

1 v 1 Dribbling Activity

Category: Technical: Dribbling and RWB

Difficulty: Beginner

Am-Club: Illinois Youth Soccer Association
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Screen 1

Player A passes to Player B who has to decide which gate to dribble through. Focus should be:

Coaching Points

Ball Control with Head Up

Decision on Space and how Defender is Positioned

Setting up the Defender

Bursting into Space

Changing Direction using different Surfaces of Foot

