

Disguise

This session is designed to improve disguise both in movements to receive and when dribbling with the ball.



What you tell your players the session is about

1. Improving the ability to show disguise on and off the ball.
2. Improving dribbling skills.
3. Improving finishing skills.

Session planner

Warm up	Session	Developments	Game	Warm down
10 mins	15 mins	15 mins	15 mins	5 mins

Activity	Kit	Outcome
Warm-up	#117 dribble technique	Various dribbling exercises
The session	Goals, balls, cones	The players show good disguise in their movements
Development	Goals, balls, cones	The players show good disguise when dribbling with the ball
Game	Goals, balls, cones	Players are able to show disguise both on and off the ball to good effect
Warm-down	n/a	Gentle jogging and stretching exercises



Where it fits

Individual skills: Movement skills, dribbling skills, ability to change direction, complete a skill

Team skills: This is an individual session

Related Smart Sessions

Original format:

- 7 The skill of dribbling
- 75 1v1 disguise
- 104 Movements to lose a defender



[Click here to download the index](#)



What to think about

When faced with a defender to beat it's important that your players have a skill or disguise that can enable them to gain the vital half-a-yard they need in order to get a shoot or pass.

Players also need to use disguise off of the ball to lose a tight marker in order to receive a pass or score from a cross.





Set-up

- 40 x 15 yard area.



What you get your players to do

The player must try to run across the area and get to the opposite side without being tagged by the defenders.

The defenders are not allowed to move forward or backwards, they must stay on their line to defend.

This is done without a ball.



What to call out

- “Show disguise”
- “Change direction”
- “Play at top speed”



Development

Now have the players complete the same exercise but with a ball at their feet. The players must dribble at the defenders and go past them by showing disguise.

Progress the session further so that the attacker receives the ball with one defender to beat in order to score.

However, the player that passes to the attacker makes a recovery run to increase pressure on the attacker and help his team mate.

This ensures the players are working at a realistic match speed and prepares them for a real game.



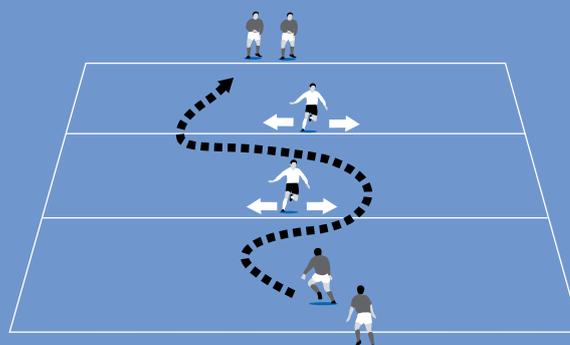
Game situation

Play a normal game.

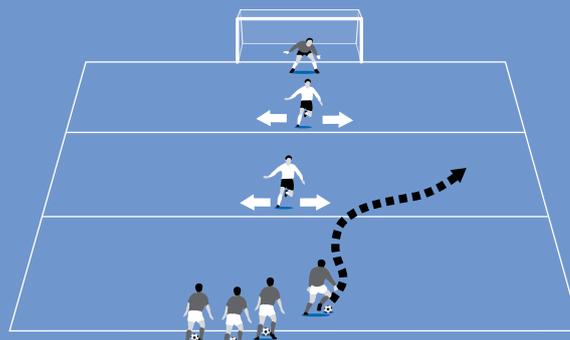
Goals count double if they are scored through good disguised play whether from the player in possession or a run off the ball.

Disguise

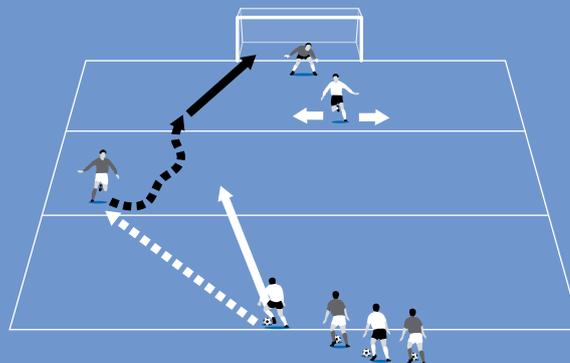
player movement \Rightarrow pass $\square\square\square\Rightarrow$
dribble \dashrightarrow shot \blackrightarrow



The player must run past the two defenders.



The player must use disguise to dribble past the two defenders.



The attacker tries to dribble past the defender in a 1v1 before his team mate can make a recovery run.