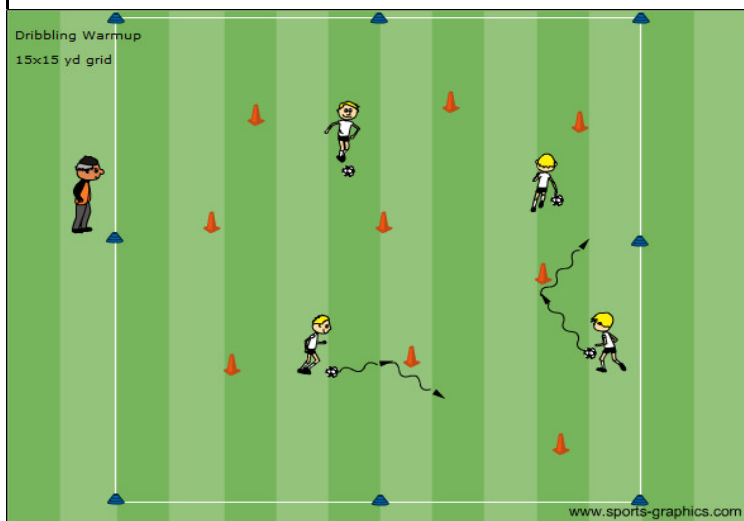




## Dribbling- Body Fakes Practice



### Warm-up-

Set up a 15x15 yard field with at least as many big cones as there are players.

1) Start with a fun tag game, without a ball, then with one. Choose tag games that encourage body fakes and changes of direction. Players must avoid cones too.

1) Players dribble freely, avoiding cones & each other.

2) Have players perform two or three 1v1 moves, first standing by a cone. Then progressing to doing move while dribbling at speed.

**CP-** Encourage changes of speed and direction

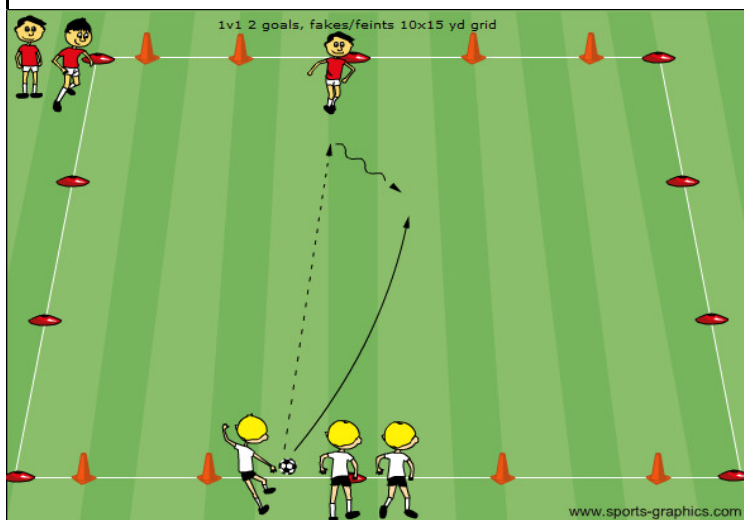
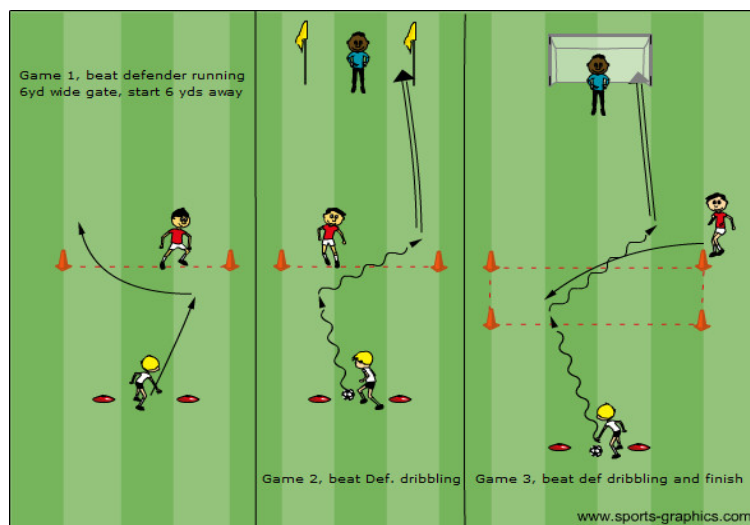
### 1 v 1 Bridge Games-

**Setup-** Game 1 and 2 make a 6 yard wide goal and starting area 6 yards away. Game 3 make a 4 x 8 yard area at the top of the goal box.

**Game 1-** No ball, attacking player uses body fakes to try to beat defender, who must keep feet on the line. Defender tries to tag attacker.

**Game 2-** With ball, attacking player dribbles and uses fakes to beat the defender, who must stay on the line. Then shoot at goal. Defender tries to win the ball.

**Game 3-** 1v1, attacking player tries to beat defender, who can defend anywhere in the 4 x 8 yard box, then shoot at goal.



**Game 4-** 1v1 to end line goals

**Setup-** make a 10x15 yard field with 2 end line goals on each side.

•Defending player plays ball to attacking player, or attacking player starts with ball, either works. Then attacking player tries to beat defender and dribble through either end line goal, defenders try to score as well if they win the ball.

### Key Coaching Points for the Practice

- 1) Keep ball close, attack defenders front foot
- 2) Using body fakes & ball movement, change direction and speed to beat defenders
- 3) Encourage creativity, let players explore different movements and techniques