



Dribbling Part two- Beat the defender

Set Grid up 10x20

Purpose- Encourage players to be creative and beat defender

Organization

2 attacking players play against one defender. One defender is in an area of 10 x10 and is not allowed outside this area.

If attacking players beat the first defender they then take on second defender who is only allowed to defend their own grid

The object for the attacking players is to score in the goal at the end of the grid

If the attacking players score they go back to the line and become attacking players

If attacking players fail to score they become defenders and defenders go to attacking line

Coaching Points

Players look to play combinations to beat defenders (player 1 draws defender passes to player 2 who returns the pass to player 1

Before passing player 1 must draw defender

Good weight of pass

Timing of run (burst back onto the ball)