

Soccer Skilz: Developmental Dribbling Skills

(Michael M. Hensley • Technical Skills Trainer)

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)