

## Dribbling

### Key General Coaching Points

1. Use all surfaces of the foot (instep, inside, outside, bottom).
2. Use both feet.
3. Keep eyes up as much as possible.
4. Keep weight down.
5. Keep the ball close.

### Types of dribbling

- 1. Shielding** To keep possession when pressured by an opponent, generally facing away from attacking goal.
  - a. Maintain a low center of gravity.
  - b. Keep body between ball and defender.
  - c. Play ball with far foot.
  - d. Keep body at a right angle to defender.
  - e. Use the forearm to maintain space between player and defender.
  - f. Touch ball away at an angle from goal or laterally.
- 2. Running with the ball**
  - a. Toes are pointed down in a natural running position.
  - b. Strike ball with instep or with outside of foot.
  - c. First touch of ball should be longer closing the space between the player with the ball and the defender or the goal.
  - d. As space to defender decreases, touches are shorter - keep ball closer to feet.
- 3. To attack defender with the ball**
  - a. Dribble at a controlled speed at the defenders most forward leg if the defender is 'side-on' position; if defender is square dribble directly at the defender.
  - b. Change speed and direction.
  - c. Think of playing the ball past the defender and being first to it in the space behind the defender.
  - d. After playing ball past defender, explode behind the defender.
  - e. Next touch of the ball should be to behind the defender (toward the goal) to cut off the defenders tracking recovery run.