

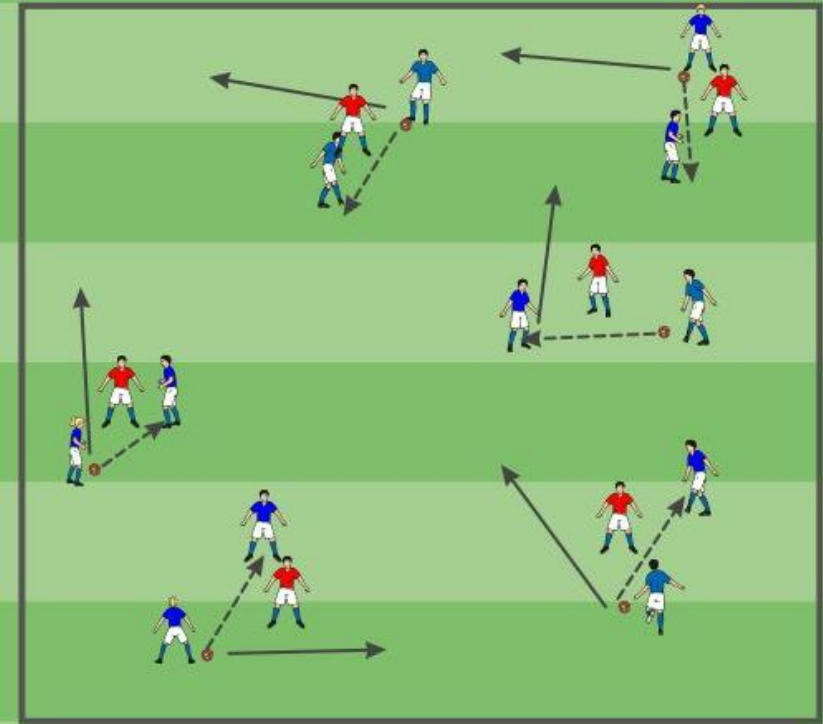
Dribbling to Set Up a Pass Training Session: Introduction

- Explanation: At any moment in possession, an individual may have to create a passing angle by executing a certain type of dribble and pass. Often players force passes through defenders who are clearly in a passing lane. Players need to be able to use their dribbling skills to move the defender and/or move around the defender in order to open a passing lane. Once the passing lane is open, the player must be able to execute and deliver a pass with the proper weight, shape, angle and flight to their teammates.
- Training Session Primary Goal: Technical - Improve individual player's ability to create passing lanes off the dribble as well as execute and complete passes, enabling the team to penetrate and maintain possession more efficiently and for longer periods
- Training Session Secondary Goal: Individual Tactical – Make quality decisions on where, when, why to dribble and pass/Team Tactical – Make quality to decisions on where, when, why, and how to support the player on the ball
- Coaches Focus – Primary: Teach the technical details on dribbling to possess, dribbling to penetrate, passing with all surfaces of the foot and the tactical details on when, where, why to dribble and pass
- Coaches Focus – Secondary: Teach the tactical details of where, when, why, and how teammates need to support the player on the ball in order to help the team penetrate when possible and maintain possession it is not

Dribbling to Set Up a Pass: Warm up – Partner Passing w/ Defender

Set Up

- Grid Size: Indoor: Size of available basketball court/Outdoor: 20 x 20 – 20 x 44 yards or about half of the penalty area to full penalty area. Divide area in to quarters
- Time: Each rep: 1 - 2 minutes depending on familiarity w/ activity, ability, and age/Total time: 15 – 20 minutes
- **Rules:**
 1. Groups of 3/Each group has 1 ball
 2. Two passers back and forth on the move/Defender attempts to intercept or disrupt pass
 3. IF passer has pass intercepted, stolen, or the ball goes out of bounds the defender switches roles with that person
- **Progressions/Variations:**
 1. Change Partners: Force teammates to play with different players
 2. Combination Play: Passers attempt to play a wall pass (give and go/1-2), overlap, or take over around the defender



