

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



- Both attacking and defending players have a ball. Attacking players must dribble from box to box and reach as many as they can by avoiding defenders. There is no set order and no limit on how many bases players can go to.
- Defenders carry a bib and when they tag an attacker they switch roles. Players are safe in any one of the 5 bases.
- Activity can start either without a ball with or unopposed.

Development - Technical

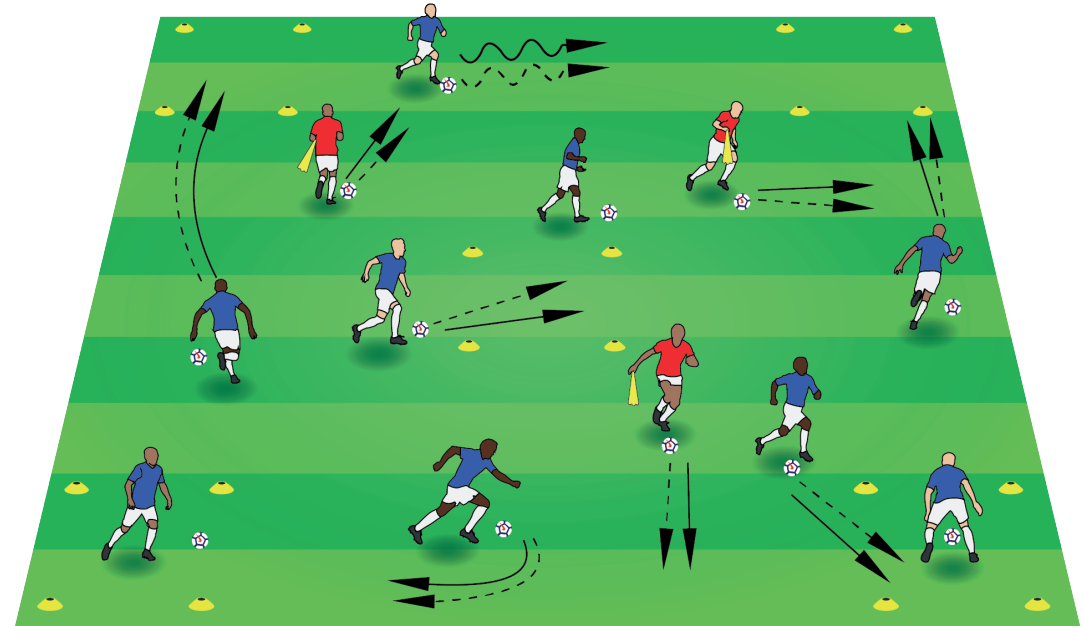


Progression 1 - Technique

Defenders without a ball try to tag an attacker. If successful, they hand over the bib and then use their ball to dribble as an attacker. Only one player allowed in a base at one time. If a new player enters a base, the old player must leave.

Progression 2 - Skill

Competition is added where attackers have to try and score as many points as possible in a set time – either a player's score returns to zero if they lose the ball or their score continues when they next become an attacker.



Key

ball



bib



disc cone



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
- Difference between dribbling and running with the ball

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STEPS

Use these ideas to progress and change the activity

S - Space

Adjust the size of the overall area
Changing the size of the bases
Adding safe zones

T - Task

How players enter and exit the bases - challenge players to exit a specific side, encouraging turning and changing direction
Work on a set dribbling move

E - Equipment

Removing footballs from defenders
Changing the number of bases

P - People

Change the number of defenders and attackers
Place defenders in certain bases

S - Speed

Increase/decrease the competition to adjust tempo
Set time limits for resting in bases
How the defenders can move - walking/jogging

My thoughts

SMILES - *My thoughts*

S

M

I

L

E

S

NOTES / DIAGRAMS: