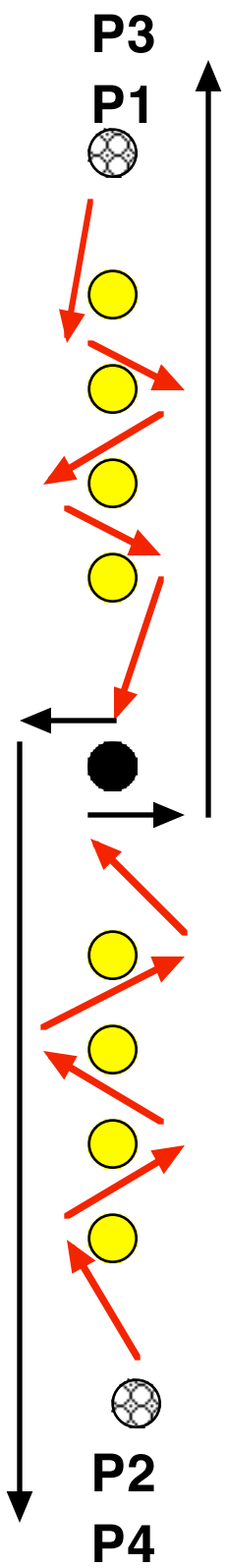
TECHNICAL: Dribbling

TOTAL SOCCER FITNESS & TRAINING LLC

2-Line w/Move



DRIBBLING DRILL:

- Players 1 &2, each with a ball, begin the drill by dribbling toward the first cone.
- They continue to dribble around each of the first four cones in a slalom fashion.
- When they reach the middle cone, they each perform a dribbling move (see below), faking one way and taking the ball away and speed dribbling to the opposite line, giving the ball to the next player -- Player 1 gives to Player 4, Player 2 gives to Player 3.

SEQUENCE:

> Move #1 -- the "Matthews" Side-Step
First Run -- fake left, take away right
Second Run -- fake right, take away left
> Move #2 -- the "Foot-Around
First Run -- fake left, take away right
Second Run -- fake right, take away left

THE MOVES

-- **"Matthews" Side-Step:** fake going one way by dipping that shoulder, then take the ball away with the opposite foot (outside of foot). Example: fake going to the left by dipping the left shoulder and the upper body to the left, then with the outside of the right foot, take the ball away to the right.

-- **"Foot-Around":** sweep the right foot around the ball, inside to outside (clockwise), then take the ball away with the outside of the left foot.