

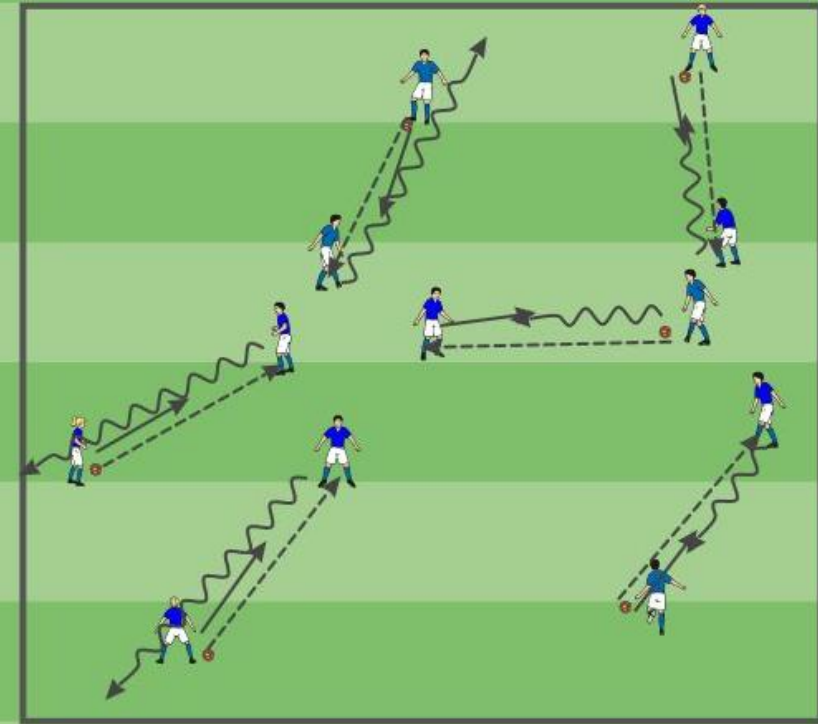
# Dribbling to Penetrate Training Session: Introduction

- Explanation: Developing players with a creative flair, players who want to attack, players with the desire to take risks in the right area of the field is challenging for coaches but absolutely vital to the development of their players. Coaches must create situations where players are allowed to think for themselves and try new things. Coaches must fight the urge to tell players every touch they must take and every thought they must have. Asking guided questions and allowing for experimentation will help further this environment. Not every seed planted will germinate and grow, but coaches must continue to plant the seed and cultivate the environment otherwise no seed will grow. Keep planting the seeds and cultivating the environment for creative, skillful attacking players.
- Training Session Primary Goal: Technical – Improve an individual player's ability to attack defenders and space on the dribble in order to create goal scoring opportunities/Tactical – Improve an individual player's ability to recognize, read, and make decisions based on the cues of the 1<sup>st</sup> defender, the covering and balancing defenders, the available space, and their own ability to penetrate dangerous space and create goal scoring opportunities.
- Coaches Focus – Primary: Teach the technical details on dribbling to penetrate with a focus on change of speed, change of direction, and overall deception with specific care paid to playing on the balls of one's feet and the surface of the foot used to penetrate and change direction.
- Coaches Focus – Secondary: Teach the tactical details of where, when, why, the player on the ball can attack dangerous space in order to create goal scoring opportunities

# Dribbling to Penetrate: Warm up – Partner Passing to 1 v 1

## 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: 45 seconds -1.5 minutes depending on familiarity w/ activity, ability, and age/Total time: 15 – 20 minutes
- **Rules:**
  1. Groups of 2/Part 1: Each Player has 1 ball – Part 2: Each group has 1 ball
  2. Players pass back and forth on the move/Part 1 – Coach demonstrates and walks player through a 1 v 1 move and players practice the move/ Part 2 – Partners pass back and forth. When Coach says “GO” player with the ball attempts to dribble past their partner/Return to passing and moving after attacker dribbles past or defender wins the ball
- **Progressions/Variations:**
  1. Change Defenders Role: 1<sup>st</sup> – Defender stands still for attacker to dribble around/2<sup>nd</sup> – Defender is passive, i.e. can move but not try to tackle/3<sup>rd</sup> – Defender is active and attempts to prevent attacker from going past
  2. Change Partners: Force teammates to play with different players
  3. Group Size: Change to groups of 3 forcing attackers to deal with 2 defenders



# Dribbling to Penetrate: Activity 1 – 1 v 1 Ladder

## Set Up

- Grid Size: Series of connected field 8-10 yards wide x 10-15 yards long
- Field: Each field has a passer, an attacker, & a defender
- Time: Each rep: 1 - 2 minutes depending on familiarity w/ activity, ability, and age/Total time: 15 – 20 minutes

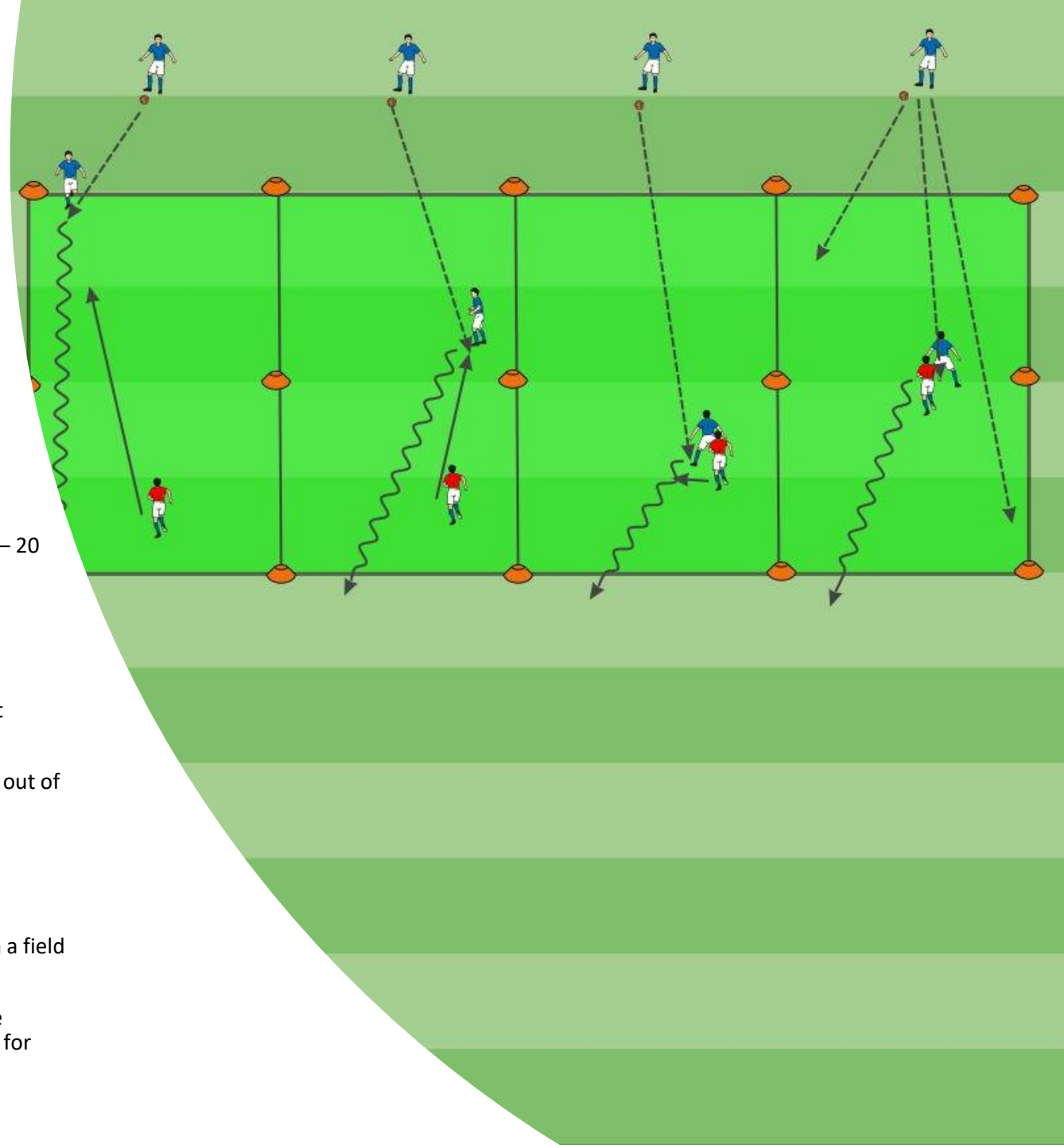
## Rules:

