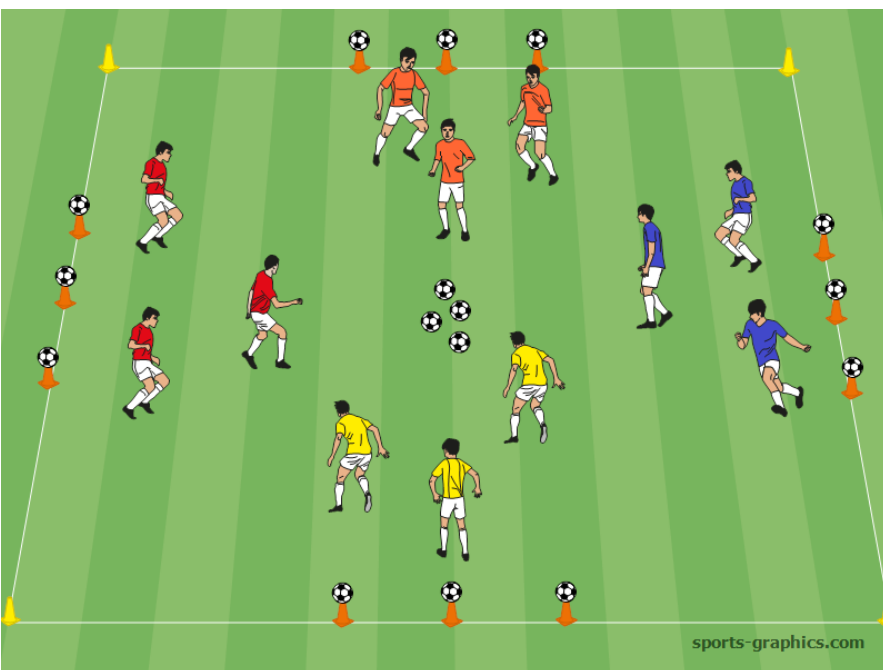


# CASTLES

To develop dribbling and turning in a skill based practice with added competition

TECHNICAL

## Dribbling



## Team Attacking

Set up a 35x35 playing area or adjust if necessary.

Divide players into even teams, each with a Castle (balls on top of cones) to protect. A quantity of footballs are placed in the middle of the battlefield.

Each team works together to prevent their Castle being destroyed (balls being knocked off cones) while at the same time attempting to take balls from the centre to strike at other teams' Castles.

The team that has remaining pieces of their Castle once the others don't, wins the round.

Another scoring version of this game is to set a time period. Once the time has elapsed the teams are given points equating to how many balls they have remaining. Change teams regularly.

## VARIATIONS AND PROGRESSIONS

Each practice can be varied to adapt to the needs of players. Simple changes can increase or decrease the challenge. Examples such as changing the rules, the size of the area, overloading the advantage of one team, varying the focus, or setting team challenges will keep players motivated and all attribute to good coaching methodology.

## LEARNING OUTCOMES

- Correct technique for the right situation.
- Develop spatial awareness.
- How to make space as individuals.
- How to protect the ball to keep possession.
- Support play.
- Technical mastery.
- To improve dribbling techniques in order to beat an opponent with deception and to create attacking opportunities.

## KEY FACTORS

- Close control of the ball
- Communication
- Decision making - when and where to dribble
- End product (pass, shoot, dribble or shield)
- Good support
- Head up
- Positive attitude
- Technique

## FOCUS AREAS

- Ability to reverse or change direction quickly if confronted by an opponent.
- Angles and distances of support.
- Awareness of passing options.
- Close control of the ball.
- Encourage players to dribble the ball in 1v1 situations.
- Instil confidence in dribbling.
- Let the game be the teacher.
- Observe from outside the area.
- Players looking for best moment to pass or dribble with ball.

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