

# Soccer Skilz: Developmental Dribbling Skills

(Michael M. Hensley • Technical Skills Trainer)

## The Foundation: Fast Footwork Through The Cones

**Emphasis:** *Accurate Technical Execution, Change Of Direction, Shielding the Ball from an Opponent, Balance & Coordination with a Ball*

- Front Step On:
- Reverse Step On:
- Inside Twist Off:
- Outside Twist Off:
- Helicopter:
- Pullback:
- Cut Behind The Leg:
- Pullback, With A Cut Behind The Leg: (right leg first, then left)
- Step Over, With A Pullback:
- Step Over, With A Turn:
- Chop:
- Curl Walk Turn:
- Roll It: (Roll It Right, Roll It Left)

\*\* Clap Drill In a Star: (coach is to stand central)

- Matthews:
- Fake Matthews, With a Scissors:
- Scissors (right), Matthews (right):
- Scissors (left), Matthews (left):
- Scissors (right), Matthews (left):
- Scissors (left), Matthews (right):

