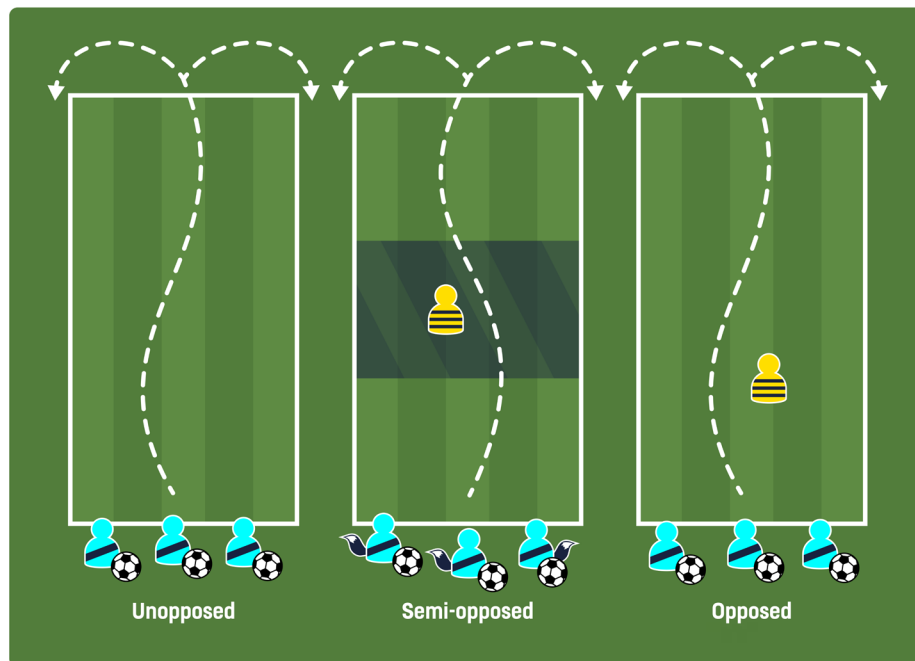


# Skills tunnel hat-trick



## OBJECTIVES

This session will help players:

- use different parts of their foot (laces, inside, outside etc.) to explore moving with the ball
- practise stopping and starting
- see a path to travel along
- spot the defender and where there's space (gaps) to move the ball through.

## ORGANISATION

- This session consists of three mini-practices: unopposed dribbling, semi-opposed dribbling and opposed dribbling
- Set up three identical rectangular areas (channels) next to each other
  - Their size will depend on your players, but the length should always be twice the width – as we're working on dribbling, keep them as tight as possible
- If you have a particularly large number, set up two sets of channels (if you have space)
- For the semi-opposed practice, create a zone across the middle of the channel – this is the 'stealing zone'
  - Also, give each player a bib to put in the back of their shorts
- The unopposed and opposed channels don't have any extra markings or equipment

## HOW TO PLAY

Start by spending around five minutes on each practice.

### Unopposed

- Players simply dribble from one end of the channel to the other
- When they get to the end, they choose to turn left or right – then they dribble down the outside of the channel back to the start

### Semi-opposed

- Ask one player to be a defender and put them in the 'stealing zone' – their aim is to steal the dribblers' tail (not the ball)
- Start the dribblers at one end and release them into the channel in intervals (e.g. every two seconds)
- Players start with five lives but lose one each time the defender steals their tail
- They can gain a life by making it to the end of the channel with their ball under control and tail intact
- When the dribblers get to the end, they choose to turn left or right – then they dribble down the outside of the channel back to the start
- When the defender steals a tail, they add it to their mental tally and throw it to the side so the dribbler can pick it up on their way back
- Each round should last 60 to 90 seconds – then swap the defender and start again

### Opposed

- Ask one player to be a defender – in this practice, they're not restricted to a zone and can go anywhere in the channel
- The defender's aim is to win the ball from the dribblers
- If they win the ball and can dribble it to the start line, they swap roles with the dribbler they won the ball from
- Start the dribblers at one end and release them into the channel in intervals (e.g. every two seconds) – their aim is to dribble to the other end
- If they make it, they choose to turn left or right – then they dribble down the outside of the channel and back to the start
- If a dribbler loses the ball, they can try to win it back before the defender gets to the start line – if they do, the game carries on, and the defender remains

When your team are ready, open all the channels and allow players to pick which one they dribble through. You could also implement a scoring system. For example:

- the unopposed channel is worth one point
- the semi-opposed channel is worth three points
- the opposed channel is worth five points (or more if your players need motivating to go through it)

Play for two minutes, then ask players for their final score.

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