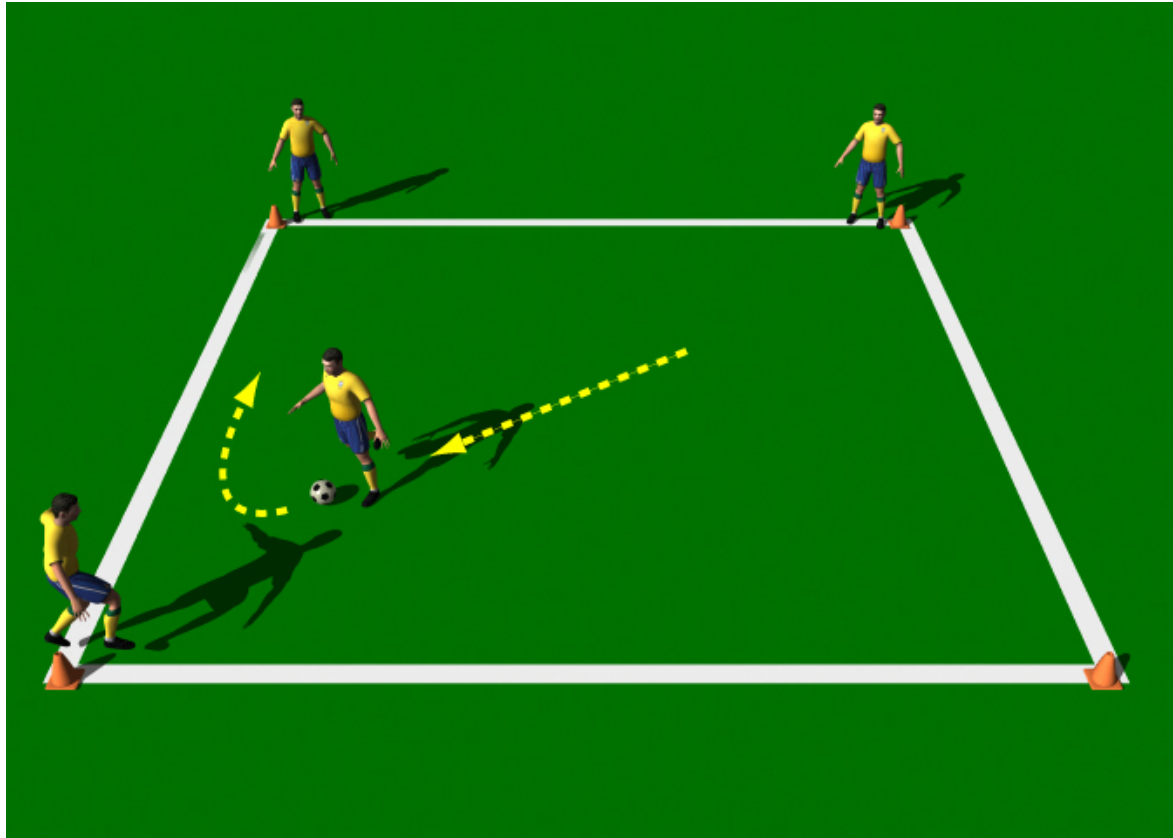


Attack the Player Drill



Exercise Objectives:

This is a dribbling exercise that can be used for players at all ages and levels of ability. The drill is designed to encourage players to use a variety of dribbling moves to escape from the defender.

Field Preparation

- ☆ Entire Group (groups of fours)
- ☆ Area 10 yards by 10 yards
- ☆ Cones or Flag poles
- ☆ Supply of Balls

Coaching Pointers:

Divide your team into groups of four players. Position a player in each corner of the square, as in the diagram above. The sequence starts when the first player dribbles quickly towards any player. The attacker must dribble close to the player, perform a move to escape, then pass to an open player. The player who was acting as the defender must run to the open corner. The drill is then repeated with the new player who has the ball.

Focus On:

- ☆ Quick tempo when attacking (speed is the key)
- ☆ Variety of dribbling moves such as; the scissors, step -over's, spins, feints etc.
- ☆ Change of Speed
- ☆ Change of Direction