Dribbling to Set Up a Pass: Activity 1 – 2 v 2 to Targets

Set Up

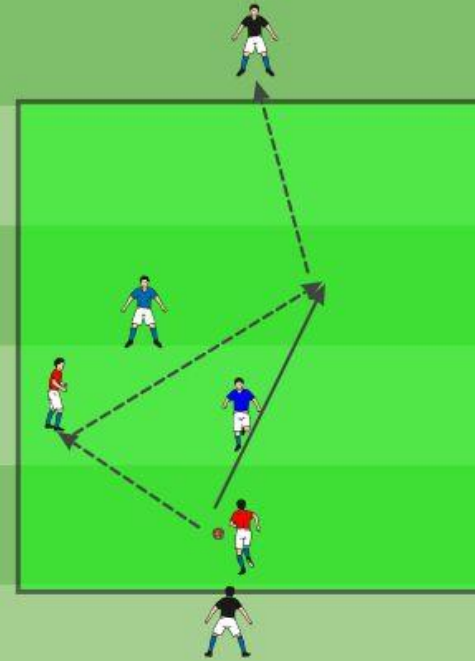
- Grid Size: 8-12 yards wide x 15 – 20 yards long
- Time: 3-5 minute games/1 minute rest/Play 3-5 games

Rules:

1. Two teams of 2/1 target on each end line
2. Team defends one end line and attacks the other
3. Score by passing to target on opponents end line (Note: no matter variation used, target on end line allows passes back to team defending that end line, i.e. The team that scored does not get the ball back after a goal)

• Progressions/Variations:

1. Change Target each game
2. Allow teams to pass back to target on their end line as well



Dribbling to Set Up a Pass: Activity 2 – 4 v 4 with Targets

Set Up

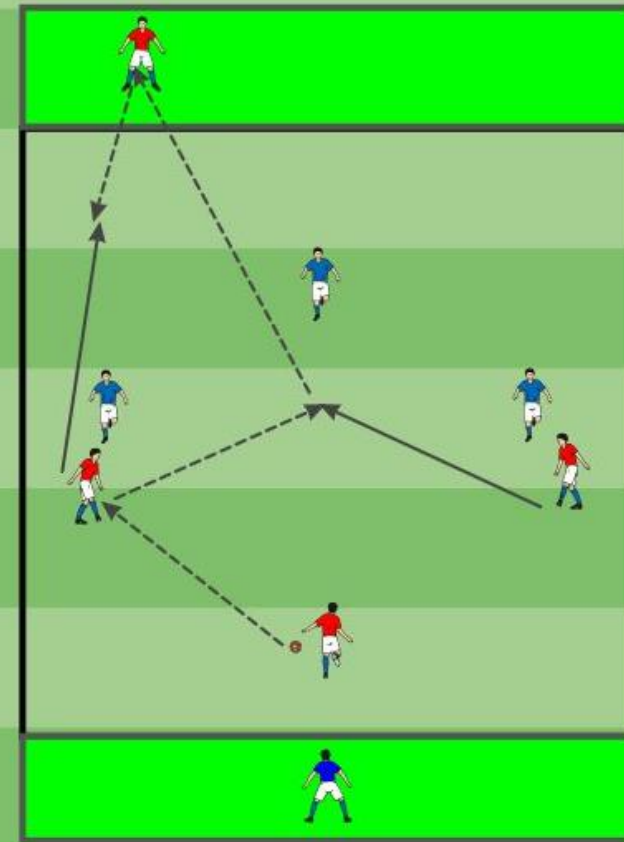
- Grid Size: 15 – 20 yards wide x 20-40 yards long
- Time: 3-5 minute games/1 minute rest/Play 3-5 games

Rules:

1. Two teams of 4 or 5 (Game can be played with any number)/1 target on each end line
2. Team defends one end line and attacks the other
3. Score by passing to target on opponents end line (Note: no matter variation used, target on end line allows passes back to team defending that end line, i.e. The team that scored does not get the ball back after a goal)

Progressions/Variations:

1. Field size: Too easy – Make field smaller/Too hard – Make field bigger/Endurance Fitness – Make field bigger/Quickness and footwork – Make field smaller
2. Change Target each game
3. Allow teams to pass back to target on their end line as well



