

# 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.

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## The Foundation: Star Pattern / Across The Box

**Emphasis:** *Accurate Technical Execution, Foot Speed, Balance & Coordination with a Ball*

- Lace Dribble Jogging:
- Curl Walk:
- Curl Walk, Skipping:
- Curl Walk Running:
- Reverse Curl Walk: (Balance & coordination exercise)
- Happy Feet Forward/Backwards: (1/2 way switch from forward to backward)
- Four Touch Turning: (alternate feet)
- Happy Feet Sideways: (four touches then turn in opposite direction-4 touches to turn)
- Step On, Lace Tap Forward: (one touch variation, alternate feet)
- Roll it Right Foot, Inside, Inside, Roll it Left Foot:
- Inside Outside:
- Roll It, Inside Outside:
- Inside Right, Outside Left: (double scissors ½ way)
- Inside Outside Right, Inside Outside Left: (double scissors ½ way)
- Toe Touches Forward ½ way switch to Backwards:
- Two Lace Dribbles, Pullback:
- Cut Behind the Leg:
- Pullback, Cut Behind the Leg:
- Matthews: (alternating feet) Hop to Inside take with Outside
- Fake Matthew's w/Scissors: (alternating feet)
- Fake Matthew's w/Lunge:
- Elastico/Ronaldinho: (alternating feet) Feint to take with Outside take with Inside
- Infinite Scissors:
- Lace Dribble (four Touches) Double Lunge:
- Scissors Right, Matthew's Right-Scissors Left, Matthew's Left: (alternating feet)
- Scissors Right, Matthew's Left-Scissors Left, Matthew's Right: (alternating feet)
- Roll It, Stop It w/Opposite Foot:
- Roll It, Stop It w/Same Foot:
- Roll It:
- Roll It Step Over: (alternating feet)
- Roll It Step Over, Step Over: (alternating feet)
- Roll It Step Over, Scissors: (alternating feet)
- Roll It Step Over, Scissors, Double Scissors: (alternating feet)
- Lace Dribble Draw Back (three touches) Pass Around:
- Juninho: (Inside of Foot to Outside of foot behind the standing leg)
- Step On, Step Over:
- Step On, Step Over, Step Over, Lunge:
- Step On, Lunge:
- Step On, Side Scissors:
- Step On, Drag Through:
- Step On, Toe Poke:
- Step On, Roll It: (with the sole of the foot)
- Juggle:
- Rainbow Kick:
- Lace Dribble (Sprinting)

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## The Foundation: Star Pattern

**Emphasis:** *Accurate Technical Execution, Foot Speed*

**Note:** All “Across the Box” exercises can be done in this formation

- **Sprint to Center Return to the Cone:**
- **Sprint to Center Move To Adjacent Cone:**
  - Lace Dribble w/pace Outside Twist Off
  - Lace Dribble w/pace Inside Twist Off
  - Lace Dribble w/pace Helicopter Turn
  
- **Sprint to Center (pass, pass, pass) Return to the Cone**
- **Sprint to Center (pass, pass, pass) w/Adjacent Partner, Move To Adjacent Cone**
  - Lace Dribble w/pace Outside Twist Off
  - Lace Dribble w/pace Inside Twist Off
  - Lace Dribble w/pace Helicopter Turn
  
- **Moves To Beat An Opponent In A Star** (see attached sheet for moves to beat an opponent)

## The Foundation: Figure 8's

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

(Assess in (30) second timed intervals, place cones five yards apart)

- **Two cone variation:**
  - Lace Dribble w/pace Inside & Outside Twist Off (Use only the right foot, Use only the left foot)
  - Lace Dribble w/pace Helicopter Turn
  
- **Three cone variation:** (Moves to beat an opponent)
  - Lace Dribble w/pace Scissors at the middle cone
  - Lace Dribble w/pace Step Over at the middle cone
  - Lace Dribble w/pace Roll It Step Over at the middle cone

# Soccer Skilzs: Developmental Dribbling Skills

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## The Foundation: Moves To Beat An Opponent

**Emphasis:** *Accurate Technical Execution, Selling Your Feint, Exploding With Pace, Knowing When, Where, and Why*

- Lunge (Head and Shoulders):
- Double Lunge (Head and Shoulders):
- Scissors: (Scissors Right Take w/Left, Alternate after a set number of repetitions)
- Double Scissors:
- Step Over:
- Matthews:
- Fake Matthews' w/Scissors:
- Fake Matthews' w/Lunge:
- Scissors (right), Matthews (Left):
- Scissors (Left), Matthews (Right):
- Scissors, Helicopter:
- Roll It, Step Over:
- Roll It, Step Over Scissors:
- Roll It, Step Over Scissors, Double Scissors:
- Roll It, Step Over, Step Over:
- Step Over, Scissors:
- Step Over, Lunge:
- Step On, Drag Through:
- Step On, Drag Through, Scissors:
- Step Over, Helicopter:
- Helicopter:
- Step On, Drag Through, Matthews:
- Step On, Drag Through, Fake Matthews w/Scissors:
- Step On, Fake the Drop, Cruyff:
- Pass Around:
- Cut Behind The Leg: (Zig Zag pattern)



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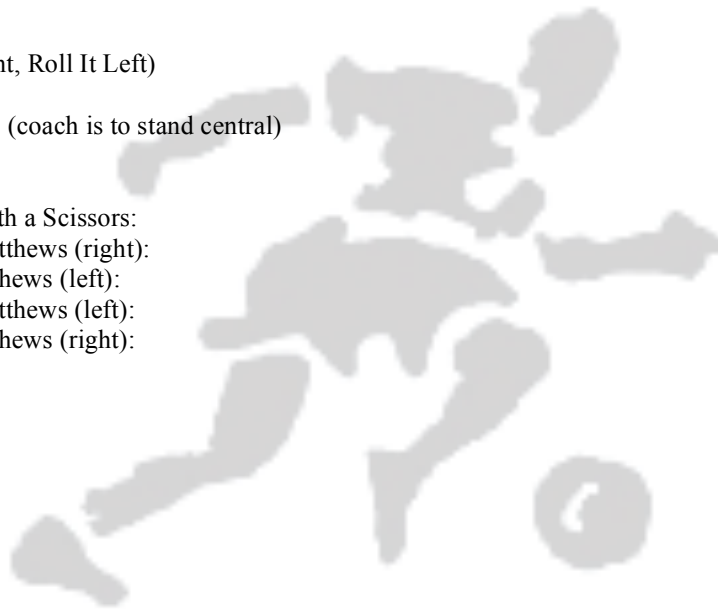
## The Foundation: Fast Footwork Through The Cones

**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):



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## The Foundation: Fun Games

**Simon Says:** Simon Says (turn right, turn left, hop, inside twist off, outside twist off, step over, cut behind the leg, scissors, helicopter, curl walk, double scissors, double step over, step on drag through inside outside, inside right/outside left)

Magical Balls:

Sharks and Minnows in a circle:

Crabs and Minnows across a box:

Pac Man:

Team Pac Man: (Katlin's two box variation)

Link Tag:

Freeze Tag:

Over, Under: (Dynamic Stretching Relay Race)

Headers in a Line:

Headers of the Crossbar: (Throw In, Volley's, Short, Short, Chip)

Header Wars: (Two Players) Goals = the number of passes that lead to the goal "21" bust go to "11"

Opposite Game: (Head, Catch)

Opposite Game: (Hands on Knees)

Opposite Game: (Colored Cones Game)

Header & Catch w/partner: (One header, then Two headers)

Ball Bounce & Catch while seated:

Legal Throw In from Back: (Stand and Catch)

Legal Throw from Stomach: (Stand and Catch)

