



TECHNICAL DNA 2

DRIBBLING, TRICKS AND TURNS

Set up:

20 yard x 5 yard channel, place a blue marker every 4 yards on alternate sides, place a yellow marker 2 yards back from each blue.

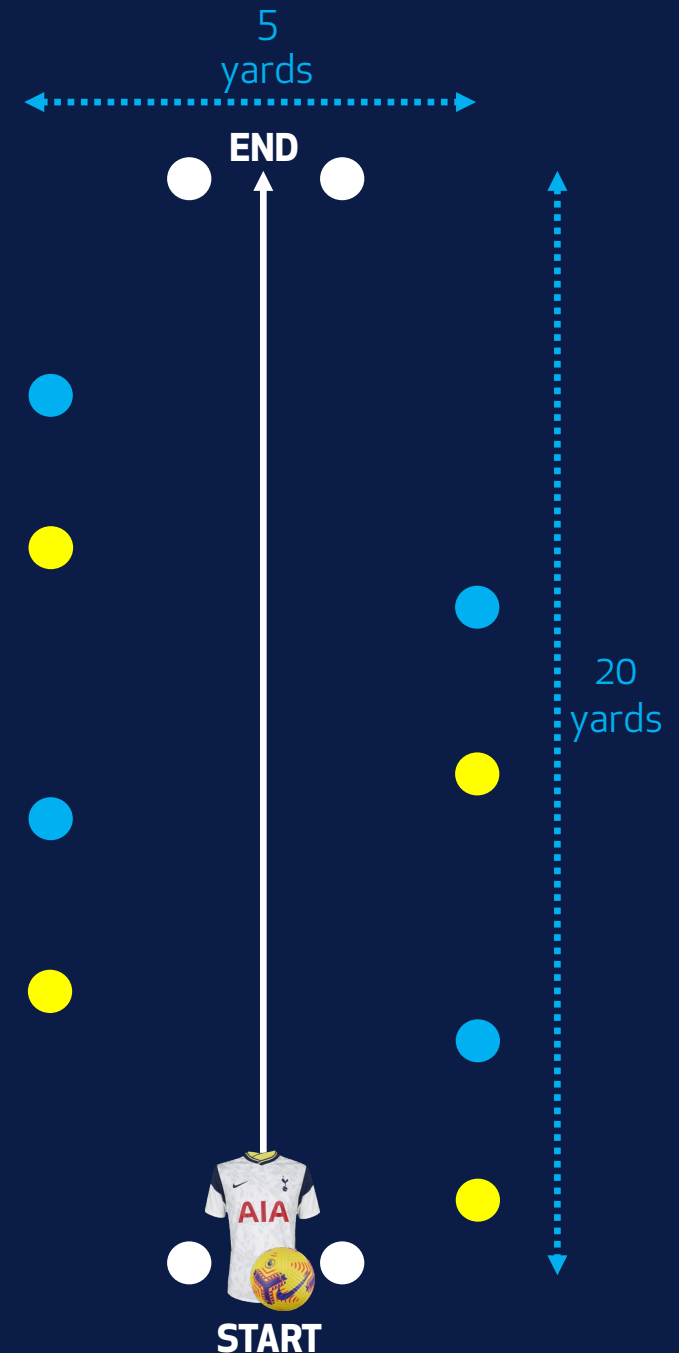
Activity:

Dribble from the START markers straight through the channel to the END markers. Walk the ball back whilst doing kick-ups.

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 attempt



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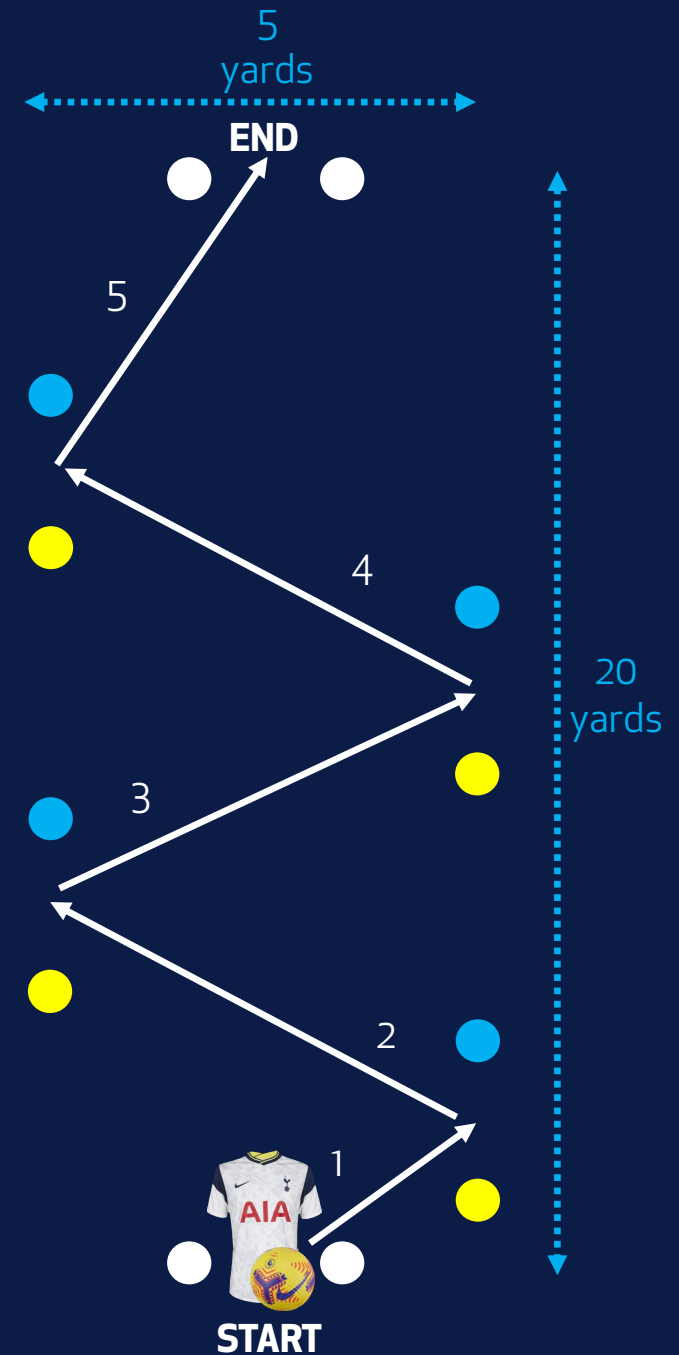
Activity:

Dribble diagonally from the START markers to the first blue marker, use a trick (forward thinking move) to take the ball diagonally to the next blue marker. Repeat until the END markers.

TIP: Try the following tricks 1) Shoulder drop 2) Single step-over 3) Ronaldo chop.

Key Points:

- Keep the ball safe side when dribbling – right side when moving right, left side when moving left
- Exaggerate body movements to add disguise to your tricks



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Activity:

Dribble diagonally from the START markers to the first blue marker, perform a turn towards the yellow marker, perform another turn to carry the ball diagonally to the next blue marker. Repeat until the END markers.

TIP: Try the following turns 1) drag-back 2) Cruyff 3) Zidane.

Key Points:

- Use your right foot for turns on the right side and your left foot when turning on the left
- Decelerate in to the turn, accelerate out
- Use your arms to add disguise to the turns

