POSITIVE FORWARD RUNS WITH THE BALL

Dribble -> feint -> accelerate -> beat opponents -> carry forward

SESSION OVERVIEW

SESSION AIM

Develop positive forward dribbling, 1v1 confidence and decision-making through feints, acceleration and attacking space.

THEME	PRACTICE 1	PRACTICE 2	END GOAL
Positive Dribbling	**Feint & Accelerate**	**3v3 Dribble Game**	**8v8 Forward Dribbling**

WARM-UP | BALL MASTERY & MOVEMENT

ORGANISATION

One ball per player. Use an open area for 10 minutes of unrestricted movement including jogging, running, juggling and stretching. Follow with 5 minutes focused on dribbling actions.

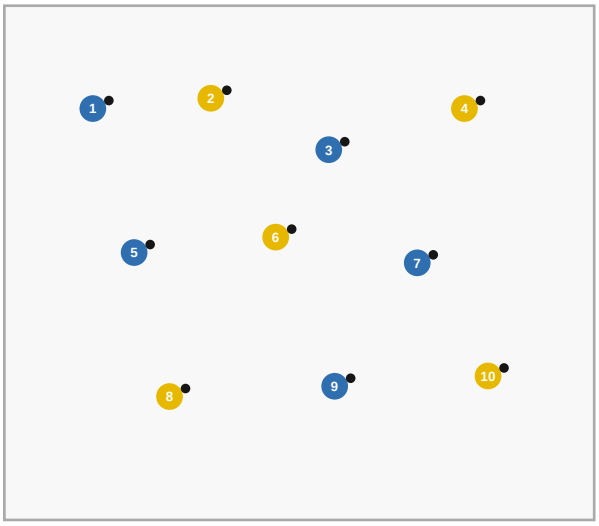
HOW IT WORKS

Players move freely and become comfortable on the ball. Progress to outside-of-foot touches, changes of pace and direction, disguise, shoulder drops and scissors movements before accelerating into space.

COACHING POINTS

- Keep the ball close enough to change direction quickly.
- Use disguise before the change of pace.
- Accelerate sharply after the move.
- Use both feet and different contact surfaces.

DIAGRAM



Free ball movement with increasing emphasis on feints and acceleration.

PROGRESSIONS

1. Specify a particular dribbling move for short blocks.
2. Add a target distance of 5-10 yards of acceleration after every move.

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EXERCISE 1 | FEINT AT THE HALF-WAY LINE

ORGANISATION

Create a 10 x 30-yard channel split into three 10 x 10-yard sections. Mark the central line with flags. Use three players per channel and repeat the setup as needed.

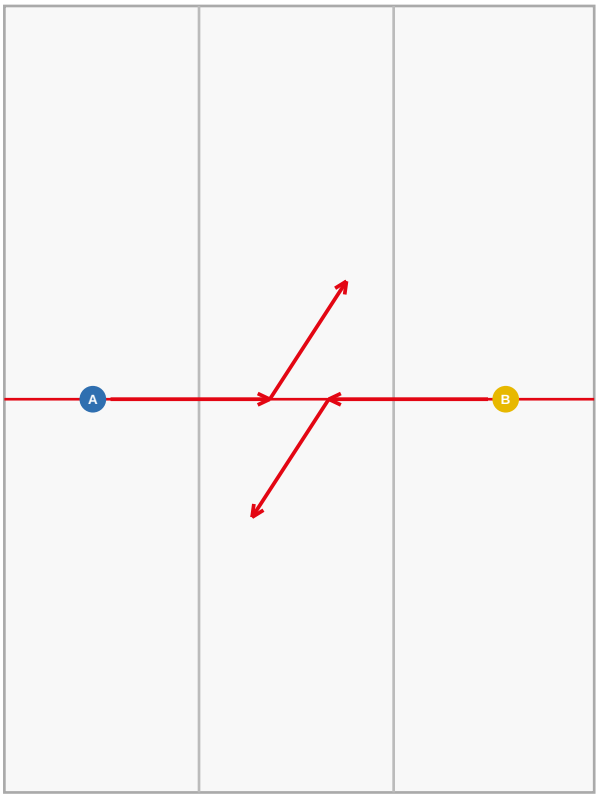
HOW IT WORKS

Two players dribble toward the central line. Around two yards before the line, each performs a feint and accelerates into the opposite section. Continue the sequence by rotating players through the channel.

