

Soccer Skilz: Developmental Dribbling Skills

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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