1. Groups of 3/Each group has 3 balls (just for quicker restart if ball gets away)
2. Passer passes to attacker who attempts to dribble past defender/Defender attempts to prevent dribble penetration
3. Score by dribbling the ball under control across the end line/If Defender wins the ball or it goes out of bounds start the next rep
4. Rotation: Passes to attacker, attacker to defender, defender to passer

## Progressions/Variations:

1. Tournament: Keep score/Highest score moves up a field, 2<sup>nd</sup> place stays, 3<sup>rd</sup> place moves down a field (Note: can only do this if switching roles)

Note: For this topic specifically, as in introduction or strict focus on dribbling to penetrate, stick to the starting situations in Fields 1 and 2 (from left to right in the diagram). This starting situation will allow for dribble penetrate where fields 3 and 4 are better options for receiving and turning to penetrate



# Dribbling to Penetrate: Activity 2 – 4 v 4 to Endline

## Set Up

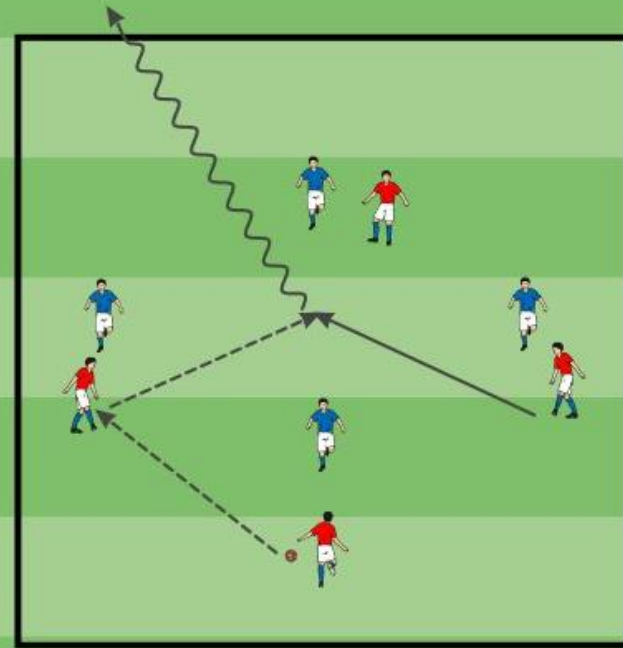
- Grid Size: 15 – 20 yards wide x 20-40 yards long
- Time: 3-5 minute games/1 minute rest/Play 3-5 games

## Rules:

1. Two teams of 4 (Note can play this with any number 3 v 3/5v5/9v9)
2. Team attackers one side and defends the other
3. Score: Dribble across opponents end line under control

