

8 - Dribbling - Matthews, Beardsley, Scissors etc.

Not every player will have the confidence and agility to become a creative dribbler but all players should be given the opportunity to learn and experiment when they are young and fearless.

Remind players that even the best dribblers fail to beat their opponent more often than not so they shouldn't fear failure, the rewards for the team of successful dribbling in the opponents half are worth the risk. It is important to help them make sensible decisions on where and when to dribble.

Provide good demonstrations - pick on somebody to help if you are not sure. Our main objective would be to help players understand exactly what they need to do to execute the move, it is up to them if they then go on to practice these skills in their own time. Always commend attempted dribbling and seek to increase player's confidence to express themselves on the ball.

Coaching Points - Observe the following details:

- ✓ Coach where and when to dribble, in attacking half when faced with 1 v 1, not near our own goal
- ✓ Does the player commit the defender by running straight at them?
- ✓ Make sure they are playing with their head up and keeping the ball close under good control
- ✓ If the defender is tight and jockeying well they should carry the ball slowly on instep of back foot
- ✓ If the defender is sitting off, get ball on front foot and maintain pace
- ✓ Look at the timing of the attempt to dummy the defender, not too early, just out of tackling range
- ✓ Observe the technical quality of the move, do they really try to sell the dummy with good disguise?
 - **Matthews** - drag ball on instep of back foot, drop shoulder and go past defender with outside of same foot
 - **Beardsley** - pretend to make through pass, drag it across body, then past defender with other foot
 - **Scissors** - pretend to play ball with outside of foot, step over and go past defender with outside of other foot
- ✓ Does the player go past the defender on the best side - attack the front foot
- ✓ Observe whether there is a big change of pace to beat defender and attack the space
- ✓ In summary - "*Meet, greet and defeat*" i.e. run at defender, sell him the dummy and accelerate past them
- ✓ Is there an end product? Attack should produce a useful shot, cross or pass

Useful Drills

49	Tractor Trailer
50	Tractor versus Trailer
52	Ten
56	Diagonals
57	Three-Two-One
58	The Numbers Game
70	End Zone