaching Points

- Clever movement/feints to create space to receive
- Check to the ball
- Receive using furthest foot from the defender
- Protect the ball using your body
- Accelerate away



2v2+2 Targets (15 mins)

Setup

20x25 Area

Organization

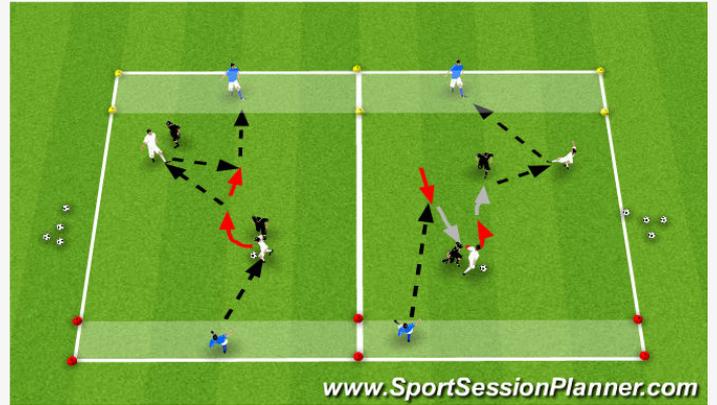
2v2 Shielding/Turning. Server/target plays a ball in from outside. Attackers must dribble/pass to the other target player to score. If the defenders win the ball they counter to the opposite target player for a point.

Progressions

- Rotate outside players

Coaching Points

- Clever movement/feints to create space to receive
- Check to the ball
- Receive using furthest foot from the defender
- Protect the ball using your body
- Passing/Combination play



2v2+1 To Goal (15 mins)

Setup

20x30 Area, full size goals

Organization

2v2+1 to Goal. Server/target plays a ball in from outside. Attackers must score in the big goal. If the defenders win the ball they pass to the target player to become the attacking team.

Progressions

- Rotate outside players

Coaching Points

- Clever movement/feints to create space to receive
- Check to the ball
- Receive using furthest foot from the defender
- Protect the ball using your body
- Passing/Combination play
- Finishing

