

DRIBBLING

Moves

Dribbling is one of the most important aspects of the game. It is essential that players can handle the ball well in order to develop. Foot skills should be the foundation of every practice session no matter how young or how old the child is. This is important because:

- Working on foot skills at the beginning of a practice session is a good way to warm up.
- You can easily adjust the complexity of the skill depending upon the age and skill level you are coaching.
- It allows players many touches on the ball
- Done at speed it can be a good aerobic training tool and is much more effective than running laps

Listed are only a few of the many dribbling moves that players can perform to beat defenders, move away from pressure or gain space to pass or shoot.

- Foundation – Fast movement of ball from inside right foot to inside left foot and back again. Player should keep their head up, knees slightly bent and a good rhythm should be maintained. Also called “Tick Tock” for younger kids.
- Toe Taps – With the ball stationary, the player taps the top of the ball with the underside of the toe of their right foot, then left foot, then right and so on. This is a bouncing movement that should be rhythmic like the foundation move. Players should keep their head up. Also called “Stair Climbing” or “Stair Stepping”.
- Triangle - Pick a spot about 2 to 3 feet in front of your body. This is the point of a triangle. Your left and right feet are the other two corners. Start with the right foot. Put the sole of the right foot on top of the ball. Pull the ball back to the right inside foot and then immediately play the ball to the left inside. Serve the ball back with the left inside to the sole of the right foot at the point of the triangle. The idea is to keep the ball moving throughout this exercise.
- Drag and Turn – With the ball in front of the player, the player use the sole of the right foot to pull the ball to the right side of their body. As they pull the ball to the side of their body they will open their hips to the right and pivot on their left foot so they are facing the opposite direction from where they started. The right foot will be planted on the right side of the ball once the turn is completed. The player will bring the left foot around, close the hips and push the ball forward with the inside of the left foot. They will be traveling in the opposite direction of where they started.
- 2 Footed V - With the ball in front of the player and slightly to the right, the player use the sole of the right foot to pull the ball back toward the outside of the planted left foot. The player will need to quickly shuffle their feet so the right foot becomes planted and the player will use the inside of the left foot to push the ball away to the left thus completing the shape of “V”.
- Brush - Starting with the right foot player brushes the top of the ball with the sole of their left foot across his body (i.e. right to left). The right foot ends up crossed over the left. The left foot moves behind the right to the opening position and the next brush takes place.
- Brush + Push – Same motion as above except that once the right foot hits the ground after brushing the ball the left foot moves behind the right and the player pushes the ball away to the right with the outside of the right foot.
- ZigZag – Using one foot the player dribbles with the inside of the foot then the outside in a zigzag pattern.
- L Move – With the ball on the player’s right side, the player pulls the ball across their body to the left side with the sole of the right foot. The player shuffles their feet quickly and pushes the ball forward with the inside of the left foot thus finishing the letter “L”.