Dribbling to Set Up a Pass: Match/Game – 4 v 4/6 v 6

Set Up

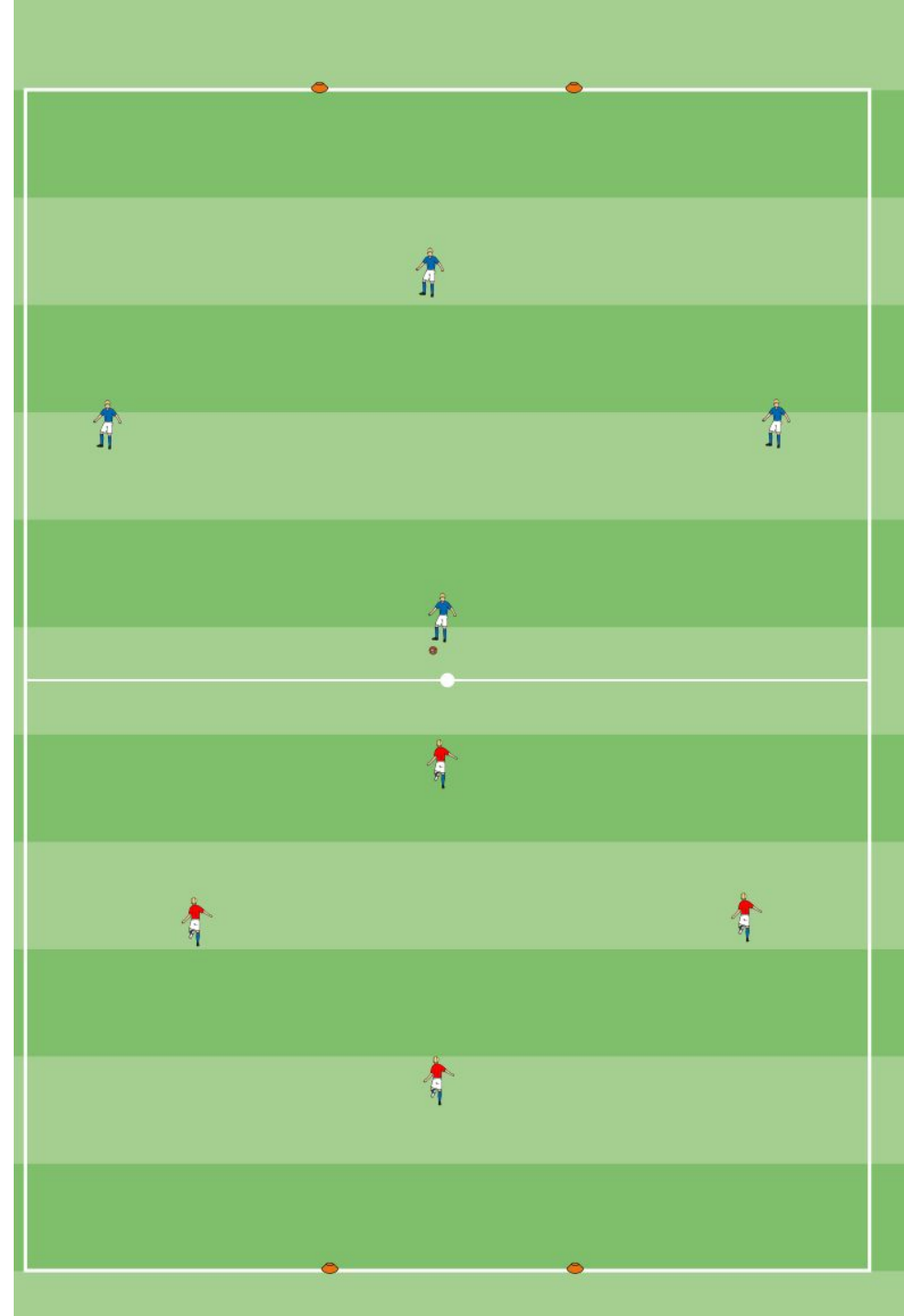
- Grid Size: 15 – 20 yards wide x 20-40 yards long/Goals 2 – 4 yards wide
- Time: 15 – 20 minutes

Rules:

1. Two teams of 4 (Note can play this with any number 3 v 3/5v5/9v9)
2. Team attacks one side and defends the other
3. Score: Pass ball through cone goal

Progressions/Variations:

1. Field size: Too easy – Make field smaller/Too hard – Make field bigger/Endurance Fitness – Make field bigger/Quickness and footwork – Make field smaller
2. Everyone must be on attacking half before team can score
3. Everyone on team must touch the ball before team can score



Dribbling to Set Up a Pass Training Session Final Thoughts

- There are many technical details that can be introduced and taught. The level of technical detail you decide to get into should also be related to the player's/team's experience with the activities and their skill level.
- Like with most sessions, introduce and teach the technical details more in the beginning and then ease off, observing to see if they can bring the skills from the simple games to the more complex games
- Because of the amount going on with all the various technical skills involved in this session, it is usually best to choose a smaller subset and focus on that.
- As always, be patient with their development. Rome wasn't built in a day and player's are developed in a practice session