

DRIBBLING - MAKING YOUR MOVES

AGES 8 TO 16

HOW TO PLAY

- The aim of this game is for pairs to move the ball down the pitch and into their opponents' end zone. If they manage to do this, they score one point.
- Each side starts in their own end zone. To initiate kick-off, give one of the pairs the ball and tell them to begin their attack.
- As this team moves forward, the other side must try to win the ball back. If they do, play switches and the defenders become the attackers.
- If either team scores, the game restarts with the other side in possession.
- 2v2s are great for moving with the ball sessions. They reduce the opportunity to pass, and they help players get comfortable in 1v1s and 2v1s.

KEY COACHING POINTS

- Players need to be aware of the timing of their movement and when to move into space.
- Take the player make a decision between taking a player on in a 1v1 situation or passing the ball.
- Can the players transition quickly if they lose the ball in order to defend and win the back.



● Team 1
● Team 2