COACHING POINTS

- Drive directly toward the line before the move.
- Sell the feint with body movement.
- Explode away after changing direction.
- Keep the action positive and purposeful.

DIAGRAM



Attack the middle line, feint and accelerate into the next section.

PROGRESSIONS

1. Change the required feint every few repetitions.
2. Allow players to select their own move once technique is secure.

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PROGRESSION 1 | BEAT A PASSIVE DEFENDER

ORGANISATION

Use the same three-section channel. One player dribbles to the central line and passes to the next player before stepping forward as a passive defender.

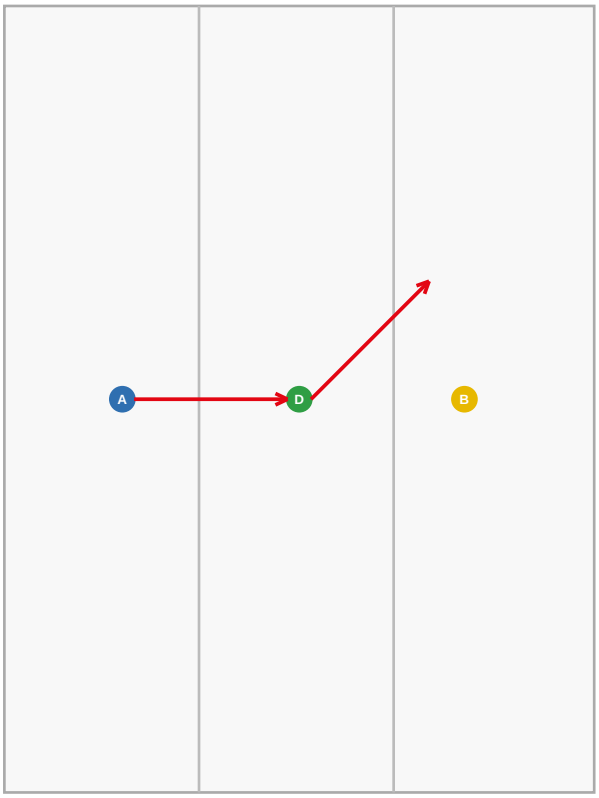
HOW IT WORKS

The receiving player controls, attacks the passive defender, performs a move and accelerates beyond. The sequence continues from one end of the channel to the other.

COACHING POINTS

- First touch should prepare the attack.
- Approach under control before accelerating.
- Use a clear change of direction or speed.
- Go beyond the defender rather than sideways.

DIAGRAM



Receive, attack the passive defender and accelerate beyond.

PROGRESSIONS

1. Increase the defender's pressure gradually.
2. Limit the attacker to a set number of touches.

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PROGRESSION 2 | LIVE 1V1 AT PACE

ORGANISATION

Keep the same channel. The passing player now becomes a live defender after the receiver controls the ball. Restrict the defender to a designated area initially.

