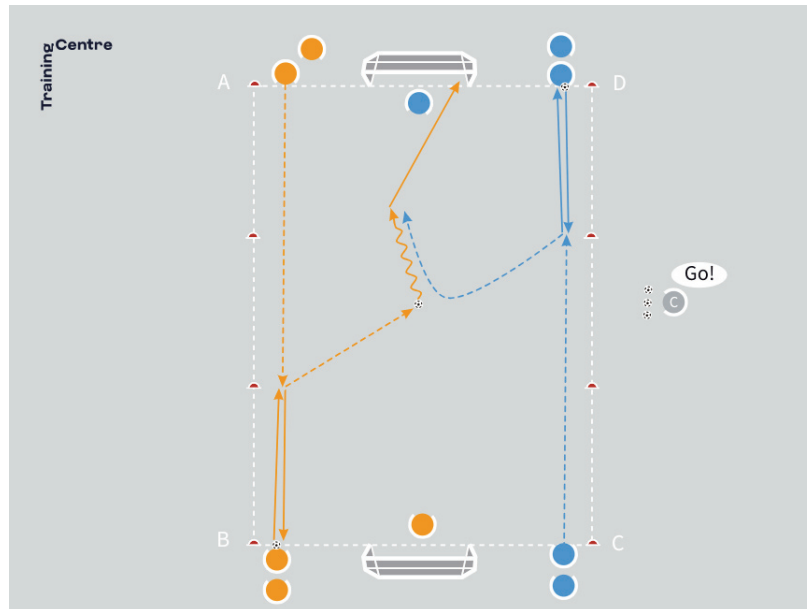


Football Girls Leuven

—●— Dribble with Confidence

PART 1: 1V1



Organisation

- Set up a field measuring 25 x 15 meters as shown in the graphic above and place goals at the edges of the playing area.
- Position the other players in the corners of the exercise area, labelled A to D, with balls as shown in the graphic. Place a ball in the middle of the exercise area.

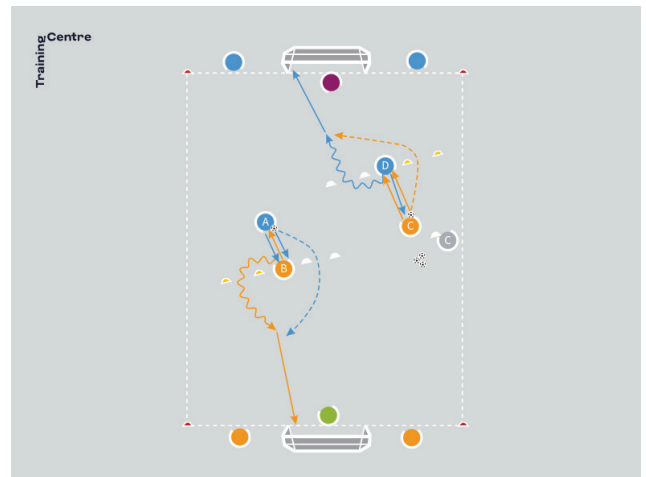
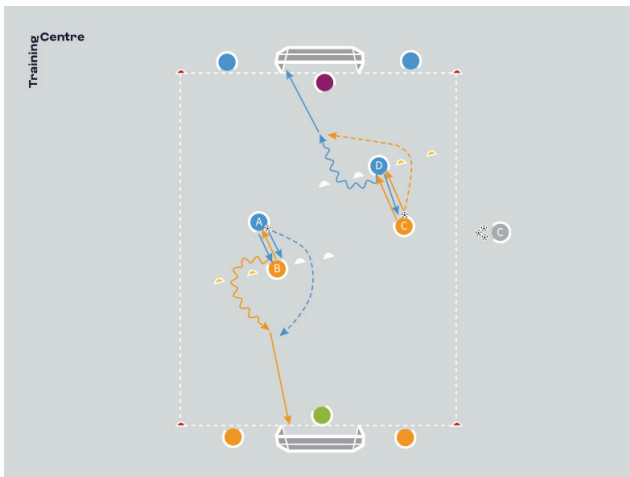
Explanation

- When told to, one player from corner A and one player from corner C sprint to the second cone on their side of the exercise area.
- Once they are at the cone, a player at corner B or D passes them the ball, which they pass back with one touch.
- After they've passed the ball back, they run to the ball in the middle of the exercise area.
- A 1v1 takes place and players A and C try to score.
- After every action, the goalkeepers take up position at corner B or D. Players B and D sprint to the second cone on their side of the exercise area and repeat the sequence. The players at corners A and C become the new goalkeepers.

Coaching points

- Adjust the field size to match the players' skill level.
- Ensure a steady supply of balls in the middle.
- Players second to the ball should adjust speed and positioning to avoid being easily beaten.

PART 2: FINISHING UNDER PRESSURE



Organisation

- Keep the same set-up as for the previous exercises and position the cones in a diagonal line as depicted from the edge of the exercise area.
- Position a player in goal.
- Position the other players along the cones.

