

Premier Skills

Topic: Dribbling
Component: Technical

SMILES - The Premier Skills approach



This activity can be used as a part of a session plan to develop technical, tactical and life skills that can be used on and off the pitch.

Always remember SMILES when coaching.

Safe Maximum participation Inclusive Learning Enjoyment Success

Setup



- This can be played as one large game, or in smaller parallel groups
- All attacking players will need a ball
- Defending players protect a goal each and must stay on the goal line. They can either be passive or active
- Attacking players attempt to dribble their ball across any goal line, attempting to *breakout* the circle. They then re-enter the circle anywhere and then attempt to breakout through another goal
- The defenders and attackers are encouraged to switch roles on a regular basis
- Activity can start without a ball, encouraging players to develop their fundamental movement skills to breakout the circle through the goals

Development - Technical

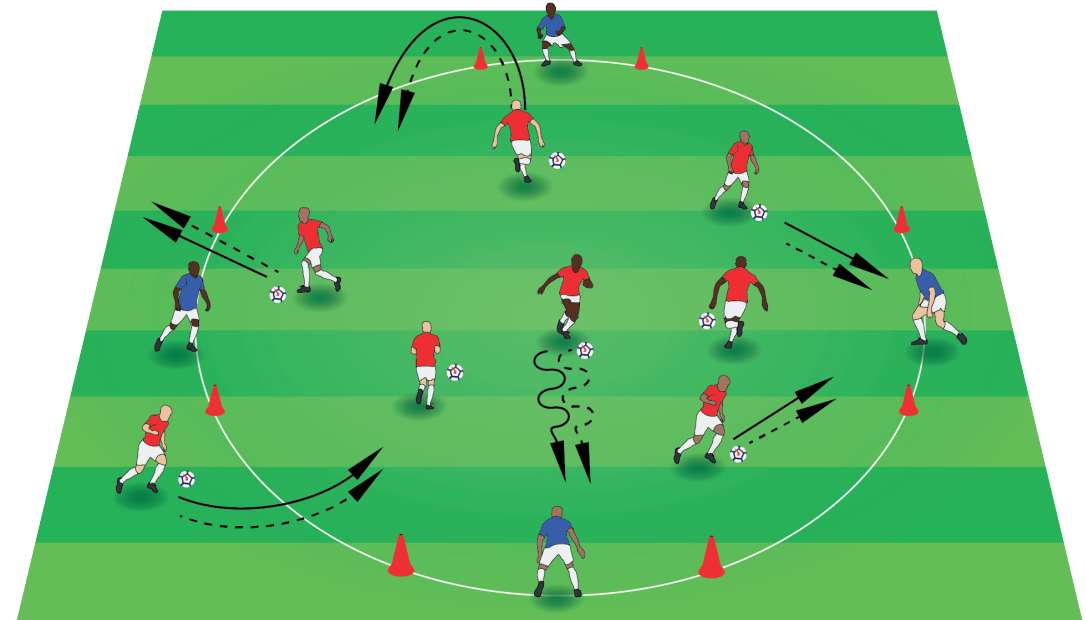


Progression 1 - Technique

After breaking out of the circle attackers can attempt to break back in, meaning defenders have to be aware of the situation in front and behind them

Progression 2 - Skill

Introduce defenders in the middle of the circle to tag or tackle attackers. Allow defenders to win possession through tackling the attacking players. Add an area for the defending players to dribble in to score once they have won possession. Play the practice as two teams for a set period to see who scores the most points.



Key

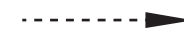
ball



player movement



ball movement



Coaching points and technical information



- Body position, shape and action to dribble
- When, where and how to dribble
- Positive and creative play to beat defender(s)
- Ability to identify and exploit space and be direct at speed

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STEPS
Use these ideas to progress and change the activity

S - Space
Adjust the size of the overall area or goal(s)
Change the amount of dribbling distance through adapting the space

T - Task
Use less dominant foot only
Complete a dribbling move before scoring
Time limits to get from one goal to another

E - Equipment
Defenders have a ball each to control
Add in more goals
Have different size goals with different points values
Smaller or bigger ball

P - People
Have no defenders in gates or just some gates
Overload on one team
Add defenders into the middle area
Develop additional teams

S - Speed
Change the space size(s) to affect the intensity
Increase/decrease the competition to adjust tempo
Low intensity or high intensity movements

My thoughts

SMILES - *My thoughts*

S

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NOTES / DIAGRAMS: