

ISLAND DRIBBLING

STAGES COVERED BY ACTIVITY

Stages 2 & 3- 6-11 year old players

THEMES & COMPETENCIES

Theme:

- + Dribbling and turns.
- + Attacking as an individual.
- + Defending as an individual.

Competencies:

- + Dribbling basics.
- + Turning basics.
- + Feints and dribble.
- + Beating an opponent.
- + Escaping an opponent.

WHY USE IT

This activity develops player's confidence
- using moves to beat a defender and
improving player's vision

SET UP

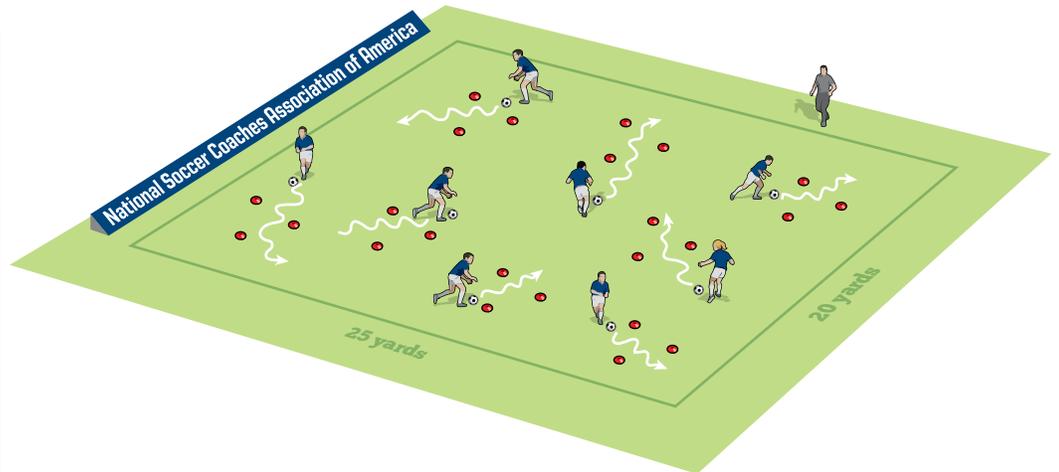
20x25 playing area marked with cones in the corners. Use three cones to make a triangle or island and create 8 islands in the grid. Each player will start with a ball.

HOW TO PLAY

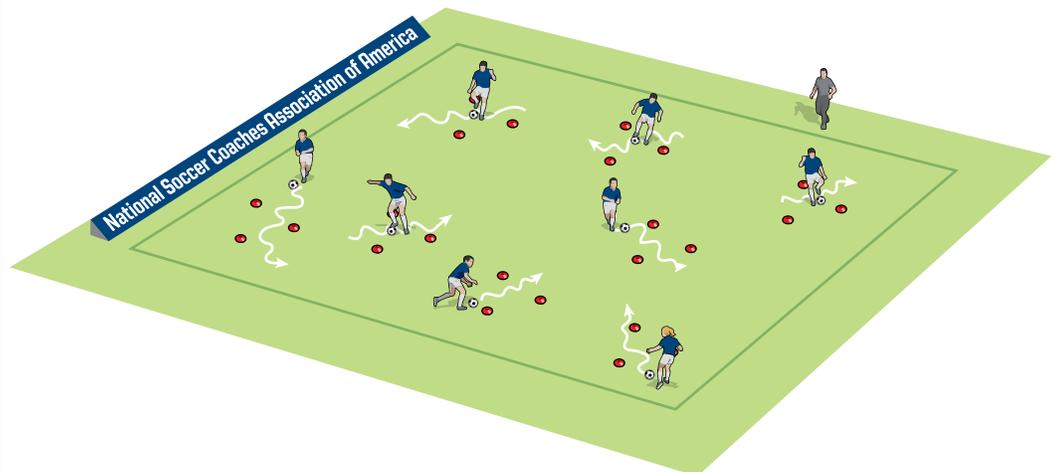
The first few rounds of play the players will try to dribble through as many islands as possible in 45 seconds. In subsequent rounds player will have to perform a move to beat or escape a defender in the center of the island: such as inside cut, scissor, step over, etc.

COACHING NOTES

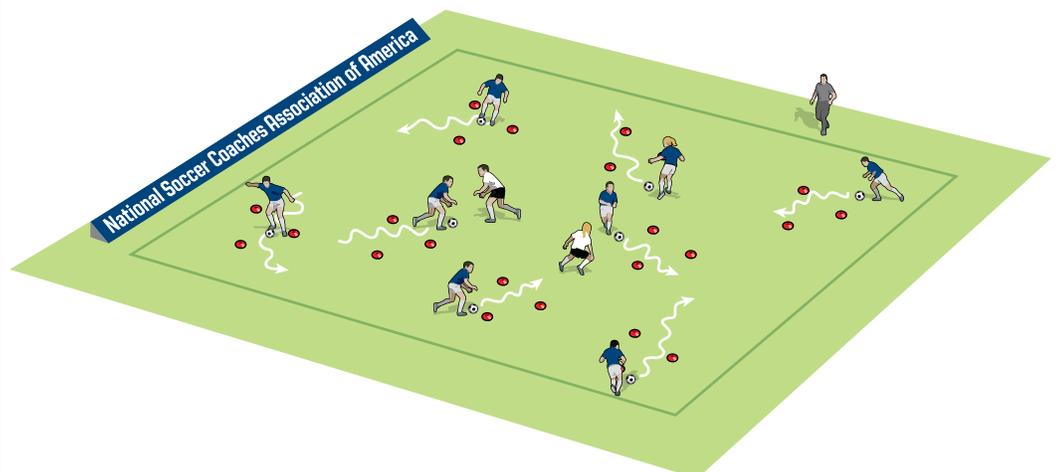
- + Main coaching objectives – develop confidence on the ball and quickness when performing moves.
- + Coaching tips – the triangle/island encourages players to dribble in one side and out another side. Emphasize that players should accelerate after the move.
- + Adaptations – add two 'taggers' in the final stage to increase difficulty



- + Players look to dribble through islands as fast as possible in 45 seconds.
- + Can players improve on their last score?



- + Players now need to perform a move in the center of the island.
- + Coach can tell them the first few moves and then ask the players to come up with their own moves.



- + Have two players try to win the ball from those that are dribbling.
- + Once they win the ball they drop the training vest.
- + Players may stop on an island and are safe for 5 seconds from taggers.

