



## ***CHANGING DIRECTION AND DRIBBLING OUT OF PRESSURE***

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### **Technical Warm-Up- Activity #1 - Figure "8" Dribbling**



**Set-Up** - A ball per player, a 5-yard area per player

**Explanation** - players dribble in "Figure 8" Fashion under the following conditions:

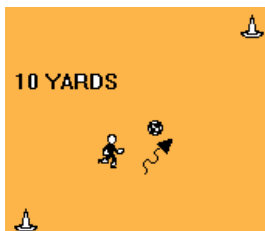
- ✓ INSIDE OF FOOT TURNS ONLY
- ✓ OUTSIDE OF FOOT TURNS ONLY
- ✓ INSIDE OF FOOT CUT, OUTSIDE OF FOOT ACCELERATION
- ✓ OUTSIDE OF FOOT CUT, INSIDE OF FOOT ACCELERATION

#### **Coaching Points**

- Efficient turns in terms of minimum required(3 max)
- Proficiency with both feet
- Cutting close to cone
- Explode away from cone or "pressure" after turn



### Technical Warm-Up - Activity #2 - Cones As Passive Defenders



**Set-Up** - A ball per player, a 10 -yard area per player

**Explanation** - players dribble back and forth between cones, executing the following various turns upon approaching cone, which simulates defender

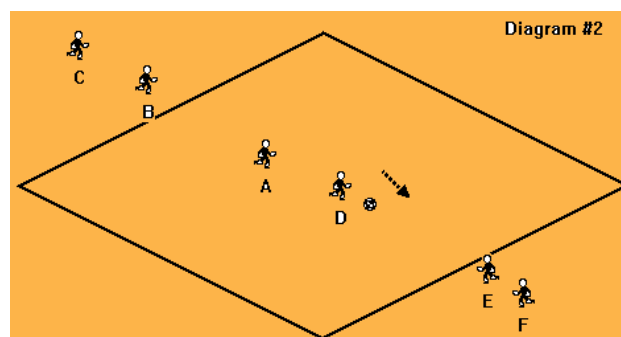
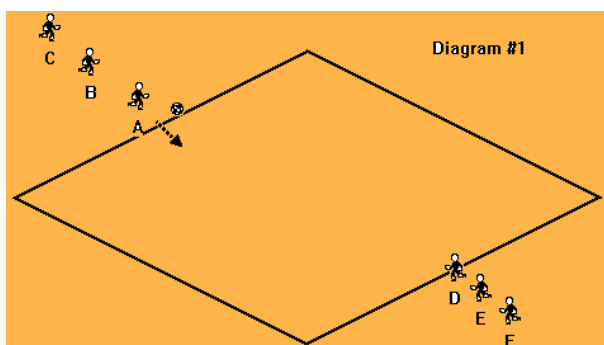
- ✓ INSIDE OF FOOT TURNS ONLY
- ✓ OUTSIDE OF FOOT TURNS ONLY
- ✓ INSIDE OF FOOT CUT, OUTSIDE OF FOOT ACCELERATION
- ✓ OUTSIDE OF FOOT CUT, INSIDE OF FOOT ACCELERATION
  - ✓ DRAG BACK
  - ✓ STEP OVER

#### **Coaching Points**

- Speed of approach
- When to turn (not too far, not too close)
- "Sell" the step over as a "fake-strike"
- Explode away from cone or "pressure" after turn



### Passive Pressure Activity



**Set-Up** - Players in groups of 6 in a grid 30x25, supply of balls.

**Explanation** - player A plays ball to player D. Player D receives ball and attacks player A.

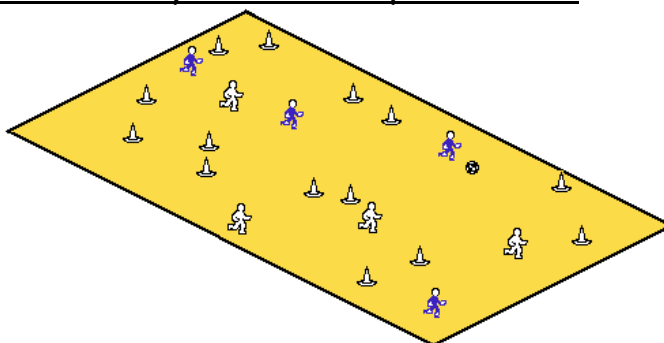
Upon approaching player A, Player D turns away from Player A (using any of the above 6 previously trained methods). After Player D has turned away from Player A, Player D plays the Ball to Player E who is waiting to be played in. Once Player E receives the ball, he/she plays to Player B, and the cycle repeats. After each player's respective repetition, he/she should quickly move to the opposite group of which they most recently originated from.

### **Coaching Points**

- Speed of approach
- When to turn (not too far, not too close)
- "Sell" the step over as a "fake-strike"
- Explode away from cone or "pressure" after turn
- Variations of turns



### Full Pressure Activity - 4 vs. 4 Multiple Gate Game



**Set-Up** - Two teams in one space 45x35, 7 small gates (1.5 yards wide)

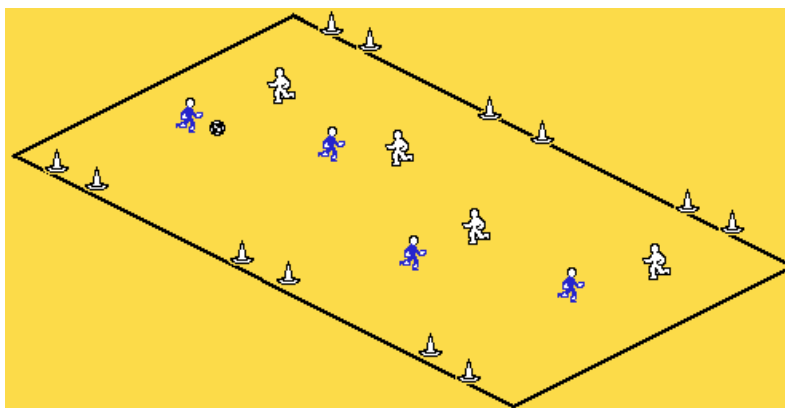
**Explanation** - Players play 4 vs. 4. A point is achieved when any player successfully penetrates, or dribbles through a small gate. Variation - award a goal for a predetermined amount of consecutive passes.

#### **Coaching Points**

- Don't force play into one gate. If the gate isn't open, spin out and look for 1-another gate, 2-another player to pass to, 3-open space
- Players should understand that the game is multidimensional and that they don't always have to play in the same direction



### Final Activity - 4 vs. 4 To Three Goals



**Set-Up** - Two teams in one space 45x35, 3 small goals on each end line.

**Explanation** - Players play 4 vs. 4 with each team defending 3 goals and attacking 3 goals. A point is achieved when any player successfully dribbles, or passes through an opponent's goal. Variation - award a goal for a predetermined amount of consecutive passes.

### Coaching Points

- Don't force play into one gate. If the gate isn't open, spin out and look for 1-another gate, 2-another player to pass to, 3-open space
- Players should understand that the game is multidimensional and that they don't always have to play in the same direction