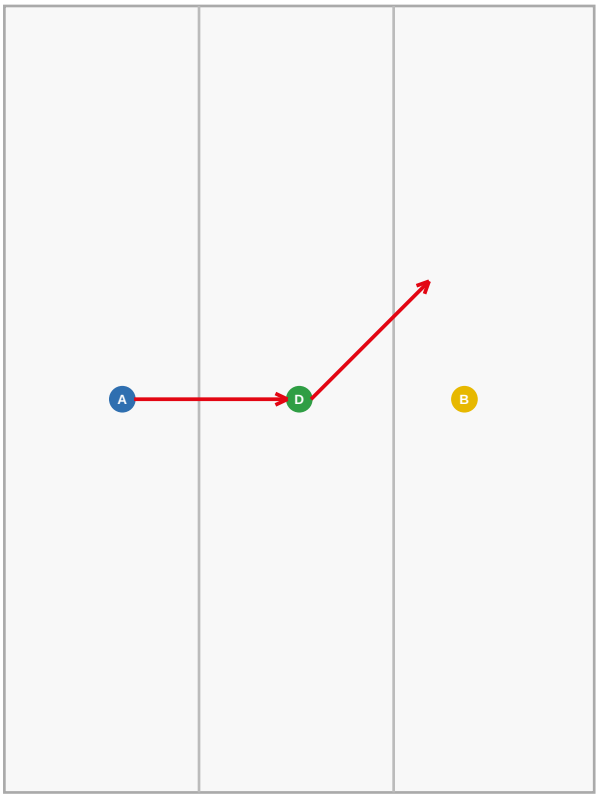
HOW IT WORKS

The attacker must exploit the moment before the defender is fully set, beat the defender and carry the ball toward the opposite central line. Rotate continuously.

COACHING POINTS

- Attack before the defender is balanced.
- Change pace decisively.
- Use minimal moves - be direct.
- Protect the ball after beating the defender.

DIAGRAM



Attack quickly before the defender can get organised.

PROGRESSIONS

1. Remove the defender's restriction and allow full pressure.
2. Give the attacker a time limit to cross the line.

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PROGRESSION 3 | CHOICE OF DIRECTION

ORGANISATION

Place one attacker on the central line and a defender at each end of the channel.

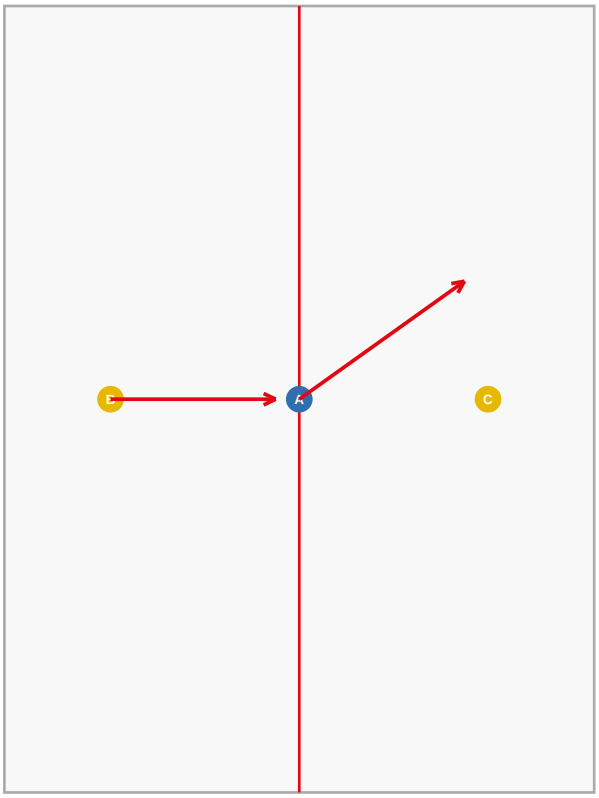
HOW IT WORKS

One end player passes into the central attacker. On receiving, the attacker decides whether to attack the passer or turn and attack the defender at the opposite end. Rotate players so everyone becomes the central attacker.

COACHING POINTS

- Check both sides before receiving.
- Use the first touch to support the decision.
- Turn quickly when the far option is best.
- Attack the chosen defender with commitment.

DIAGRAM



Receive centrally, scan and choose which defender to attack.

PROGRESSIONS

1. Allow both defenders to become live as soon as the pass is played.
2. Reward successful dribbles over either end line.

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EXERCISE 2 | 3V3 DRIBBLE-OVER GAME

ORGANISATION

Mark out a 20 x 30-yard area. Play 3v3. Pair players directly at first so each attacker has an obvious opponent.

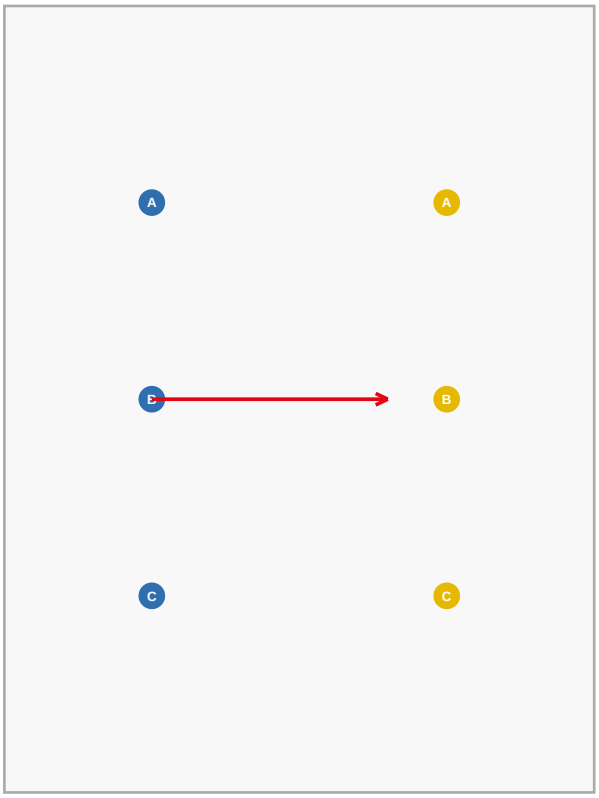
HOW IT WORKS

Teams score by dribbling over the opponent's end line. Because every player has a direct opponent, beating that player should create a clear route forward. Encourage teammates to move away from the ball to create 1v1 space.

COACHING POINTS

- Spread end to end to create room.
- Create 1v1s by moving away from the ball carrier.
- Think dribble and attack positively.
- Use disguise and changes of pace.

DIAGRAM



Beat the direct opponent and dribble over the end line.

PROGRESSIONS

1. The scoring team keeps possession and attacks immediately in the opposite direction.
2. Remove direct opponent assignments and allow free defending.

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FINAL GAME | 8V8 FORWARD-DRIBBLING GAME

ORGANISATION

Use a 55 x 44-yard area split into three thirds. Create five cone gates across the field. Play 8v8, using a balanced shape such as 3-3-2.

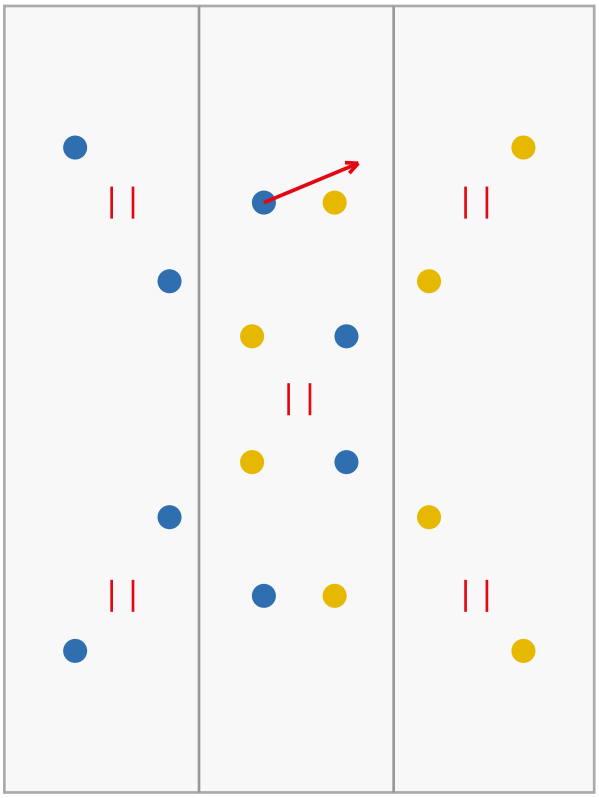
HOW IT WORKS

Teams compete for possession. Score by dribbling over the opponent's end line or through any gate. Players may only leave their current third by dribbling forward, encouraging positive carries through lines.

COACHING POINTS

- Encourage dribbling in all areas.
- Spread side-to-side and end-to-end.
- Expand quickly when the goalkeeper receives the ball.
- Attack at pace and create 1v1 opportunities.

DIAGRAM



Players can progress between thirds only by carrying the ball forward.

PROGRESSIONS

1. Remove the third restriction for a short final period.
2. Finish with 5-10 minutes of light jogging and stretching.