



Dribbling Part Four-Beat the Defender

Set up grid 10x20 area

Purpose- Encourage Players to be creative and beat defenders

Organization-As in dribbling part one two and three

Diagonal runs to beat defenders

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

Player 2 starts at position B and makes a diagonal run behind the defender

Player one then passes to player 2 and then makes a diagonal run in front of the defender who then passes back to player one

Coaching points

Good communication

Play quickly

Good weight of pass making it easier for teammate to control and return the pass

Timing of runs

Overall players get use to making diagonal runs which are alot harder to defend than when players only play in straight lines