



Dribbling Part Three- Beat the defender

Set up grid 10x20

Purpose- Encourage players to be creative and beat defenders

Organization-As in dribbling part two

Overlapping runs to beat defender

Player 1 dribbles at defender in middle of grid from position A

Player 2 runs behind player one from position B performing an overlapping run

Player one then must decide weather it is best to go on their own and take defender on or play the ball to player 2 who has made the overlapping run

Coaching Points

Player must attack the defender by dribbling quickly and attacking the middle of grid

Communication between players

Attacking player must make a good decision weather to fake defender or pass

While dribbling at defender keep ball close

If passing play the ball with a good weight so player 2 is bursting onto the ball