

Dribbling

Dribbling is a necessary skill for every soccer player. Good dribbling requires simply remaining in possession of the ball before executing a pass or final shot. This segment covers the basic techniques of effective dribbling.

BASIC POINTS COVERED:

1. Pivot turn.
2. Fake pivot
3. Precise foot control.
4. Body movement and balance.
5. Dribbling combined with quick interpassing.
6. Screening the ball.

TRAINING EXERCISES:

1. Two teams with three players each practice in a two-goal situation. Two players from each side guard the goal line while one attacker attempts to dribble around one defender.
2. A second blocking defender is added forcing the attacking player to use more creative dribbling techniques.
3. Two attackers play against one defensive player practicing dribbling as well as interpassing skills
4. Dribbling techniques are combined with the wall pass using two attacking players against one blocker and one goalkeeper.
5. Two offensive players face two defensive players practicing controlled dribbling, awareness of teammate positioning and outwitting the defense.
6. An additional offensive player is added to challenge the two defensive players.
7. Dribbling skills are practiced in a real game situation.