

014 - Improving the dribbling technique while observing the game situation



Offence/
individual

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individual

Rating: Not Rated Yet

Price

Sales price 3,49 €

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Description

Level: Low

The objective of this training unit is to improve the dribbling technique focusing on simultaneous observation of the game situation. The players combine movements with dribbling already during the warm-up exercise; in a sprint contest and a short game, they practice dribbling at increased speed. Following the goalkeeper warm-up shooting, there will be a series of shots with additional coordination tasks in which the simultaneous observation of signs will be added. The subsequent small group exercise demands observation of the game situation while dribbling the ball. In a closing game, the players should implement what they practiced before.

Product number: 100014

Format: PDF

Date of Publication: 2018/10/18

Contents: (time individual exercise/total time in minutes)

- Warm-up/Stretching (10/10)
- Sprint contest (10/25)
- Short game (15/40)
- Goalkeeper warm-up shooting (10/50)
- Offense/Series of shots (10/60)
- Offense/Small groups (15/75)
- Closing game (15/90)

Sample Picture: Offense/Small groups



fitting training units:

[017 - Acting against the defending wing position player with a physically stronger pivot](#)

[024 - Shooting training with a small group of players \(5 players plus 1 goalkeeper\)](#)

[025 - Positional change \(second pivot\) plus supplementary player in outnumbered situations with 7 shooting options](#)