Explanation

- Players A and B play a one-two.
- B or D can decide when to pass through one of the two gaps between the cones behind the other, in the direction of the goal, dribble and shoot.
- When this happens, A and C have to sprint through the other gap between the cones and try to stop B or D from scoring.
- After each action, the goalkeeper becomes the passer, the passer becomes the attacker and the attacker becomes the goalkeeper.

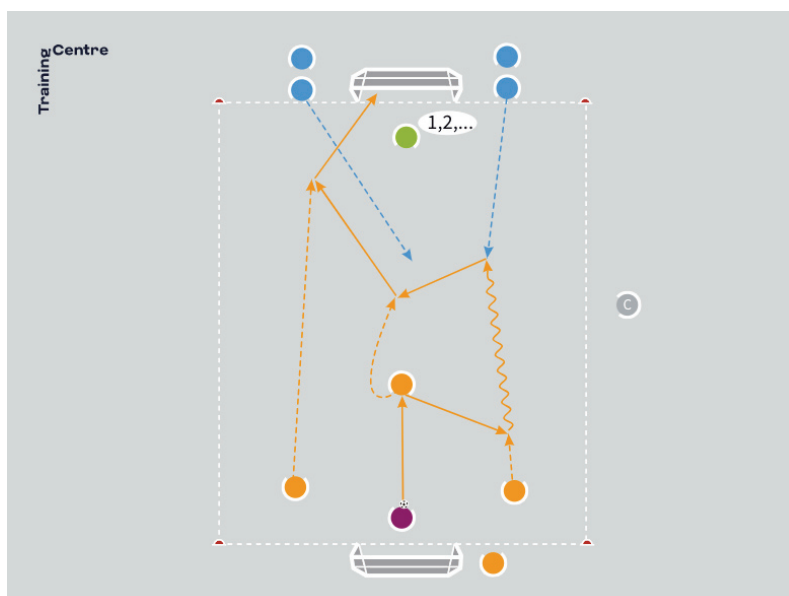
Variation

- By holding up a cone in the colour of one of the gates, a coach can signal to the first player which gate to choose.

Coaching points

- Adjust distances between the players according to skill levels.

PART 3: 3V2 OR 3V3



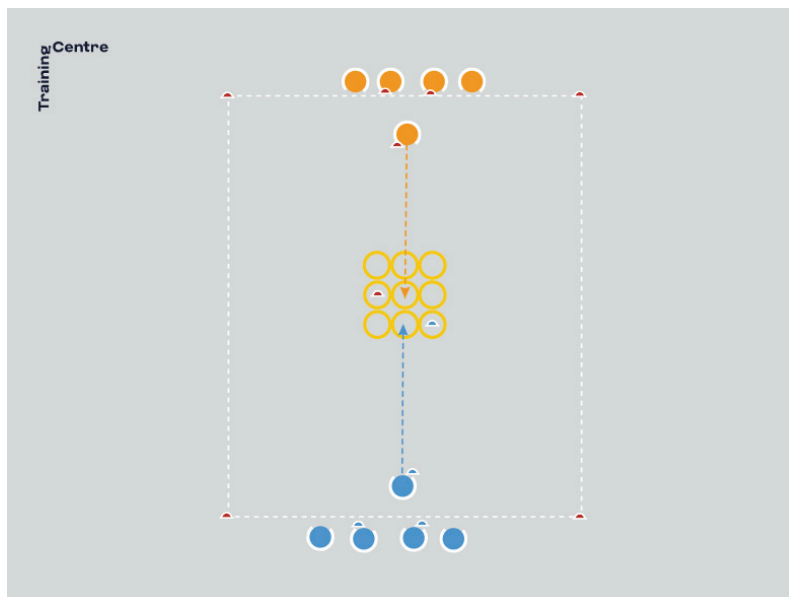
Organisation

- Mark out a 25 x 10 metre exercise area.
- Create 2 teams of 4 players (1 goalkeeper + 3 outfield players) and position as depicted.

Explanation

- The red goalkeeper has 1 ball.
- As soon as the goalkeeper passes the ball to one of the other reds, the game begins: 3 reds against 2 blues.
- As soon as the red goalkeeper has passed the ball, the blue goalkeeper starts counting loudly up to 7.
- When the count reaches 7, the third blue player joins in to make it 3v3.

PART 4: TIC TAC TOE



Organisation

- Place 9 hoops on the ground as depicted.
- Create two teams and position each team at the starting line about 7-10 metres from the hoops.
- Each player has a cone that is the same colour as their bib.

Explanation

- When told to, the first player from each team sprints to the hoops and puts their cone in one of them, runs back and taps the next player, and so on.
- The first team that has three of its cones in a line (whether vertically, horizontally or diagonally) wins.
- The losing team helps the coach to tidy away all the equipment.

Coaching points

- If two players arrive at the same position simultaneously, both must choose a different one.