

# Soccer Skilz: Developmental Dribbling Skills

(Michael M. Hensley • Technical Skills Trainer)

## The Foundation: Feints 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)

