



Dribbling Part Five- Half size Field

Purpose- Encourage players to dribble and take on defenders. It also makes players track back and mark their opposition.

Organization

Set up field 6v6 plus goalkeepers and team plays a normal scrimmage against each other with restricted conditions

All players are given a number and told that they are only allowed to mark the player who has the same number as them. For example #1 can only tackle #1, #2 can only tackle #2 and so on. This is the only restriction put on players so they can pass to anyone they wish but remembering they can only tackle their opposite #

Coach has a large amount of soccer balls at the side so he/she can keep the game flowing

Coaching Points

Communication between players is essential

Encourage players to take players on and use their dribbling skills and moves. This is something they should have to do as all players should be marked up

Players have to mark up, other the opposition player will have a free run on goal which encourages players to track back and defend