

Soccer Skilz: Developmental Dribbling Skills

(Michael M. Hensley • Technical Skills Trainer)

The Foundation: Ball Feeling

Emphasis: *Developing a Feeling for the Ball, Balance & Coordination*

(All exercises to be done with the right and left foot)

(Repetitions of (40) each or assess in (30) second timed intervals)

- Roll the Ball Forward and Backward Using the Sole of the Foot:
 - (Advanced: Do while hopping on the standing leg.)
- Inside, Outside Foot Roll: With the inside of the foot touching the ball and the sole of the foot on the ground, roll the inside of the foot over the ball, to the outside of the foot until the sole of the foot re-touches the ground.
- Roll the Ball Side to Side:
 - (Advanced: Do while hopping on the standing leg.)
- Pullback: Side to side across the body using the sole of the foot.
 - (Advanced: Two happy feet between movements.)
- Four Happy Feet Double Pullback:
- Two Lace Dribbles Pullback: (Left laces, left pullback: Right laces, right pullback.)
- Pullback: Feint a pass across body using the instep.
 - (Advanced: Two happy feet between movements.)
- Inside Cut: While standing over the ball, step on and cut with inside of the foot.
 - (Advanced: With a hop.)
 - (Advanced: Two happy feet, hop, double inside cut)
- Roll Back, Tap Forward: Alternate feet each time.
 - (Advanced: Do with a hop.)
- Circle Roll or Swivel: Roll in a circle using the forefoot, clockwise/counter clockwise.
- Two Inside Touches, Matthews:
- Two Inside Touches, Fake Matthews, Scissors:
- Two Inside Touches, Step Over (Step Over w/ the same foot that does the inside touches.):
- Two Inside Touches, Lunge:
- Push Out as if to Make an Instep Pass, Cut Behind the Standing Leg:
- Push Out as if to Make an Instep Pass, Cut in Front of the Standing Leg:
- Pullback with a Cut Behind the Leg:
- Pullback with a Step Over:
- Step On, Drag Through:
- Helicopter, with Two Happy Feet:
- Roll it Right Foot, Inside, Inside, Roll it Left Foot:
- Cruyff: Fake cross, cut with the inside of the foot behind the standing leg.
- Cruyff: Fake shot, cut with the outside of the foot. (Outside twist off)
- Cruyff: Fake shot; chop the ball in front of your body.