



TECHNICAL DNA 1

DRIBBLING AND TURNING TECHNIQUES

Set up:

2 markers, 10 yards apart.

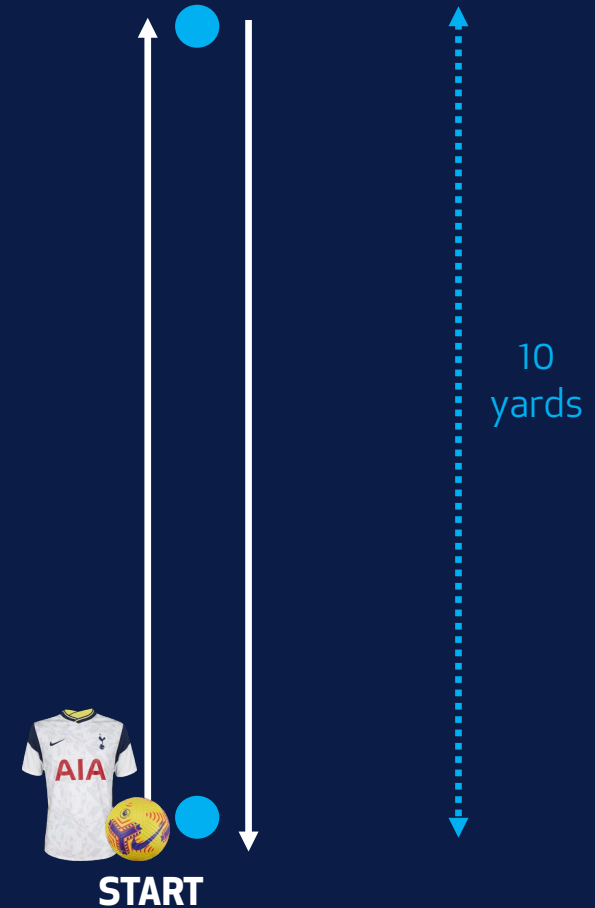
Activity:

Dribble from the START marker to the top marker, turn and dribble back. Complete as many as you can in 30 seconds.

TIP: Try dribbling with 1) Laces only 2) Instep, Outstep 3) Outstep, Instep, change foot.

Key Points:

- Every time your kicking foot moves touch the ball
- Pump your arms like you are running
- Alternate dribbling foot after each turn (work right foot up, left foot down)



DRIBBLING AND TURNING TECHNIQUES

Set up:

4 markers to create a 10 yard x 10 yard square.

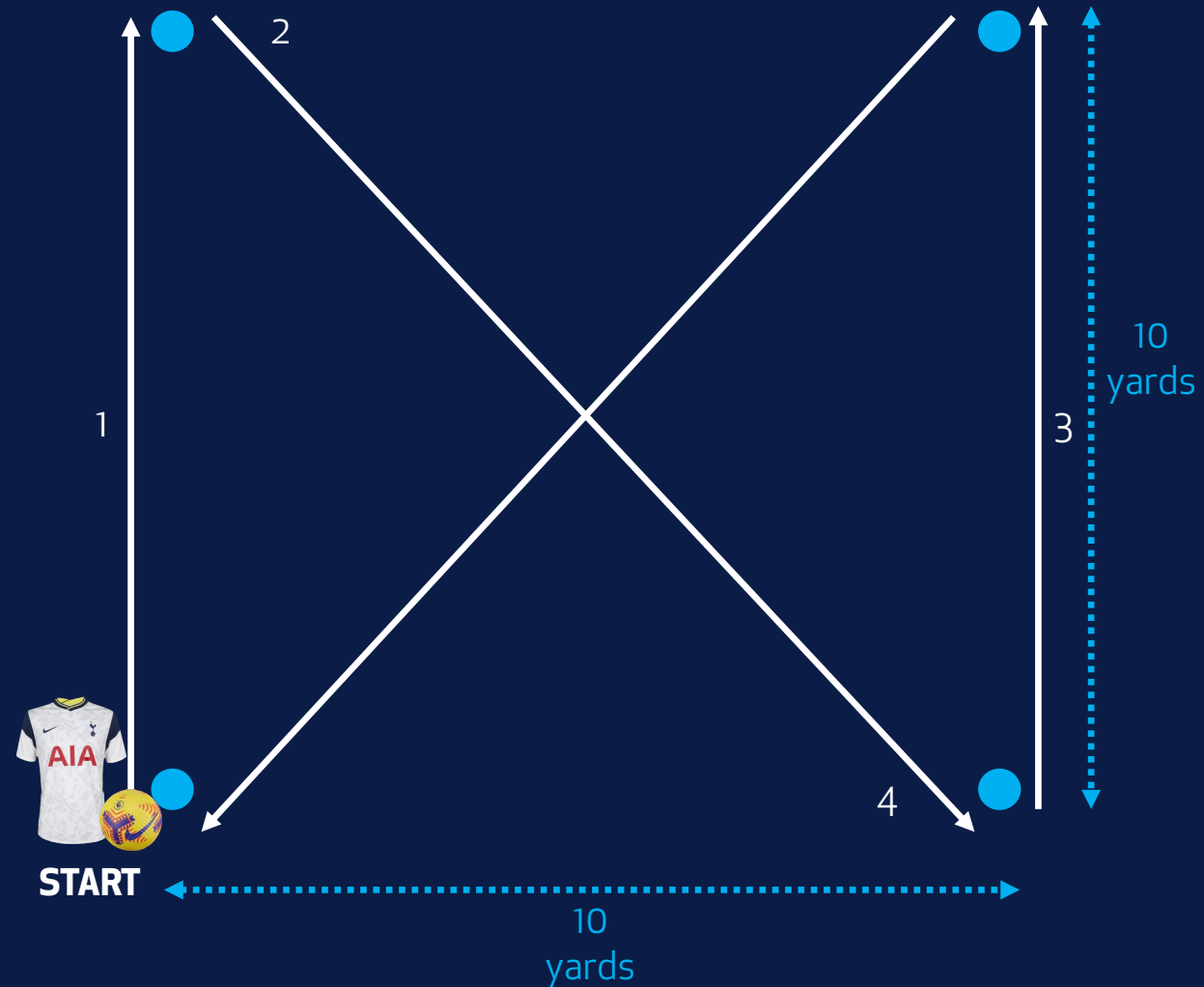
Activity:

Dribble from the START marker to the top marker, turn and dribble diagonally towards the opposite corner. Repeat to return to where you started. Complete as many as you can in 60 seconds.

TIP: Try turning with an Inside Chop, Outside Chop and Cruyff Turn.

Key Points:

- Decelerate into the turn, accelerate out
- Turning distance of 1-2 yards
- Use your arms to add disguise to the turns



DRIBBLING AND TURNING TECHNIQUES

Set up:

4 markers to create a 10 yard x 10 yard square, add a marker to the middle of the square (5 on a dice).

Activity:

Dribble from the START marker to the top marker, turn and dribble diagonally towards the opposite corner, add two consecutive turns at the middle marker and continue to opposite corner. Repeat to return to where you started. Complete as many as you can in 60 seconds.

TIP: Experiment with the different dribbling and turning techniques used in previous drills.

Key Points:

- Practice keeping the ball safe side - position your body between the ball and the markers, this will be a defender in a match situation