## 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



# Individual Defending: Match/Game – 4 v 4/6 v 6

## Set Up

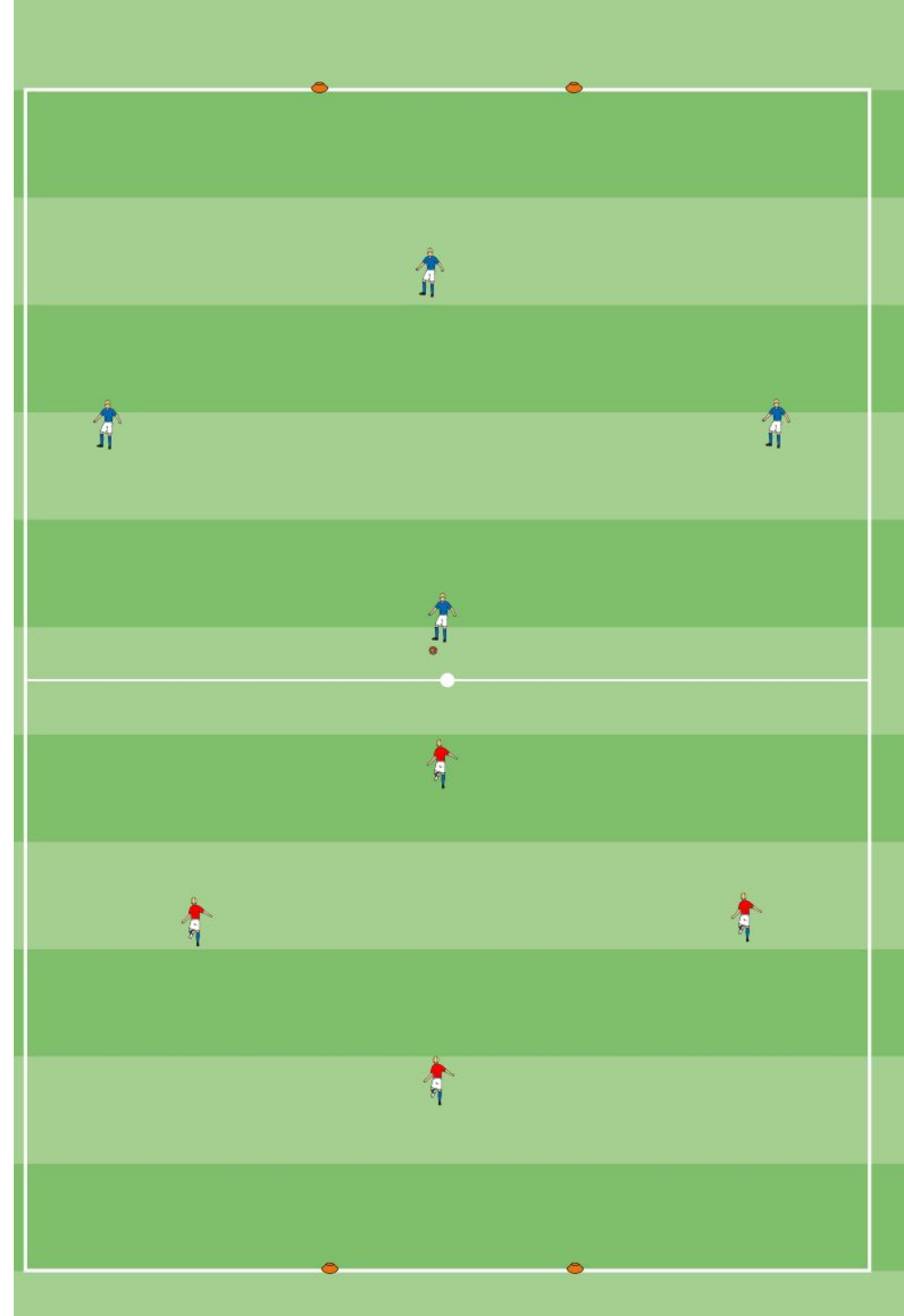
- Grid Size: 15 – 20 yards wide x 20-40 yards long/Goals 2 – 4 yards wide
- Time: 15 – 20 minutes

## 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 Penetrate Training Session Final Thoughts

- This is the same set up as the first session, the general outline for a simple to complex or progressive training session. What is different is the specific rules and variations to focus more directly on our topic. This same session outline and activities could be used for any number of topics. What changes is what the coach decides to focus on in that training session.
- Players must be encouraged to take risks in this session, to try to new ideas on how to beat defenders, and know that it is ok to fail in this scenario. Risk, like most things, is not always good or bad so coaches must create game like scenarios to encourage risk taking by attacking players in the right area of the field, at the right time, under the right circumstances. Coaches creating the environment where risk taking and failures are encouraged will more readily develop players who want to score goals.
- The details of teaching dribbling technique are often numerous and small. The direction of ones foot, the surface of ones foot, where the ball is being contacted, the angle of the ankle/knee, and hip joint, pivoting and turning, the stride into the ball, where their eyes are looking, and scanning over one's shoulders are all very important to developing quality touches and speed on ball both in terms of straight speed and how fast a player can change direction.
- This can be overwhelming for both players and coaches at times so do not feel like you must focus on all of these ideas at once. This is a session that can be revisited often, especially in the early years and is a skill that will be present in almost every other session.
- 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
- As always, be patient with their development. Rome wasn't built in a day and player's are developed in a practice session